

Citrus Beet Cleanser Green Smoothie

*from simplegreensmoothies.com



*Detoxify with beets and beet greens as they team up with the liver to flush out the toxins. But that's not all! Citrus also works to detoxify the body naturally. Happy detoxing! **Serves 2***

Ingredients

- 2 cups beet greens or swiss chard
- 1 cup water
- 2 oranges, peeled
- 1 small raw beet, peeled and diced
- $\frac{1}{2}$ lemon

Directions

1. Blend beet greens, water, and oranges until smooth.
2. Add beet, and blend until smooth. Enjoy!