

Recipes

Lemon Ginger Detox Smoothie

SERVES: 1

INGREDIENTS:

- 1/2 cup light canned coconut milk
- 1/2 fresh squeezed lemon
- 1/2 banana
- 1/2 cup frozen papaya or pineapple
- 1/4 tsp ground ginger
- 1/2 tsp ground turmeric powder
- 2 scoops vanilla collagen powder or regular collagen powder + 1/2 tsp vanilla extract
- Ice + more filtered water if needed to blend

INSTRUCTIONS:

1. Peel and slice papaya in half. Scrape out the seeds with a spoon. Dice into chunks and lay flat into a ziplock baggie, keep in the freezer.
2. In the morning combine everything into your blender and blend until smooth!



SHIFTING NUTRITION