

Nutritionist-Approved Detox Green Smoothie

By Rosemary Fotheringham, NTP

Today I'm going to give you a recipe for a nutritionist-approved detox green smoothie. While this smoothie is specifically to help metabolic clearing and detox processes so it works great as an anti-hangover remedy, it's not a prerequisite to have three margaritas the night before. This smoothie is great anytime you want some support for the body's detoxification systems.

The Base: NutriClear® Free

NutriClear® Free is basically a protein powder formula packed with nutrients for hepatic function, energy production and intestinal balance. The formula includes easily digested protein, medium chain triglycerides and an extensive complement of antioxidants. It provides support for enzymatic processes and elimination of potentially harmful substances. It also compensates for nutrient deficiencies resulting from poor diet and maldigestion. NutriClear® Free protects against oxidative stress associated with detoxification and also supports tissue rebuilding. Plus, it is free of all sweeteners, is gluten free, non-GMO, and vegetarian compatible.

The Brain Boost: Bio-MCT™

NutriClear® Free does have medium chain triglycerides, but I like to add some Bio-MCT™ into my smoothies for a burst of brain power and to give the smoothie an extra creamy taste. Bio-MCT™ is a medium chain triglyceride (MCT) product, containing 100% Caprylic Triglycerides from coconut/palm kernel oil. It also doesn't require bile for absorption so it will be able to be absorbed even in people who aren't digesting their fats well. Pro tip: start *small* to check your own tolerance, around 1 teaspoon at a time, and work up to 1 tablespoon, or you may experience a very sudden and swift "detox effect".

The Greens: NitroGreens™

Imagine if you could take the power of a the handful of spinach you'd *normally* throw in a smoothie, and then amplify it by a bajillion. That's basically the NitroGreens™. You just need one scoop. NitroGreens™ supplies an all organic proprietary blend of grass juices, vegetable sprout concentrates and vegetable juices providing important phytonutrients and offering significant antioxidant protection, as evidenced by its high ORAC Value. It also has a small amount of stevia leaf so it has a pleasant, mildly sweet flavor.

The Detox Smoothie Recipe

- 2 scoops [NutriClear® Free](#)
- 1 tsp to 1 Tbsp [Bio-MCT™](#)
- 1 scoop [NitroGreens™](#)
- 1/2 cup ice OR frozen low-glycemic fruit, such as blueberries, raspberries, or blackberries
- 1 to 1 1/2 cups coconut water or coconut milk
- Boosters for extra detox power (optional): A capful of [E-Lyte](#) electrolyte concentrate for rehydration, collagen peptides, celery, spinach, cilantro (and/or parsley), ginger, Meyer lemon juice, pinch of salt, a couple shakes of tumeric, raw honey or maple syrup

Put all ingredients except the NutriClear® Free into a high powered blender and blend until smooth. Add a little more coconut water or coconut milk to thin it out if needed. Add the NutriClear® Free and pulse a few times until blended in. Pour into a mason jar and enjoy!

Be happy and healthy!

Rosemary Fotheringham
Customer Success Manager
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