

Cilantro-Mango Detox

*from simplegreensmoothies.com

Enjoy this cilantro-based green smoothie which is a great way to help cleanse your body of icky toxins. *Serves 2*

Ingredients

- 1 $\frac{1}{2}$ cups spinach
- $\frac{1}{2}$ cup cilantro
- 1 $\frac{1}{2}$ cups mango
- 1 cup pineapple
- $\frac{1}{2}$ avocado
- 2 cups water



Directions

1. Blend spinach, cilantro and water until smooth
2. Add the remaining fruits and blend again.