

Energizing Summer Smoothie

Handful of spinach leaves
1 cup fresh pineapple chunks
2 apples
¼ slice lime or lemon, peeled
½ ripe avocado
1 level tsp. spirulina powder
¼ cucumber
1 stalk of celery
1 cup ice cubes

Optional: 1 tsp. Goji berries



Cool and refreshing smoothie for the summer months, especially before or after sunbathing. The spirulina gives it an extra protein boost. The Goji berries are a boost to your digestive system. The pineapple and apples add enzymes for a good cleansing in-between meals.

The kids will enjoy this one as well.

