



Detox Green Goddess Smoothie

Ingredients (serves 1)

- 1 cup chopped romaine lettuce
- ¼ broccoli microgreens
- ½ avocado
- juice of half a lemon
- 1 tsp fresh ginger
- couple of fresh mint leaves (trust me!)
- 1 cup cold water and 2 ice cubes
- **Optional extras:**
 - 1 scoop of protein powder or tbsp hemp seeds to up protein
- 1 tbsp of flax or chia seeds to up the fibre
- ¼ cup of blueberries or chopped apple
- If fasting 1 tbsp of MCT oil to help ketones

Instructions

- Add all ingredients to your Nutri bullet or blender and blitz until smooth.
- Pour into a glass and serve with a sprig of mint leaf.
- This will keep in the refrigerator for a few hours but best enjoyed immediately.

The basic smoothie mix is a great way to break your fast and line your gut with goodness if you want to stay in ketosis.

If you add the additional extras like protein powders and fruits you add a little sugar and this will take you out of ketosis by spiking your blood sugar.