

## **Detox smoothie**

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## **Detox smoothie**

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## Detox smoothie

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This delicious detox smoothie combines beetroot, pear, chia seeds & spirulina.

### Ingredients (serves 1)

- $\frac{1}{2}$  [beetroot](#)
- 1 kale leaf
- 1 garlic clove (optional)
- 2 cm piece fresh turmeric, grated
- 1 lemon, juiced
- 1 tbsp [chia seeds](#)
- 1 tsp spirulina
- $\frac{1}{2}$  pear
- 1 cup ice
- 2 cups filtered water

### Method

Put all the ingredients into a high-powered blender and blitz until smooth.

Recipe from Janella Purcell.

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