

# Detox Green Tea



**SERVES 4**

## INGREDIENTS

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**1 bunch kale**

**2 cups romaine lettuce leaves**

**1 cucumber**

**4 leaves bok choy**

**2 cups unsweetened green tea**

**2 cups frozen raspberries**

**2 cups frozen cherries or strawberries**

## DIRECTIONS

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Prepare a green juice by running the kale, romaine lettuce, cucumber, and bok choy through a juicer. Mix the green tea with 2 cups of the green juice. Add to a blender along with frozen raspberries and frozen cherries or strawberries and process until well blended.

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**PER SERVING:** CALORIES 48; PROTEIN 2g; CARBOHYDRATES 11g; TOTAL FAT 0.5g; SATURATED FAT 0.1g; SODIUM 16mg; FIBER 3.8g; BETA-CAROTENE 2,153ug; VITAMIN C 51mg; CALCIUM 58mg; IRON 1.1mg; FOLATE 44ug; MAGNESIUM 26mg; ZINC 0.4mg; SELENIUM 0.7ug