

Green Beauty Cleansing Drink



A super hydrating smoothie that will flush away excess toxins, anti inflammatory, loaded with enzymes and boost clear skin.

1 organic cucumber

1 large handful of organic spinach

Leaves of 3 kale stalks (remove stem)

1/2 cup of frozen pineapple

½ cup of organic strawberries

1 handful of Cilantro

1 handful of Parsley

1 whole lemon

1 tablespoon of sunflower liquid lecithin or coconut oil

1-2 cups of Bai Antioxidant Cocofusion – Andes Coconut Lime

Place all ingredients in a blender and blend for 1 minute until smooth consistency. Drink throughout the day or a snack. This usually will last a couple of days.