

berries turn on detoxifying enzymes while ginger stimulates digestion.

- 1 cup frozen unsweetened raspberries
- 3/4 cup chilled unsweetened almond or rice milk
- 1/4 cup frozen pitted unsweetened cherries or raspberries
- 1 1/2 Tbsp honey
- 1 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 1-2 tsp fresh lemon juice

The Super Green Powerful detox action masquerades as another delicious shake. 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.

- 1 1/4 cups chopped kale leaves (stems and tough rib removed)
- 1 1/4 cups frozen cubed mango
- 2 medium ribs celery, chopped
- 1 cup chilled fresh tangerine or orange juice
- 1/4 cup chopped flat-leaf parsley
- 1/4 cup chopped fresh mint

Hale to the Kale This powerful detox smoothie keep in the fridge for a day, so feel free to make several rounds at once..

- 1/2 pear
- 1/4 avocado
- 1/2 cucumber
- 1/2 lemon
- handful of cilantro
- 1 cup kale (packed)
- 1/2 inch ginger
- 1/2 cup coconut water
- 1 scoop protein powder (hemp, pumpkin or pea works great!)

Sweet Spirit Don't fear the dark color and mossy smell of spirulina (a form of micro-algae). It is a mega-healing detox agent.

- 1/2 banana
- 1/2 cup blueberries
- 1/4 avocado
- 1/2 cup almond milk
- 1 tsp spirulina
- 1 scoop vanilla protein powder (hemp, pumpkin or pea works great!)
- pure water

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

- 1/2 pear
- 1/4 avocado
- 1 packed cup spinach
- 1/4 cup coconut water
- 1 cup almond milk
- 1 tsp chia seeds
- 1 scoop protein powder (hemp, pumpkin or pea works great!)
- pure water

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

- 1 cup papaya
- 1 cup coconut kefir, coconut yogurt or cultured coconut milk
- juice from 1/2 lime
- 1 tbsp raw honey

Cranberry Cleanser Sip this detox juice to keep your kidneys strong.

- 1/2 cup cranberries
- 1 large celery stalk
- 1 cucumber
- 1 apple
- 1 pear
- Handful of spinach
- JUICE** all ingredients.

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

- 5 large Romaine lettuce leaves
- 1/2 Granny Smith apple
- 1/4 avocado
- 1/2 cucumber
- 1/2 cup jicama
- handful of cilantro
- 1 whole lime
- 4 scoops of hemp protein
- 1 medjool date
- pure water

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

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

- 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.

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

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

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. 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)
- JUICE** all ingredients.

Lemon-Blueberry This ultra simple recipe boosts immunity.

- 1 cup alkaline water
- 1/4 cup organic blueberries
- 1 organic lemon (whole).

Strawberry Goji Lassi This is a favorite crowd pleaser that is ultra healthy.

- 1 cup of coconut kefir water
- 1 frozen banana
- 1/4 cup frozen strawberries blueberries
- 3 Tbsp Goji berries