



CLEAR SKIN DIET SMOOTHIE

Prep Time: 5 minutes
Yield: 1 smoothie

DESCRIPTION

Antioxidants help to prevent and repair damage to body tissues, our skin included. Vitamin C is one of the greatest antioxidants we have available, and it's abundant in pineapple. The addition of avocado brings with it other skin-specific nutrients such as vitamins E, A and zinc. In fact, you could probably use this smoothie on your face as a beauty treatment!

INGREDIENTS

- 1 1/2 cups fresh spinach
- 1 cup coconut water (unsweetened)
- 1 cup pineapple (frozen)
- 1/4 avocado

INSTRUCTIONS

Blend spinach and coconut water until smooth; add remaining ingredients, and blend until smooth. Enjoy!



BRIGHT SKIN SMOOTHIE

Prep Time: 5 minutes
Yield: 1 smoothie

DESCRIPTION

Zingy, refreshing and moisturizing for the skin! This bright skin smoothie brightens up the complexion and makes it glow!

INGREDIENTS

- 1/2 kiwi (peeled)
- 1/2 apple (cored, peeled and roughly chopped)
- 1 small banana (roughly chopped, or 1/2 big one)
- 4 large frozen strawberries
- 1 tablespoon fresh lemon juice
- 1 cup unsweetened almond, coconut or soy milk
- 1 tablespoon ground flaxseed

INSTRUCTIONS

Put all the ingredients in a blender, with the flaxseed last, and blend until smooth; serve immediately or keep refrigerated. The smoothie will keep in the fridge for 1 or 2 days (but it's much better when it's fresh).



DETOX GLOWING SKIN SMOOTHIE

Prep Time: 5 minutes
Yield: 1 smoothie

DESCRIPTION

This glowing skin smoothie not only helps brighten and even out your skin tone it also helps detox you from all that holiday food. This smoothie is loaded with antioxidants from blueberries and pomegranates.

INGREDIENTS

- 1 small banana (add just 1/2 if you're watching sugar)
- 2 cups fresh kale or baby spinach (I use 50/50)
- 1 cup pomegranate juice (fresh or bottled)
- 1/2 cup Greek yogurt
- 1/2 cup blueberries (I use berries that I froze)
- 1/2 cup water or ice cubes
- chia or flaxseeds (optional)

INSTRUCTIONS

To make this a 'juice' use the water; to have a thicker consistency, add the ice. Blend all ingredients together in a blender until smooth.