

MB Greens Smoothie (for the blender)



This is a very simple, cleansing, easy to drink, easy to digest smoothie and especially good for beginners who are not used to the darker, more bitter greens. For a lighter, lower calorie juice make it without the avocado.

Cilantro or parsley (about 1/2 bunch)

1/2 lemon without the skin

1/2 avocado

1/3 cucumber cut in 2 inch pieces (skin on)

2 celery sticks

2 pieces romaine

1 inch ginger

8-12 ounces filtered water. Amount of water will vary depending upon your personal taste and consistency preferences.

1/2 cup ice

Place all the ingredients in the blender, denser items like the lemon, cucumber and ginger first. Blend on high for approx. 45 seconds or to desired consistency.

Supplements on the juice cleanse: Take supplements at least 15 minutes before the MB Lemonade drink.

If you do not own a good blender and you can afford it, I suggest you buy the [Blend Tec](#). It is expensive, but well worth it. Otherwise, any blender should suffice.

These recipes are meant to be tinkered with until you get them to your liking. So don't hesitate to experiment with the quantities of each item (except for agave-more than 1/4 of a tsp. please). Feel free to add different greens or additional greens to the MB Green drink. Chard and dandelion root are terrific greens but are very pungent. And share your recipes and ideas.

