

# The best detox smoothie

Cook: 5 minutes



## Step 1.

Throw all the ingredients into the wolf blender and switch to 'smoothie setting' and blend until smooth.

## Step 2.

Pour into glasses and enjoy.

## Ingredients

Serves 2-3

250ml coconut water or filtered water

1 medium green apple, skin on, cored and diced

1 small raw red beetroot, peeled and diced

6-8 frozen strawberries (or fresh)

1 pack frozen pineapple chunks

1/2 small avocado, pitted and peeled

1 handful baby spinach

1 tablespoon fresh lemon juice

Pinch cayenne pepper (optional)

100ml frozen raw broccoli

A pinch of finely grated lemon zest