

## Green Detoxification Drink 11/16

Ingredients (organic):

handful of kale  
handful of cilantro  
1-2" round of cucumber  
1 stick celery  
½ apple  
½" piece of ginger  
1 t coconut oil  
1 t chia seeds  
3 ice cubes  
juice of ½ lime or ¼ lemon  
2-4 ounces of water  
Optional: 2 ounces of favorite juice, i.e. orange

Directions: Combine all ingredients in a blender. Vitamix, Blend-Tec, Ninja are names of a few that work well. No need to use a juice "extractor" which separates the juice from fiber.

You can modify the ingredients to suite your taste.