

Alkalinity Bliss

A single teaspoon of chia seeds packs almost 2 grams of fiber!

Serves 1-2

½ pear
¼ avocado
1 packed cup spinach
¼ cup coconut water
1 cup almond milk
1 tsp chia seeds
1 scoop protein powder (hemp, pumpkin or pea works great!)
pure water

BLEND all ingredients.

Belly Soother

Treat your tummy to a healthy dose of probiotics, found in tangy kefir.

Serves 1-2

1 cup papaya
1 cup coconut kefir, coconut yogurt or cultured coconut milk
juice from ½ lime
1 tbsp raw honey

BLEND all ingredients.

Berry Breakfast

Don't let its pink-liciousness fool you. The berries turn on detoxifying enzymes and ginger stimulates digestion.

Serves 2

1 cup frozen unsweetened raspberries
¾ cup chilled unsweetened almond or rice milk
¼ cup frozen pitted unsweetened cherries or raspberries
1 1/2 Tbsp honey
2 tsp finely grated fresh ginger
1 tsp ground flaxseed
1-2 tsp fresh lemon juice

COMBINE all ingredients in blender, adding lemon juice to taste. **PUREE** until smooth. **POUR** into 2 chilled glasses.

Berry Elixir

We're gaga for antioxidant-rich goji, since studies have shown it might reduce fatigue and stress.

Serves 1

1 cup coconut milk
1 cup blueberries
½ cup raspberries
½ cup blackberries
2 Tbsp Goji berries (soaked for 15 minutes) or 1 tablespoon of Goji powder
1 Tbsp coconut oil
1 Tbsp ground flaxseed
2 dates, pitted

BLEND all ingredients.

Blueberry Ginger

This gluten-free smoothie is packed with antioxidants.

Serves 1

1 cup almond milk (or milk of choice)
¼ cup blueberries
1 frozen banana
3 Tbsp ginger juice

BLEND all ingredients.

Clear Skin Sip

It's a gluten-free, golden ticket to a clear complexion! Coconut kefir restores radiance with live probiotics. Parsley oxygenates, cucumber revitalizes, coconut oil moisturizes, lime provides toning vitamin C, and mint packs vitamin A, which strengthens skin tissue and helps reduce oily skin.

Serves 1

1 cup coconut kefir
½ cup packed flat-leaf parsley (leaves and stems)
1 cucumber, seeded if you don't have a high speed blender
1 apple
1 Tbsp coconut oil
1 lime
2 Tbsp fresh mint leaves, or to taste

BLEND all ingredients.

Coconut-Mango-Lime Green Smoothie Recipe with Kale

1 mango peeled and pitted
½ lime, peeled and deseeded
½ frozen banana, peeled and sliced
3 cups curly kale
236 ml of unsweetened coconut milk

This smoothie is a rich source of vitamins B1, B2, B3, B6 Vitamin K, Copper, Magnesium, Manganese, Phosphorus and potassium.

Serves 1

This smoothie is a meal replacement smoothie not a snack.

I recommend drinking half right away and the rest approx 30 minutes later. If it is too much for you, store in the fridge in a sealed container for up to 24 hours.

Cranberry Cleanser

Sip this wintry detox juice to keep your kidneys strong.

Serves 1

½ cup cranberries
1 large celery stalk
1 cucumber
1 apple
1 pear
Handful of spinach

JUICE all ingredients.

Crazy Sexy Goddess

The avocado, cucumber, greens, and coconut water will shower your cells in alkalizing goodness. An alkaline inner environment helps your body's systems operate optimally.

Serves 2

1 avocado*
1 banana
1 cup blueberries
1 cucumber
A fistful of kale or romaine or spinach
Coconut water (or purified water)
Stevia, to taste, and/or a sprinkle of cinnamon or some cacao (optional)

*If desired, use coconut meat, raw almond butter, or nut milk in place of avocado. You can also add superfoods like cacao (to taste) and/or 1 to 2 tablespoons of E3Live.

Blend all ingredients until smooth.

Fountain of Youth

Another great alkalizer. Plus, blue-green algae is chock full of protein and provides essential amino acids.

Serves 1

1 cup coconut water
3 stalks of kale
handful of spinach
½ cup packed flat-leaf parsley (leaves and stems)
½ cup cilantro (leaves and stems)
1-2 green apples
¼ tsp fresh grated ginger
1 heaping Tbsp wild blue-green algae (jack it to 2 tablespoons if you really want some potency!)

BLEND all ingredients.

Glowing NutriBlast

Pumpkin seeds pack magnesium, a mineral that might improve your sleep and keep migraines at bay.

Serves 1

25% spinach
½ small cucumber
1 pear (core and seeds removed)
1 lemon (peeled)
1 orange (peeled)
1 Tbsp pumpkin seeds
Water to the max line

BLEND all ingredients in a NutriBullet.

Green Machine

Barley grass, a nutrient-dense grain, can help soothe inflammation and pain.

Serves 1-2

1 green apple
1 teaspoon of Essential Living Foods barley grass juice powder

1 lemon
1 cucumber, peeled
3-4 leaves of red leaf lettuce
¼ cup of organic fresh or frozen mango
8-12 oz pure water

BLEND all ingredients.

Hale to the Kale

Serves 1-2

½ pear
¼ avocado
½ cucumber
½ lemon
handful of cilantro
1 cup kale (packed)
½ inch ginger
½ cup coconut water
1 scoop protein powder (hemp, pumpkin or pea works great!)
Pure water

BLEND all ingredients.

Liver Cleanser

For this flavorful, thick NutriBlast, use the [NutriBullet](#), a food extractor that delivers the perfect smoothie portion.

Serves 1

50% kale
¼ cup parsley
1 small beet (scrubbed and quartered)
1 apple (core and seeds removed)
1 lemon (peeled)
½" chunk of fresh ginger
1 Tbsp chia seeds
Water to the max line

BLEND all ingredients.

Mint Apple Berry

Guzzle this in the morning, and the protein will keep you full until lunch.

Serves 1-2

½ green apple
2 tablespoons of Manitoba Harvest Hemp Hearts
8 fresh mint leaves
3-4 leaves of organic green leaf lettuce
¼ cup organic fresh or frozen berry blend
8-12 oz pure water

BLEND all ingredients.

Morning Glorious

Cucumber is the perfect base since it yields lots of mild and refreshing juice and minerals, and it's a fountain of alkalinity.

Serves 2

1 large cucumber
A fistful of kale
A fistful of romaine
2 or 3 stalks celery
1 big broccoli stem
1 green apple, quartered
½ peeled lemon, quartered

WASH and prep all ingredients.

JUICE all ingredients.

Orange Carrot Smoothie Recipe with Ginger

2 oranges, peeled
2 large, organic carrots, chopped
½ to 1 inch ginger to taste
Splash of water
Chilled ice if desired

Squeeze one of the orange into your blender to provide enough juice to help it blend. Then add the rest of the orange pulp and the second orange, both carrots and the ginger to your blender. Add a splash of water to help it blend and thin out the consistency. You'll need to add more water if you include the orange pith like I do and less water if you don't. The pith is loaded with fiber. Blend all the ingredients until smooth.

Serves 1

Smooth Operator

This greenie features the crunchy root vegetable jicama, which is rife with vitamin C.

Serves 1-2

5 large Romaine lettuce leaves
½ Granny Smith apple
¼ avocado
½ cucumber
½ cup jicama
handful of cilantro
1 whole lime
4 scoops of hemp protein
1 medjool date
pure water

WASH and prep all ingredients. **BLEND** all ingredients.

Strawberry Fields

Berries of shortcake fame are also great for a detox. Strawberries are phytonutrient factories, supplying your body with a bounty of anti-inflammatory and antioxidant nutrients.

Serves 2

3 cups cashew or nondairy milk of your choice
2 cups fresh strawberries
1 tablespoon lemon zest
1 small orange, peeled
1 banana
1½ cups loosely packed spinach

IN a high-speed blender, blend all ingredients until smooth.

Strawberry Goji Lassi

1 cup of coconut kefir water
1 frozen banana
¼ cup frozen strawberries blueberries
3 Tbsp Goji berries

BLEND all ingredients.

Sweet Spirit

Don't fear its dark color and mossy smell: spirulina—a form of micro-algae—is a mega-healing detox agent.

Serves 1-2

½ banana
½ cup blueberries
¼ avocado
½ cup almond milk
1 tsp spirulina
1 scoop vanilla protein powder (hemp, pumpkin or pea works great!)
Pure water

BLEND all ingredients.

The "Fat Flush" Juice

If a flatter belly is on your wish list, start with this ultra-cleansing juice.

Serves 1

1 medium organic red beet
3 medium organic carrots
1 organic radish
2 organic garlic cloves
large handful of organic parsley

JUICE all ingredients.

The Sicilian

This hearty, spicy drink fills you up when your tummy is grumbling. "Celery's fabulous phytochemical, phthalide, makes this veggie a heart helper," Carr says. "Phthalide relaxes the smooth muscles of the arteries, which helps to lower blood pressure."

6 carrots
3 large tomatoes
2 red bell peppers
4 cloves garlic
4 stalks celery
1 cup watercress
1 cup loosely packed spinach
1 red jalapeño, seeded (optional)

WASH and prep all ingredients.

JUICE all ingredients.

The Super Green

The celery and parsley that contribute to its bright green color are diuretics that help rinse toxins from your system. Kale and mango are superfoods bursting with nutrition that support your cleanse.

Serves 2

1¼ cups chopped kale leaves (stems and tough rib removed), preferably Lacinato (also known as dinosaur)

1¼ cups frozen cubed mango

2 medium ribs celery, chopped

1 cup chilled fresh tangerine or orange juice

¼ cup chopped flat-leaf parsley

¼ cup chopped fresh mint

COMBINE all ingredients in blender. **PUREE** until smooth. **POUR** into 2 chilled glasses.

Warrior Tonic

Serves 1

1 cup almond milk

1-2 Tbsp maca powder

1 scoop of your favorite vanilla protein powder

2 Tbsp chia seeds

1 organic ripe banana

1 Tbsp coconut oil

1 Tbsp lucuma powder (natural sweetener)

1-2 Tbsp cacao nibs

BLEND all ingredients.