

LIVER CLEANSE SMOOTHIE RECIPES

BERRY ANTIOXIDANT SMOOTHIE

- 1 cup mixed berries (blueberries, strawberries)
- ½ beet (raw or cooked)
- 1 tbsp chia seeds
- 1 cup almond milk
- Optional: ½ banana for sweetness



Berries and beets are rich in compounds that support liver enzyme activity.

GREEN LIVER SUPPORT SMOOTHIE

- 1 cup spinach
- ½ cucumber
- 1 green apple
- Juice of ½ lemon
- Small piece of ginger
- 1 cup water or coconut water



Leafy greens + lemon + ginger provide antioxidants and may support digestion and inflammation control.

CARROT CITRUS JUICE

- 3 carrots
- 1 orange
- ½ lemon
- Small piece of turmeric root (or ½ tsp powder)



Carrots (beta-carotene) and turmeric (curcumin) are linked to liver health support.

TROPICAL GINGER CLEANSE SMOOTHIE

- 1 cup pineapple
- ½ mango
- ½ inch ginger
- Juice of ½ lime
- 1 cup coconut water



Pineapple contains bromelain (digestion support), while ginger may help reduce inflammation.

APPLE BEET DETOX JUICE

- 1 beet
- 1 green apple
- 2 celery stalks
- ½ lemon
- Small piece of ginger



Beets are often associated with improved bile flow, which helps the liver process waste.