



kath metz

Health & Happiness Coaching

## Supporting Natural Detoxification

### Lemon Ginger Green Drink

This is a simple green drink that provides 3 servings of fruits & veggies + detox support.

- 2 cups of mixed greens: spinach, silverbeet, kale, parsley, rocket
- ½ cup of frozen berries (if you can tolerate fruit), could also use a large apple, no need to peel
- ½ a lemon (excl pips)
- Thumb nail knob of fresh ginger root
- Several thin slices of fresh turmeric or ½ tsp of turmeric powder
- 1 cup of water or almond milk or coconut water + few cubes of ice

Put all ingredients into a high powered blender and blend until smooth.

Enjoy immediately late morning or afternoon as an energy booster.