

Life in Abundance Smoothie

By Ismael Chel
Yields 1 Serving of 12 oz.



Ingredients

1 parsley sprig
1 green apple
1 carrot
4 celery stalks
1 small beet
½ cup of water
½ cup fresh-squeezed orange juice

Directions

Rinse all ingredients and place in a blender

Add water and fresh-squeezed orange juice

Ingredients can be used cold to make the drink more refreshing.