

Broccoli & Avocado Glow Smoothie

Ingredients

- 1 cup raw broccoli florets (lightly steamed for easier blending)
- ½ ripe avocado
- 1 green apple, chopped
- ½ cucumber
- 1 cup coconut water
- Juice of ½ lemon
- 1 tsp flaxseeds

Instructions

1. Lightly steam broccoli florets for 1–2 minutes, then let cool (this reduces bitterness but keeps nutrients).
2. Add broccoli, avocado, apple, cucumber, coconut water, lemon juice, and flaxseeds to a blender.
3. Blend until smooth and creamy.
4. Serve cold.

Benefits

- Broccoli: vitamin C → boosts collagen, sulforaphane → protects skin.

- Avocado: vitamin E + healthy fats → moisturizes skin, supports hair growth.
- Flaxseeds: omega-3 → reduces scalp inflammation and strengthens hair follicles.