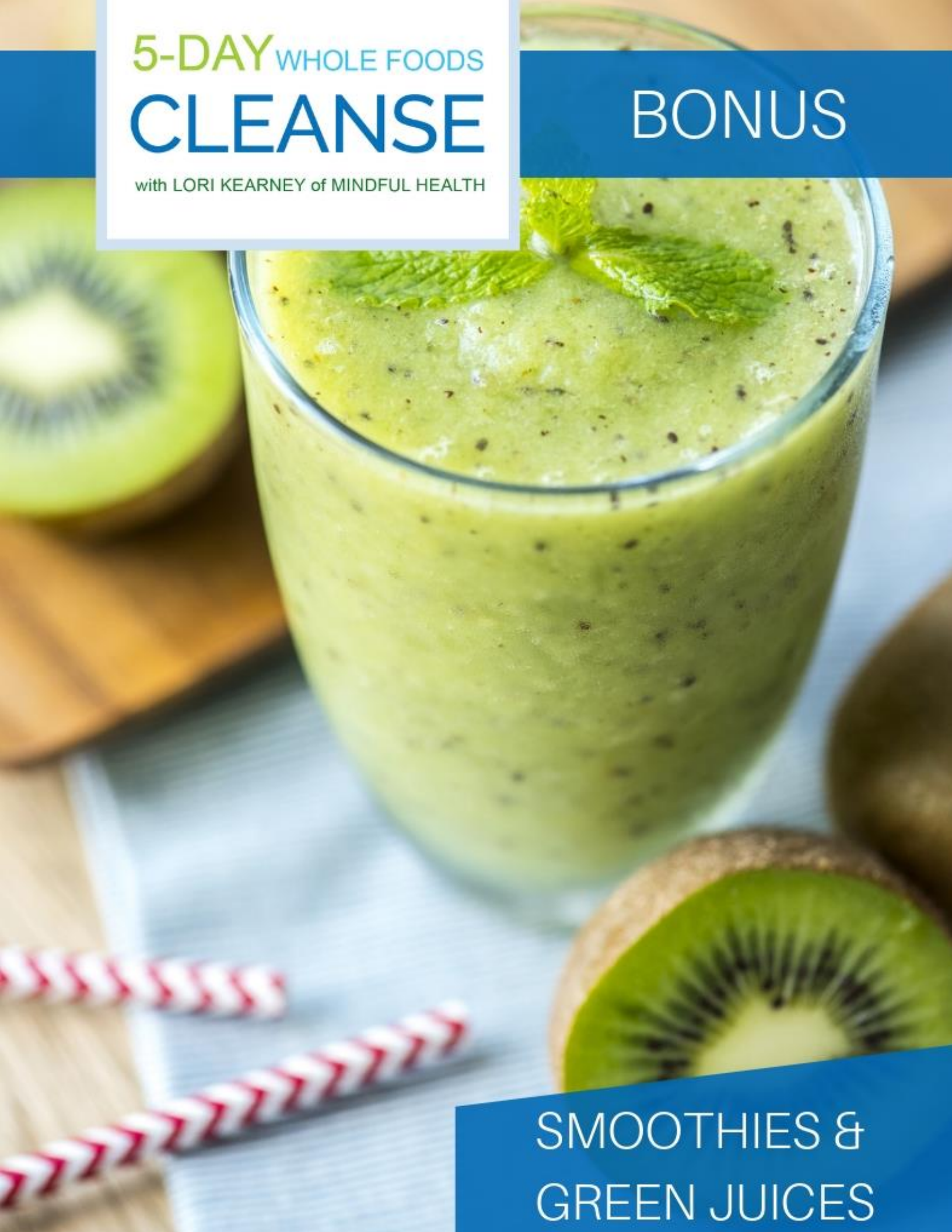


5-DAY WHOLE FOODS
CLEANSE

with LORI KEARNEY of MINDFUL HEALTH

BONUS



SMOOTHIES &
GREEN JUICES



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SMOOTHIES

Beginner Green Smoothie

Serves 1

Ingredients:

- 1 small ripe banana (frozen preferred)
- ½ avocado
- 1-2 handfuls of organic spinach
- 1 serving protein powder of choice (see note)
- 1 date, pitted (optional, if needed for more sweetness)
- 14 oz. plant-based unsweetened milk of choice (coconut, hemp, almond, cashew, rice or organic soy)
- 1/2 tsp cinnamon
- Ice (optional)

Directions:

Combine all ingredients in a blender and blend until smooth. It helps to start at a low speed and slowly increase speed as the ingredients begin to blend. Add water or milk by if your smoothie needs a little more liquid. This is one of my favorites - Enjoy!

Protein Powder Notes: Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or one using only natural ingredients. I use Manitoba Harvest Hemp Pro 50/50 protein powder or Health Force Superfoods Green Protein Alchemy.

This is one of my personal favorite smoothies for when I am craving sweets. If you are new to smoothies, this is a great smoothie to start off with.

Chocolate Chia Smoothie

Serves 1

Ingredients:

- 1 TB chia seeds, soaked in $\frac{1}{4}$ C water for 10 minutes or longer to create chia gel
- 1 small ripe banana ((frozen preferred)
- $\frac{2}{3}$ – 1 C almond milk
- $\frac{1}{2}$ tsp cinnamon
- 1 TB raw cacao powder
- 1-3 large handfuls spinach, washed and dried
- 1 tsp Maca Powder (optional)
- 2 TB Hemp Seed Protein Powder (optional)
- $\frac{1}{4}$ tsp raw honey (optional, only if needed)
- Ice, if desired

Directions:

1. Place chia seeds in a small bowl and cover with about an inch of water. Let sit for around 10 minutes to create a chia seed gel. Be sure to stir the seeds a few times during soaking to get all seeds activated. Or, put chia seeds and water in the blender first and let sit for 10 minutes before adding other ingredients.
2. Add the remaining ingredients to the blender.
3. When chia seeds have gelled together a little, put the chia seeds and their water into the blender. Turn your blender on low and increase speed to incorporate all the ingredients. Blend until smooth, then serve. This is my go-to smoothie when I am craving chocolate- Enjoy!

Make ahead tips: Prep chia seed gel the night before and store in the fridge for a quick breakfast. OR Add all ingredients in blender night prior and blend in the morning for a quick breakfast

Mix things up with serving this smoothie in a bowl, place in freezer for 30 minutes then top with mixed nuts and unsweetened coconut flakes. This is my personal favorite go-to smoothie for when I am craving chocolate.

Cinnamon Pear Smoothie

Serves 1

Ingredients:

- 1 ripe pear, seeded
- 2 TB raw almond butter (no sugar added), or ¼ C raw almonds soaked overnight in 1 C fresh water
- 1 TB ground flax seeds
- 2/3 – 1 C almond milk (unsweetened)
- ¼ tsp cinnamon
- 1-3 small handfuls spinach or 2-4 leaves kale or collard greens (stems removed)
- ¼ tsp raw honey (optional, only if needed)
- ½-1 C ice cubes

Directions:

Combine all ingredients in your blender. Turn your blender on low and increase speed until all ingredients are incorporated. Serve immediately.

Tip: if you don't have a high-speed blender, smoothies often blend better if you blend all the fruit with the liquid first. Then add the remaining ingredients and blend again.

Pumpkin Pie Smoothie

Serves 1

Ingredients:

- 1 C pumpkin puree
- 1 small ripe banana ((frozen preferred)
- 1 TB ground flax seeds
- 1 TB raw almond butter, no sugar added
- 2/3 – 1 C coconut or almond milk, unsweetened from carton
- 2 tsp 100% maple syrup or raw honey
- 1 tsp pumpkin pie spice
- ½ tsp grated fresh ginger
- Dash of nutmeg
- Water (optional)

Directions:

Combine all ingredients in a blender and turn to low. Turn up speed until the smoothie is well blended. You may need to add extra coconut milk, almond milk or water to get the consistency you desire.

Get Up and GO Smoothie

Serves 1

Ingredients:

- 1 TB chia seeds, soaked in $\frac{1}{4}$ C water for 10 minutes or longer to create chia gel
- 1 C frozen blueberries
- 1 small apple or banana (option for frozen banana)
- 1 TB freshly ground flax seeds
- 1 C water or coconut water (option to add more if needed)
- 1 tsp coconut oil
- 1-3 handfuls spinach or 2-4 leaves kale or collard greens (stems removed)
- $\frac{1}{4}$ cucumber (optional, but recommended)
- 1 tsp Maca Powder (optional, but recommended)
- 1 tsp raw honey or 100% maple syrup (optional, only if needed)
- Ice, if desired

Directions:

Place all ingredients in a blender and turn on low. Increase speed slowly until smoothie is fully blended, then enjoy. Add more water or ice as needed.

This smoothie is packed full of fiber and is very useful if you're constipated. There's a reason I've named it the "get up and GO" smoothie!

Grapefruit and Wheatgrass Smoothie

Serves 1

Ingredients:

- 1 Medium Banana (frozen preferred)
- $\frac{1}{2}$ Medium Grapefruit, Peel Removed
- $\frac{1}{4}$ - $\frac{1}{2}$ Avocado, Peel Removed
- 1 Large Handful Kale Or Spinach
- 1 Inch Knob Ginger
- 1 Heaping Teaspoon Wheatgrass Powder Or 3 TB Of Fresh Wheatgrass
- $\frac{1}{2}$ Cup Filtered Water

Directions:

Place all ingredients in a blender and turn on low. Increase speed slowly until smoothie is fully blended, then enjoy. Add more water or ice as needed.

Apple Tahini Smoothie

Serves 2 (8 ounces each)

Ingredients:

- 2 TB chia seeds
- 1 ½ C cold water
- 2 TB tahini (Sesame Seed nut butter)
- ½ ripe banana (frozen preferred)
- 1 small apple, quartered, seeds removed
- ½ tsp honey
- 1/2 tsp cinnamon
- 1 tsp maca powder (optional)
- 1-2 handfuls of leafy green (spinach, romaine lettuce or kale) or 1-2 TB green powder (optional)
- Ice (optional)

Directions:

Place the chia seeds and water in a high-speed blender and let sit for 10 minutes to create a chia seed gel. Add tahini, banana, apple, honey, cinnamon, greens in the high-speed blender. Blend until smooth. Add more water if necessary to give you two cups. If you like your smoothie's cooler, add more ice to blender or serve over ice.

Ginger Molasses Smoothie

Serves 2

Ingredients:

- 1 C almond milk or coconut yogurt (or other milk of choice)
- ½ banana (frozen preferred)
- 1 tsp blackstrap molasses
- 2 TB chia seeds
- 2 TB flax seeds
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 tsp vanilla extract
- 1 handful of fresh or frozen baby spinach, romaine lettuce, or kale
- ½ C water, as needed to top off to make 2 cups

Directions:

Place all ingredients except water in high-speed blender. Blend until smooth. Top off with water to make 2 cups. Blend gently, until mixed well. Enjoy!

Peachy Banana Smoothie

Serves 1

Ingredients:

- 1 small ripe banana (frozen preferred)
- 1 ripe peach or nectarine (optional frozen)
- 2 TB flax seeds, freshly ground
- 1 tsp coconut oil
- 1 cup coconut or almond milk, unsweetened vanilla
- 1-3 handful spinach, torn into chunks
- 1 TB hemp protein powder (optional)
- Ice, if desired

Directions:

Add banana, peach, flax seeds, coconut oil, coconut milk, greens to blender in that order. Turn blender onto low, and slowly increase speed as ingredients start to mix. If you're having a hard time getting the greens to blend, add one or two tablespoons of water. You can add a few ice cubes to the blender if desired. Once it's fully blended, pour it into a glass, sip, savor and enjoy.

Blueberry Banana Smoothie

Serves 1

Ingredients:

- 1 C frozen or fresh blueberries
- 1 small banana (frozen preferred)
- 1 C almond or coconut milk
- 1-3 handfuls spinach or 2-4 leaves kale or collard greens (stems removed)
- 1 TB freshly ground flax seeds
- 1-2 tsp raw honey

Directions:

Combine all ingredients in a blender and blend until smooth. It helps to start at a low speed and slowly increase speed as the ingredients begin to blend. Add water to the ¼ C if your smoothie needs a little more liquid. This is one of my favorites - Enjoy!

Note: There's no need to pre-grind the flax seeds if you have a high-power blender – pop them right in with the other ingredients and blend away.

Strawberry Banana Smoothie

Serves 1

Ingredients:

- 2 TB chia seeds
- 8 oz coconut, almond, or hemp milk, or water
- 2 TB nut butter
- 1 small banana (frozen preferred)
- ½ C frozen organic strawberries
- 1 handful fresh spinach or kale
- 1 tsp Maca Powder (optional)

Directions:

Place all ingredients in a high-speed blender. Start blender on low, and increase speed to combine fully. If you don't have a high-speed blender, start by blending the fruit, chia seeds, nut butter and liquid together until smooth, then add the greens and blend again.

Very Berry Smoothie

Serves 1

Ingredients:

- 1 TB chia seeds, soaked in ¼ C water for 10 minutes or longer to create chia gel
- ½ C frozen or fresh raspberries
- ½ C frozen or fresh strawberries
- ½ C frozen or fresh blueberries
- 1 small banana (frozen preferred)
- 1 C almond or coconut milk
- 1-3 C chopped spinach, collard greens or kale (stems removed)

Directions:

Combine all ingredients in a blender and blend until smooth. It helps to start at a low speed and slowly increase speed as the ingredients begin to blend. Add water to the ¼ C if your smoothie needs a little more liquid.

Creamy Avocado Smoothie

Serves 2

For a light avocado color, choose light-colored fruits, nuts and seeds, but you can use whatever you have on hand.

Ingredients:

- 2 C nut milk or coconut milk (or 1 C pineapple or orange juice and 1 C sparkling water)
- 1-1 1/2 C frozen mangoes, pineapples or peaches
- 1/2 C cashews, almonds, or hemp seeds
- 1 avocado
- 1-2 leaves of kale, destemmed and torn into small pieces, or a handful of spinach
- 1/4 C unsweetened coconut flakes

Directions:

Combine the water, frozen fruit and nuts/seeds. Blend until there are no longer chunks. Add the avocado and greens. Blend until you no longer see flecks of kale or spinach. Pulse in the coconut flakes for a light finishing texture. Add more liquid if needed. Drink immediately!

Tropical Coconut Smoothie

Serves 1

Ingredients:

- 1/2 C shredded coconut, unsweetened (or an equal amount full-fat canned coconut milk)
- 1 C cold water
- 1 C tropical blend frozen fruit or frozen mango
- 1 C loosely packed baby spinach
- 1/2 banana (frozen preferred)
- 2 TB flax seeds, chia seeds or hemp seeds

Directions:

Place coconut or coconut milk, water, tropical fruit, spinach, banana and any seed protein you are using a blender. Blend until smooth, adding more water if needed. Enjoy!

Chocolate Almond Banana Smoothie

Serves 1

Ingredients:

- 1 small or ½ large ripe banana (frozen preferred)
- 2 TB almond butter
- 1 C coconut or almond milk
- 1 TB raw cacao powder or cacao nibs
- ½ tsp cinnamon
- ½ C washed greens, like spinach or kale
- ½ TB honey or maple syrup (optional)
- ½ C ice cubes (optional)

Directions:

Place all ingredients in a blender and turn on low. Increase speed and blend until all ingredients are incorporated. Pour into a glass and enjoy.

Keep it Clean Smoothie

Serves 1

Ingredients:

- 1 handful kale
- 1/2 banana (frozen preferred)
- 3 chunks cucumber
- 1/4 beetroot, diced
- 1 serving protein powder of choice
- 1 1/2 cups unsweetened coconut water

Directions:

Add all ingredients to your blender and blend for 30 seconds or until smooth. Enjoy!

Protein Powder Note Reminder: Avoid protein powders containing sugar, artificial sweeteners, additives and artificial flavors. Opt for either plant-based or one using only natural ingredients. I use Manitoba Harvest Hemp Pro 50/50 protein powder or Health Force Superfoods Green Protein Alchemy.

Glowing Green Smoothie

Serves 2 (26-30 ounces)

Ingredients:

- 1 ½ cups cold, filtered water
- 2-4 handfuls of spinach, kale or chard
- 2-3 handfuls of romaine lettuce
- ¾-1 cup celery
- 1 apple or pear
- ½ banana (frozen preferred)
- 1 TB fresh lemon juice
- ¼ cup parsley with stems (optional)
- 1-2 servings clean protein powder of choice or 1 tsp spirulina
- Ice cubes (optional)

Directions:

Add all ingredients to your blender and blend until smooth and silky. The second serving makes for a great mid-morning snack or enjoy the next day, recommend to store in a sealed glass jar. This is one of my favorites - Enjoy!

Glowing Green Smoothie, Low Sugar

Serves 2 (26-30 ounces)

Ingredients:

- 1 ½ cups cold, filtered water
- 3-5 handfuls of spinach, kale or chard
- 3-4 handfuls of romaine lettuce
- 1 cup chopped cucumber or celery
- ½ green apple, cored and chopped (add more for more sweetness)
- 1 TB fresh lemon juice
- 1-2 servings clean protein powder of choice or 1 tsp spirulina
- Ice cubes (optional)

Directions:

Add all ingredients to your blender and blend until smooth and silky. The second serving makes for a great mid-morning snack or enjoy the next day, recommend to store in a sealed glass jar. If you need more sweetness, add liquid stevia to taste. This is one of my favorites - Enjoy!

Red Velvet Smoothie

Serves 2

Ingredients:

- 1 beet, including the attached stems and greens
- 2 bananas (ripe frozen preferred)
- 1 C almond or coconut milk
- 2 TB cocoa powder
- ½ tsp vanilla
- ½ tsp cinnamon
- ½ tsp maca powder (optional)
- 1 TB honey (optional, to taste)
- One handful of spinach or kale (optional)

Directions:

1. If your beet is cooked in advance, this makes your morning smoothie a bit easier, but if not, start by boiling it until it is tender. Scrub the beet, trim the greens and place the root cut into big chunks in a saucepan of water. Bring to a boil and cook until it can be stabbed easily with a fork, usually about 15-30 minutes depending on the size. Once cooked, cool in cold water while peeling off the skin. Dice the beet and place it in the freezer to cool slightly.
2. Wash and tear up the beet stems and leaves, place in the blender. Add the bananas, dairy-free milk and cocoa. Blend until smooth. Add the chilled beets and blend until smooth again. Taste.
3. Add the honey or your preferred sweetener to taste.
4. Enjoy!

Prep Tip: Make the beets in advance and store in the fridge until ready to use.

GREEN JUICES

Green juices are high in antioxidants and phytonutrients, both of which help the body get rid of free radicals and other potentially damaging toxins. Green juices break down the cellular walls of greens, which are often tough to digest. This allows you to get maximum benefit out of the fruits and veggies in each drink. Green juices are a great snack option during your detox. This is an excellent way to use any leftover vegetable and fruits.

The Basic Recipe:

- 2 parts fruit, such as pineapple, apple, frozen mango or frozen berries
- 2 large leaves greens, such as collard greens/kale (stems removed) OR 2 handfuls torn delicate greens, such as spinach or lettuce. I don't recommend including Swiss chard or beet greens – these are often just too green and create a bitter flavor.
- 1-2 C cold filtered water
- A few sprigs herbs, such as parsley, basil, cilantro or mint
- Juice of half a lemon (if using apple as your main fruit)
- ½ C ice

Blend the fruit and water before adding the greens – this helps make the green juice as smooth as possible. Don't be afraid to put more water in if necessary – this is meant to be more like a juice than a smoothie. When using a blender, I recommend drinking through a straw since the pulp will remain in the juice whereas if you use a juicer the pulp is removed. You could strain the blended juice using a fine mesh strainer to remove the pulp or drink it with the pulp for to assist with better blood sugar control. If you have a juicer, follow recipes without water or option to add water to your fresh juice.

Suggested Green Juice Combinations

It's Easy Being Green Juice

Serves 1

Blend ½ chopped green apple, ½ chopped cucumber, 1 small handful parsley, 2-3 collard greens or kale leaves, 2 C water and the juice of half a lemon. Very refreshing!

Daredevil Green Juice

Serves 1

Blend 1 small green onion, 1 small clove garlic, ½ chopped cucumber, 2 sprigs parsley, 1 C torn leafy greens, a dash cayenne pepper, 2 C water and the juice of ½ a lime. This juice is just a bit spicy and great for a mid-afternoon pick-me-up.

Green Goddess Juice

Serves 1

Blend or juice 1 large cucumber (peeled if not organic), one handful each kale, spinach, and romaine lettuce, 3 stalks celery, 1 pear or green apple, 1-2 C water, ½ inch fresh ginger, ½ peeled lemon.

Pineapple Green Juice

Serves 1

Blend 1 C chopped fresh pineapple, ½ C chopped cucumber, 1 small handful parsley, 2 collard greens and 2 C water.

Strawberry Green Juice

Serves 1

Blend 1 C frozen strawberries with 1 ½ C water. Grate about a tsp of ginger in and add 2 handfuls of spinach or 2 large collard greens or kale leaves and blend until smooth.

Cucumber Strawberry Green Juice

Serves 1

Blend 1 C frozen strawberries with 1 C water. Next, add ½ C chopped cucumber and 1 handful spinach and blend again.

Mango Berry Green Juice

Serves 1

Blend ½ C frozen mango, 1/3 C blueberries (fresh or frozen) and 2 C water. Add 2 big handfuls of spinach and blend again until smooth.

Super Green Detox Green Juice

Serves 1

Blend 2-3 celery stalks, 1 small cucumber, 2 kale leaves, 1 small lime peeled and water to blender. Optional add-in handful parsley, cilantro, romaine lettuce or spirulina powder (around 1 tsp). If you would like some sweetness to your juice, add a ½ of a pear.

TIPS

Smoothie and juices are a great way to use “left-overs” or extras from the 5-day detox/cleanse recipes. Be creative and add other vegetables and fruits you may have on hand. If you know you won't use all of your greens before they go bad, put them in the freezer and grab a handful or two every time you make a smoothie.

No time to juice or blend?

Many grocery stores now sell fresh juice, which includes the majority of health food/ co-ops stores and all Fresh Thyme stores. The green juice at Fresh Thyme is my favorite and can't beat the price either. When looking to purchase a fresh juice, look for all real vegetables and fruit ingredients and if already in a bottle that it is cold pressed.

LATTES, TEAS, ELIXIRS AND DETOX WATERS

Golden Milk (Ginger Turmeric Latte)

Ingredients:

- ½ tsp ground ginger
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- ¼ C canned coconut milk
- 1¾ C water
- ¼ - ½ tsp raw honey, to taste
- 1-3 tsp extra-virgin coconut oil
- 2 tsp or 1 bag of roasted dandelion tea

Directions:

1. Steep roasted dandelion tea in 1 C water for 5-10 minutes.
2. In a small saucepan, heat the spices with coconut milk and ¾ C water. Bring to a mild simmer for 1-2 minutes. Mix with steeped tea.
3. Add sweetener of choice and coconut oil, as desired.

Pumpkin Spice Latte

Serves 2

Ingredients:

- 2 TB pumpkin puree
- ¼ C canned coconut milk + ¾ C water or 1 C of the milk of your choice
- 1 tsp pumpkin spice
- ½ tsp coconut palm sugar
- ½ tsp vanilla
- 2 tsp roasted dandelion tea (or 1 tea bag of Traditional Medicinals Roasted Dandelion Tea)
- 1 C water
- 1-3 tsp coconut oil (optional)

Directions:

1. In a small saucepan, heat pumpkin puree, coconut milk and water, pumpkin spice, coconut sugar, and vanilla in a small saucepan. Bring to a slight boil and simmer for 1-2 minutes.
2. Add another cup of water and tea. Simmer and steep for 10 minutes.
3. Pour into mug.
4. Add coconut oil, as desired.

Note: (You can double or triple this recipe and store extra in the fridge for 3-5 days.)

Tea

Many teas are naturally sweet and caffeine free, and they taste great. Enjoy as many herbal caffeine-free teas during detox as you wish. Most green tea has caffeine which we are avoiding during the detox; if you feel you need a little caffeine, green tea would be a good alternative for the morning.

- Rooibos
- Any tea with licorice
- Any tea sweetened with stevia such as berry detox
- Berry teas such as blueberry

Detox Tea

- Dandelion Tea
- Nettle Tea
- Traditional Medicinals Organic Every Day Detox Tea (Original, lemon or dandelion)
- Yogi Roasted Dandelion Spice Detox Tea
- Traditional Medicinals Organic Roasted Dandelion Root
- Any Detox Tea that has Dandelion or Nettle in it.

Sweet Mint Iced Tea

Serves 2

Ingredients:

- 2 bags Moroccan Mint green tea (Or substitute with your favorite tea flavor)
- 24 oz water

Directions:

1. Place tea bags in a teapot. Bring water to a boil, and then pour over both tea bags. Let steep for about 30 minutes, then remove tea bags.
2. To serve, pour tea into a glass filled with ice. You can store this tea in the fridge for several days.

Detox Hot Chocolate Elixir

Serves 1

Ingredients:

- 1 TB raw cacao powder
- ¼ tsp cinnamon
- 1/8 tsp vanilla (optional)
- 1/4 tsp Maca Powder (optional)
- Dash cayenne pepper
- 2-4 oz full-fat coconut milk
- A squeeze of honey (if needed)

Directions:

1. Put first 4 ingredients in a large mug and pour 8-10 oz hot water over the top. Whisk until well combined and frothy.
2. Add coconut milk and squeeze of honey if needed. Drink up!

Ginger Lemon Morning Detox Drink

Serves 1

Ingredients:

- 12 oz filtered water, room temperature
- Juice of ½ lemon
- ½ inch knob of fresh ginger root

Directions:

1. Add the lemon juice to the glass of water.
2. Finely grate the ginger on a chopping board, then squeeze the ginger pieces in your hand letting the juice of the ginger drip through your fingers and into the glass of water.
3. Enjoy at room temperature upon rising for an amazing start to the day.

Apple Cider Vinegar (ACV) Lemon Morning Detox Drink

Serves 1

Ingredients:

- 2 TB Apple Cider Vinegar (I use Braggs ACV)
- Warm water
- Juice of ½ lemon or 2 TB organic lemon juice
- Dash of cinnamon (optional)
- Dash of cayenne pepper (optional)

Directions:

1. Fill the cup with ¾ warm water, ACV (or as much as you can handle), add lemon juice and optional cinnamon and cayenne pepper.
2. Enjoy upon waking.

Slim Down Detox Water

Serves 8

Ingredients:

- ½ gallon filtered water
- ½ grapefruit, sliced
- ½ lemon, sliced
- ½ lime, sliced
- ½ cucumber, sliced
- 2-3 mint leaves

Directions:

1. Combine all ingredients in a pitcher.
2. Allow the ingredients to chill in the refrigerator

Spa Water

Ingredients:

- Filtered water
- Fresh herbs like basil, cilantro, and parsley
- Lemon and lime slices
- Cucumber slices
- Fresh raspberries and strawberries

Directions:

Place a variety the above ingredients in a large mason jar or water pitcher. Add ice and water, and sip all day.

Questions? Post your question in our private facebook support group or email Lori Kearney directly at info@mindfulhealthwithlori.com.



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Smoothie Recipe Guide Updated May 2018.