

## **Liver Purify Smoothie**

### **Ingredients:**

- ½ beet
- 1 green apple
- 1 stalk celery
- Juice of 1 lime
- 1-inch ginger
- 1 cup water

### **Instructions:**

Blend all ingredients and strain if needed.

### **Benefits:**

Detoxifies liver, aids digestion, purifies blood.