

## Day 23 – Recovery Diet Smoothie

### Blended Salad Smoothie

#### **Ingredients**

- 1 tomato
- 2 cups greens
- 1 stalk celery
- 1/2 cup broccoli florets
- 1/4 cucumber
- 1/4 bell pepper
- 1/2 pear
- 1 clove garlic

#### **Directions**

1. Place all ingredients in a blender and blend well.

A blended salad enables you to eat a larger volume of raw foods in less time, masticated much more efficiently, delivering much more nutritional value to the body with less energy expended on digesting