



KATE REARDON

Green Goddess Fertility Smoothie

8 Good Reasons To Go Green

✓ 1. Green Apple

- ♥ Helps to eradicate toxins from the body and prevent free radical damage

✓ 2. Celery

- ♥ Alkalizes and hydrates the cells, strengthens the kidneys

✓ 3. Cucumber

- ♥ Decreases inflammation and assists in constructing healthy connective tissue (muscles, ligaments, tendons, bones)

✓ 4. Cabbage Leaves

- ♥ Helps to balance hormones, detoxify liver and soothe the lining of digestive system

✓ 5. Broccoli Floret

- ♥ Helps to balance hormones and detoxify liver, antioxidant

✓ 6. Kiwi Fruit

- ♥ Provides digestive enzymes

✓ 7. Kale

- ♥ Antioxidant and one of the most powerful detoxifying plants on the planet

✓ 8. Coconut Water (or purified water)

- ♥ Rebalances electrolytes and boosts the immune system

Ingredients

- ♥ 1/2 green apple
- ♥ 2 large stalks of celery
- ♥ 1 small cucumber
- ♥ approx. 1/2 cup of cabbage leaves
- ♥ 1 small broccoli floret
- ♥ 1/2 kiwi fruit
- ♥ 1 large stalk of kale
- ♥ 500mls of coconut water (or purified water)

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How to make

- ♥ Chop up all ingredients in to small bite sized chunks.
- ♥ Add coconut water, cucumber, cabbage leaves, and celery into a blender or food processor on low speed until smooth.
- ♥ Gradually add in other ingredients and move to higher speeds until you get the consistency you want.
- ♥ You can add more coconut or purified water at the end for a thinner consistency. May add a few cubes of ice while whizzing

