



Spring Detox Smoothie

This vibrant smoothie is the perfect morning pick-me-up or midday refresh. It's packed with fiber, antioxidants and hydration.

Ingredients:

- 1 cup fresh spinach
- ½ cucumber, sliced
- ½ green apple, cored
- Juice of ½ lemon
- 1 tablespoon chia seeds
- 1 small knob of fresh ginger (optional)
- 1 cup coconut water or filtered water
- Ice cubes (optional)

Add all ingredients to a blender. Blend on high until smooth. Pour into a glass and enjoy immediately. This smoothie helps improve digestion, boosts energy and leaves you feeling fresh from the inside out.