

A top-down view of a glass filled with a vibrant purple smoothie. The smoothie is garnished with several fresh blueberries and a sprig of bright green mint leaves. A white and brown striped paper straw is inserted into the drink. The glass sits on a rustic, dark wood surface, with several loose blueberries scattered around it.

# **5-DAY DETOX**

**Smoothies, Green Juices,  
Lattes, and Elixirs**



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## SMOOTHIES

### Cinnamon Pear Smoothie

Serves 1

Ingredients:

- 1 ripe pear, seeded
- 2 TB raw almond butter, or ¼ C raw almonds soaked overnight in 1 C fresh water
- 1 TB ground flax seeds
- ⅔ – 1 C almond milk
- ¼ tsp cinnamon
- ¼ tsp raw honey
- 1 small handful spinach, kale or collard greens (stems removed)
- ½ 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 if possible)
- 1 TB ground flax seeds
- 1 TB raw almond butter
- $\frac{3}{8}$  – 1 C coconut milk
- 2 tsp maple syrup or honey
- 1 tsp pumpkin pie spice
- $\frac{1}{2}$  tsp grated fresh ginger
- Dash of nutmeg

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.

## Chocolate Chia Smoothie

Serves 1

Ingredients:

- 1 small ripe banana
- 1 TB chia seeds, soaked in  $\frac{1}{4}$  C water for 10 minutes to create chia gel
- $\frac{3}{8}$  – 1 C almond milk
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{4}$  tsp raw honey
- 1 TB raw cacao powder
- 1 large handful spinach, washed and dried

Directions:

1. Place chia seeds in a small bowl and cover with about an inch of water. Allow to gel together for about 10 minutes. Be sure to stir the seeds a few times during soaking to get all seeds activated.
2. Add the remaining ingredients to the blender.
3. When chia seeds have gelled together a little, dump them and their water into the blender. Turn your blender on low and increase speed to incorporate all the ingredients. Blend until smooth, then serve.

## Get Up and GO Smoothie

Serves 1

Ingredients:

- 1 C frozen blueberries
- 1 small apple or banana
- 1 TB freshly ground flax seeds
- 1 TB chia seeds, soaked in  $\frac{1}{4}$  cup water for 10 minutes
- 1 C water or coconut water
- 1 tsp coconut oil
- 1 tsp honey or maple syrup
- 1 handful spinach or 2 leaves kale or collard greens (stems removed)

Directions:

Place all ingredients in a blender and turn on low. Increase speed slowly until smoothie is fully blended, then enjoy.

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!

## Berry Nut Smoothie

Serves 1

Ingredients:

- $\frac{1}{2}$  C coconut or almond milk
- 2 TB almond or cashew butter, or  $\frac{1}{4}$  cup almonds, walnuts, or cashews soaked in fresh water overnight
- 2 TB freshly ground flax seeds
- $\frac{1}{2}$  C frozen berries or cherries
- 1 handful fresh spinach
- $\frac{1}{4}$  -  $\frac{1}{2}$  C water
- Ice, if desired

Directions:

Place all ingredients in a blender and blend until you reach your desired consistency. Add water or ice as needed.

## Apple Tahini Smoothie

Serves 2

Ingredients:

- 2 TB tahini
- ½ ripe banana
- 1 small apple, quartered, seeds removed
- ½ tsp honey
- 2 TB chia seeds
- ¼ tsp cinnamon
- 1-2 handfuls of leafy green (like spinach, romaine lettuce or kale) or 1-2 TB green powder (optional)
- 1 ½ C water

Directions:

1. Place the tahini, banana, apple, honey, chia, cinnamon, greens and water in high-speed blender.
2. Blend until smooth.
3. Add more water if necessary to give you 2 cups.

## Ginger Molasses Smoothie

Serves 2

Ingredients:

- 1 C almond milk or coconut yogurt (or other milk of choice)
- ½ frozen banana
- 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:

1. Place all ingredients except water in high-speed blender.
2. 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
- 1 ripe peach or nectarine
- 2 TB flax seeds, freshly ground
- 1 tsp coconut oil
- 1 handful spinach or lettuce, torn into chunks
- ½ C water
- 1 TB hemp protein powder (optional)

Directions:

1. Add banana, peach, flax seeds, coconut oil, water and 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 another TB or 2 of water.
2. 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
- 1 C almond or coconut milk
- 1 C chopped spinach, collard greens or kale
- 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 by the ¼ C if your smoothie needs a little more liquid.

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

## Strawberry Banana Smoothie

Serves 1

Ingredients:

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

Directions:

1. Place all ingredients in a high-speed blender. Start blender on low, and increase speed to combine fully.
2. 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:

- ½ C frozen or fresh raspberries
- ½ C frozen or fresh strawberries
- ½ C frozen or fresh blueberries
- 1 small banana
- 1 C almond or coconut milk
- 1 C chopped spinach, collard greens or kale (stems removed)
- ¼ C chia gel
- 1 TB chia seeds soaked in ¼ C water for ten minutes before using

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 by 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 water (or 1 C pineapple or orange juice and 1 C sparkling water)
- 1 C frozen mangoes, pineapples or peaches
- ½ C cashews, almonds, or hemp seeds
- 1 avocado
- 1-2 leaves of kale, destemmed and torn into small pieces, or a handful of spinach
- ¼ C unsweetened coconut flakes

Directions:

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

## Tropical Coconut Smoothie

Serves 1

Ingredients:

- ½ C shredded coconut, unsweetened (or an equal amount full-fat canned coconut milk)
- 1 C water
- 1 C tropical blend frozen fruit or frozen mango
- 1 C loosely packed baby spinach
- ½ banana
- 2 TB flax seeds, chia seeds or hemp seeds

Directions:

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

## Chocolate Almond Banana Smoothie

Serves 1

Ingredients:

- 1 small or ½ large ripe banana
- 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:

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



## 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.

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
- 1-2 C 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. We don't recommend including Swiss chard or beet greens – these are often just too green and create a really bitter flavor.

## Suggested 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.



## LATTES, TEAS AND ELIXIRS

### 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 fridge for 3-5 days.)

## Chai Latte

Serves 2-3

Ingredients:

### Chai Syrup

- ½ TB black peppercorn
- ½ TB cloves
- 5 green cardamom pods
- 1 cinnamon stick
- 1 star anise
- 2 TB rooibos tea
- 2 ¼ C water
- 1-inch fresh ginger (or 1 TB ground)
- ½ tsp sugar
- 3 C water

### Chai Latte

- ¼ C canned coconut milk + ¾ C of water or 1 C milk of choice
- 1 C Chai Syrup

Directions:

### Chai Syrup

1. In a small saucepan, add all dry spices - peppercorn, cloves, cardamom, cinnamon, and star anise. Toast on medium-high heat for 2 minutes.
2. Transfer to a spice/nut grinder and grind to a coarse consistency. Skip this step if you don't have a spice/nut grinder and just use whole spices.
3. Add 3 C of water to saucepan. Add toasted spices. Bring to a boil and allow to simmer for 5 minutes.
4. Add 2 TB of rooibos tea. Simmer for another 2-3 minutes.
5. Strain spices and tea leaves out and store in quart-sized Mason jar or equivalent.

### Frothing Coconut Milk

1. Transfer contents of coconut can to a pint- or quart-sized Mason jar.
2. Using an immersion blender, blend milk to a frothy consistency.

### Latte

1. Heat ½ - 1 C of syrup with ½ C of milk.
2. Add a dollop of frothy milk at the top.
3. Enjoy!

## Hot Chocolate Elixir

Serves 1

Ingredients:

- 1 TB raw cacao powder
- ¼ tsp cinnamon
- Dash cayenne pepper
- 2-4 oz full-fat coconut milk
- 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!

## Sweet Mint Iced Tea

Serves 2

Ingredients:

- 2 bags Moroccan Mint green tea
- 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.