

Detox Green Smoothie

Prep Time 5 mins
Total Time 5 mins

Meal Type Breakfast, Snack

Contributed By



Source [Living Plate](#)

Servings 1



Ingredients

- 1 cup romaine lettuce, *chopped*
- 1/2 cup pineapple, *chopped*
- 1 ginger, *peeled and chopped* (for 1 Tbs)
- 1 cup cucumber, *peeled and chopped*
- 4 cup water
- 2 kiwis, *peeled and chopped*
- 2 Tbs parsley, fresh, *chopped*
- 1/4 avocado
- Stevia, *to taste* (optional)

Directions

Prep

1. Chop romaine and pineapple.
2. Peel and chop ginger, cucumber, and kiwis.
3. Remove flesh from 1/4 avocado.

Make

1. Add ingredients to blender and process until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

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- Show all nutrients -

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