

Milk Thistle Smoothies

Smoothie One

- 1 tablespoon milk thistle powder
- 1 tablespoon ground flax seeds
- 1 small cooked beet
- half a banana
- 200ml oat milk (or milk of choice)
- 1 cup frozen berries (strawberries, blackcurrant, blackberry)
- dash of honey (optional)



Smoothie Two

- ¼ lemon wedge
- ½ green apple
- 1 tablespoon milk thistle powder
- 3-4 chunks of pineapple
- 1-2 big handfuls of baby spinach
- 1 cup water





Smoothie Three

- 1 ripe banana, peeled*
- 1/2 green apple, cored and chopped
- 1 medium-sized carrot, peeled and chopped
- 1 handful baby spinach
- 1 (1/4-inch) nub turmeric root, peeled
- 1 tablespoon fresh parsley, chopped
- 3 walnut halves
- 1 tablespoon milk thistle powder
- 1/2 lemon, juiced
- 1 pinch cinnamon (optional)
- 3/4 cup unsweetened almond milk
- 1 tablespoon ground flax seeds



Smoothie Four

- 1/2 cup frozen pineapple
- 3/4 cup frozen banana
- 1 cup baby spinach
- 3/4 cup almond milk (more or less depending on desired consistency)
- 1 tablespoon matcha powder
- 1 tablespoon milk thistle powder

