

Best Green Smoothies Recipe for a Health Reset

We know vegetables are good for us!

Drinking green smoothies is the most effective and quickest way to reap the benefits of digesting greens!

Yet not all juicing recipes taste good and a good tasting Green Smoothie Recipe is hard to find!

The recipe below includes two important ingredients - lemon for tart, apple for sweet.

You may want to change or experiment with some of the ingredients based on the desired outcome of nutritional benefits but never forego the lemon and the apple.

The Best Green Smoothies Recipe

Use only organic vegetables and fruits

One Half Cucumber

Two Celery Stalks

Parsley

One Half Apple

1-2 Tablespoons of Fresh Squeezed Lemon Juice

One Fourth Cup Water

Blend in Juicer, Food Processor or VitaMix until desired consistency.

Tips:

Add water if you prefer it thinner.

Add ice if you prefer it colder and cold is better.

Watch the sugar content - only half an apple for sweetening!

Other Ingredients You May Like To Add:

- Ginger
- Spinach
- Kale
- Broccoli
- Avocado

This green smoothie is clarifying, detoxifying, green vegetable-rich, ph balancing, and great for any time you have just overdone it with your diet - a perfect reset!

Especially good for a health reset after eating too much sugar.

With love and health, Signe of clevergirlbeautytips.com