Liver Supporting Dandelion Smoothie

Ingredients

- 2 cups unsweetened nut milk (almond, coconut, cashew) – calcium
- 2 cups dandelion greens – liver support
- 1 cup spinach – alkalizing, iron
- 2 Tablespoons parsley – liver support
- 2 Tablespoons lime juice – alkalizing and liver support
- 2 Tablespoons flaxseed – regulates estrogen
- 1 teaspoon camu – vitamin C
- 1 Tablespoons pecans – fats and fiber
- 2 Tablespoons nut butter – fat and protein
- 1 Tablespoon raw maple syrup – polyphenol antioxidants

Directions

Blend all ingredients in blender and enjoy!