

Some ideas for a Green Smoothie - all organic:

Chunk of pineapple, orange OR ½ grapefruit

½ an apple OR kiwi etc

½ a pear OR peach etc

2 stalks celery

Small handful of cranberries, pomegranate seeds, blueberries OR raspberries

1/3 of a banana

¼ bunch of greens: dandelion leaves, kale, chard, spinach, romaine OR arugula + a small handful of parsley or cilantro

Juice the first 4 ingredients, blend or bullet the rest OR use a Vita Mix for everything.

No more heart palps!