

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)

- ½ [beetroot](#)
- 1 kale leaf
- 1 garlic clove (optional)
- 2 cm piece fresh turmeric, grated
- 1 lemon, juiced
- 1 tbsp [chia seeds](#)
- 1 tsp spirulina
- ½ 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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