



DETOX DRINK

(Removes heavy metals, viruses, etc.)



BLENDER Recipe

Ingredients:

1 banana
1/2 cup organic (frozen) blueberries
1/4 cup fresh cilantro or 1 tbsp. cilantro “spice” or 20 drops of cilantro (Coriander) essential oil
1+ cup of strawberries
1 tbsp Clean Green Protein with Lentein powder (This is the brand name – order on Amazon)
2 tbsp. of Atlantic dulse (order on amazon)
1/2 tsp. Hawaiian spirulina powder (*do not use if you have an autoimmune disorder*)
Optional: COLD water or cold coconut/almond milk to blend
May add ice cubes to make thicker and colder

Directions:

In a high speed blender, blend all ingredients until smooth. If a thinner consistency is desired, add up to an additional 1cup of liquid. Drink 1X daily for removal of any heavy metal accumulation in the body. (NOTE: dried goods available on Amazon.com)