

## Liver Cleanse Smoothie

½- 1 c. almond milk or water  
Handful of mixed greens  
1 cucumber peeled  
½-1 apple  
¼ - ½ raw red beet or beet powder  
½ - 1 lemon juiced  
½ - 1 lime juiced  
1 Tbsp olive oil

Blend all together. Drink every morning.



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For hormonal support, add 2 TBS of Flaxseed oil to this smoothie.