

Digestion Cleanse



Ingredients:

- 1/4 cucumber coarsely chopped
- 2 TBS of lemon
- 4 TBS mint
- 1 tps stevia
- 1 cup water

Directions:

Blend ingredients together in a blender and serve over ice

Kidney Cleanse

- *2 Oranges*
 - *2 Green Apples*
 - *8-10 Stalks of Asparagus*
 - *1 Cup Corriander*
 - *1TBS of Lemon Juice*
 - *1TBS of Ginger Seasoning*
- Juice of blend in a blender*
Serve Cold



Detox Delight



Ingredients:

- 1 glass soda water
- S squirt of lemon
- 1/4 tsp Stevia

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Sweet and Sour

Ingredients:

- 2 cups Strawberries
- 1 tsp Lime juice
- 1/2 TBS Stevia
- 2 cups Cold Water
- 6 Ice Cubes



Directions:

Chop strawberries into small pieces
Place strawberries, stevia and lime juice in a blender.
Blend until smooth puree.
Add water & blend again for a minute.
Strain and pour into small jug.
Add two ice cubes in each of the glasses. Pour sweet and sour fresh strawberry fruit juice over it.
Makes 3 glasses

Colon Cleanse

The Green Drink

Ingredients:

- 2 chopped apples
- 1 stick of celery
- 1 cup of Spinach
- 1 diced cucumber
- 1 cup water
- 1 juice of squeezed lemon
- A small piece of ginger
- 1/2 cup of chopped parsley
- Water and Ice
- Stevia to taste



Directions:

Blend ingredients together in a blender and serve over ice