

Green detoxifying smoothie



Carol Kicinski

By CAROL KICINSKI

Every once in a while it is probably a good idea to do a little detoxifying of the body. Like when you spent the last two or three months enjoying sweets, fatty foods and cocktails. There are all sorts of radical ways to do this and while there may be benefits of extreme detoxification, I prefer a more gentle and gradual approach.

I still need to function and work while my body is getting rid of toxins, and so I turn to smoothies and juices.

The caffeine in this smoothie comes in the form of green tea; not enough caffeine to give you the jitters, just enough to get your eyes open. Green tea is packed with antioxidants and is even considered to be an antiviral agent — great for helping ward off

certain illnesses in these cold winter months. It helps purify your system and aids with digestion.

Also in this smoothie is spinach — the original super food (just ask Popeye). Spinach is an aid in detoxification; it is high in chlorophyll which helps your liver to break down and eliminate toxins.

Grapes stop the formation of mucous in the gut and are good cleansers for the skin, liver, intestines and kidneys. They are a great source of energy as well. Not to mention they taste pretty darn good. I keep a bag of frozen grapes in my freezer at all times for snacking and throwing into smoothies — it chills them without having to add ice cubes.

Apples are like scrubbing pads for the liver and digestive system — high in fiber and beneficial to the liver. The old wives' tale that an apple a day keeps the doctor away may have more truth to it than we think.

I add a little sweetness to my detox smoothie with organic stevia from and frozen mango, some creaminess with avocado and tons of bright flavors with mint, ginger and lime. I love this smoothie — detoxing has never tasted so good.



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Ingredients

- 2 green tea bags
- 1½ cups boiling water
- 1 teaspoon organic stevia
- 2 cups (loosely packed) organic baby spinach leaves
- 1 cup frozen mango chunks
- Half a green apple, chopped
- Half an avocado
- 1/2 cup seedless green grapes
- 1/4 cup (loosely packed) fresh mint leaves
- 1 (1/2-by-1/4-inch) piece fresh ginger, chopped
- Juice of half a lime

Preparation

Steep the tea bags in boiling water for three to five minutes.

Discard tea bags and let the tea cool. Put cooled tea and remaining ingredients in blender and process until smooth. Drink immediately.