

Green Detox Smoothie

1 serving

INGREDIENTS

1 cup Dandelion greens

1 cup Pineapple chunks

$\frac{1}{2}$ medium Avacado, peeled, pitted

$\frac{1}{2}$ tablespoon Ginger, or 1 small knob

1-2 frozen Bananas

1 cup Almond milk

INSTRUCTIONS

Place all ingredients in a high-speed blender and process until smooth, approximately 1 minute.

Add crushed ice for a thicker and slushier smoothie. Serve immediately for the best texture and taste. Notes: Greens can include or substitute for spinach or kale. Frozen avacado works very well. Replace almond milk with coconut water.

Calories: 226kcal | Carbohydrates: 37g | Protein: 3g | Fat: 9g |
Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat:
6g | Sodium: 180mg | Potassium: 693mg | Fiber: 7g | Sugar: 25g |
Vitamin A: 1577IU | Vitamin C: 26mg | Calcium: 193mg | Iron: 2mg

MORE NUTRITIONAL INFORMATION

Dandelion greens are rich in nutrients, a one-cup serving raw, chopped dandelion greens contains high amounts of Vitamin K (535% DV), Vitamin A (112% DV), and Vitamin C (32% DV), as well as iron, calcium, and potassium. They are well known for their natural diuretic and mild laxative properties, which help to boost digestion and support the liver and kidneys in their detoxification processes. Dandelions contain high levels of antioxidants like beta-carotene and polyphenols, which help protect the body against cell damage and inflammation.

Pineapple is low in calories and high in nutrients like Vitamin A, C, and K. It is also rich in calcium, zinc, and phosphorus. It is loaded with antioxidants and boosts immunity within the body. It also promotes cell growth and development. Also, anti-oxidants help in reducing inflammation and fighting chronic diseases. Pineapples contain an enzyme known as bromelain. This enzyme aids in digestion and helps in breaking down protein more efficiently. Because it reduces inflammation, pineapple helps in relieving joint pain caused by arthritis.

Avocado is a nutritious fruit that offers various health benefits. Packed with essential nutrients, it is known for its creamy texture and versatile culinary applications. Avocado is an excellent source of healthy monounsaturated fats, which can help improve heart health by reducing bad cholesterol levels. These fats also aid in the absorption of fat-soluble vitamins like vitamins A, D, E, and K. Additionally, avocados are low in saturated fat and contain no cholesterol. Avocados are rich in dietary fiber, which promotes healthy digestion and contributes to a feeling of fullness, making them a great addition to a balanced diet or weight management plan.

Ginger has many nutrients and compounds that are good for your body's health. These include gingerol, iron, macronutrients (carbohydrate, protein, and fat), magnesium, phosphorus, potassium, Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B6 (Pyridoxine), Vitamin B9 (Folate), Vitamin C (Ascorbic acid) and zinc. Ginger is a versatile spice with a long history of medicinal use, and it offers a range of health benefits due to its potent bioactive compounds. Ginger has been traditionally used to aid digestion by alleviating symptoms such as nausea, bloating, and indigestion. It also possesses anti-inflammatory properties that can help reduce inflammation and pain in conditions like osteoarthritis and muscle soreness. Moreover, ginger has shown potential in supporting immune function, reducing oxidative stress, improving blood circulation, and promoting cardiovascular health.

Bananas have many health benefits and can be consumed for breakfast, lunch, or dinner. Some of the nutrients contained in bananas are potassium, vitamin C, vitamin B6, magnesium, copper, fiber, and protein. Eating bananas is also a good way to maintain blood sugar levels, aid with digestion, help to maintain heart health, assist with weight loss, and are easy to include in your diet. Bananas are also very filling and will prevent you from feeling hungry for several hours. This will significantly assist those who are formulating weight loss plans. In addition, a medium banana contains only 102 calories. Bananas also contain bioactive plant compounds such as dopamine and catechin. The dopamine which comes from bananas acts as an antioxidant and the catechin can assist with reducing the risk of heart disease.

Almonds contain monounsaturated fats and no cholesterol. Mono-saturated fats are healthy fats known to reduce LDL cholesterol (bad cholesterol) and prevent heart disease. Almonds also contain Vitamin E, an antioxidant beneficial in neutralizing free radicals. Studies showed that almonds will control the blood sugar level and prevent blood sugar surges. Therefore eating almonds are beneficial in preventing diabetes. Other nutrients are calcium, manganese, magnesium, phosphorus, copper, potassium, and zinc.