



Detox Shakes

Note: Any recipe with seeds in it, it's best to soak them over night. You can make your shake the night before and leave it in the refrigerator so the seeds can soak or soak the seeds only over night and add them to your morning shake.

Shake Option #1: Berry Shake

- 1/2 cup frozen blueberries
- 1/2 cup frozen cranberries
- 1/4 organic lemon with rind (optional)
- 1 tablespoon of almond butter
- 1 tablespoon pumpkin seeds
- 1 tablespoon of chia seeds
- 1 tablespoon hemp seeds
- 2 raw walnuts
- 1/4 avocado
- 1/2 tablespoon extra virgin coconut oil
- 1/2 cup unsweetened almond or hemp milk
- 1/2 cup water
- 5-rounded tbsp of Vital Clear

Shake Option #2: Chia Ginger Shake

- 1/2 cup raw almonds
- 2 kale leaves, stems removed
- 4 tablespoons chia seeds
- 1/2 inch piece ginger-root, peeled
- 1/2 medium cucumber, peeled and seeded
- 1 cup water or more as desired
- 5-rounded tbsp of Vital Clear

Shake Option #3: Almond Cinnamon Shake

- 1 tablespoon raw almond butter
- 3 raw walnuts
- 1 cup water
- 1/2 cup fresh or frozen strawberries
- 1/4 avocado
- 1/2 teaspoon fresh ginger-root, peeled
- 1/4 teaspoon cinnamon
- 1 tablespoon flaxseeds
- 2 to 3 ice cubes as desired
- 5-rounded tbsp of Vital Clear



Shake Option #4: Kiwi Chia Shake

1 kiwi (firm, not too soft) peeled and sliced in half
1/4 avocado
4 tablespoons chia seeds
1/2 lime, juiced
1/4 cup packed fresh mint leaves
1/2 cup ice (optional)
1 cup water
1 cup packed spinach or 1 medium kale leaf, stem removed
5-rounded tbsp of Vital Clear

Shake Option #5: Michelle's morning shake

5-rounded tbsp of Vital Clear
1 table spoon organic almond butter or 1/2 an avocado
2-3 Kale leaves
2-3 tbsp of chia or hemp seeds

Option: If don't add almond butter or kale, you don't have to blend it. Stir or shake and stick it in the refrigerator overnight to have in the morning.

Shake Option #6: Vital Clear

5-rounded tbsp of Vital Clear
8 ounces of filter clean water

Add 2-3 Kale leaves for added fiber
Add 1/2 avocado or 1-2 tbsp of organic almond butter for good fat

For additional detox shake ideas go to page 64-69 in your 10-Day Detox Cookbook by Mark Hyman, MD. :)