

[SMOOTHIE DETOX DIET RECIPES](#)



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Detox Smoothie Recipes. A basic detox smoothie recipe contains some type of leafy green vegetable like kale, spinach, or chard, along with some type of fruit like bananas, berries, apples, or pineapple. Water, ice, unsweetened almond milk, or coconut water is often added to the smoothie to thin it out and make it easier to blend.

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You can use frozen fruits for these detox smoothie diet recipes, but be sure to get organic both in frozen and fresh produce. On this cleansing smoothie diet, we are trying to remove toxins so it's important you opt for the best quality food to see the best results. I recommend detox smoothies for weight loss or whenever you may feel bloated.

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