



Detox Veggie Smoothie

Dr. Thomas Wu

Recipe presented by Maggie & Jose Villalobos

Sunday April 18th, 2010 – 9Week Transformation ~ Dr. S. Don Kim

2 Tomatoes
2 Carrots
1 Beet
1 Celery stalk
2-3 Asparagus sticks
Cilantro - 1 Pinch
Fresh Basil - 1 Pinch
Parsley - 1 Pinch (small sprig if fresh)
Ginger - 1 Small Piece
Garlic - 1 Small Clove
Cumin Powder - ½ Teaspoon
Kangen Water – 2 glasses (6 oz) Alkaline water is preferred but Distilled water may be used if Alkaline water is unavailable.)
** Optional: You may add Blueberries, Apple or Orange. This will improve the flavor.
*** Maggi's favorite is to add 1 Fuji apple (including skin and seeds) and ½ cup Frozen Blueberries for a delicious smoothie.

Run through food processor. Please use a straw and chew 10 times before swallowing. Makes about 24 oz.

For optimal results, all vegetables, fruits and herbs should be organic. Smoothie is a wonderful berry-colored drink the consistency of a thick shake. Left over portions can be refrigerated until time for next serving (maximum 1 day).

Note: For those with diseases wishing to Detox, schedule as follows:

2 Cups in the morning
1 Cup mid-afternoon
1 Cup early evening.