



SPRING DRINKS  
*for*  
CLEANSING

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Beautify Face Yoga

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[www.beautifyfaceyoga.com](http://www.beautifyfaceyoga.com)





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# Green Smoothie

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## *ingredients*

Handful of watercress, green lettuce, dandelion, or spring greens

1 tsp peeled & grated fresh ginger, or 1/2" knob

pinch of black pepper

pinch of himalyan sea salt

pinch of fresh spring herbs like rosemary, thyme, parsley, tarragon, sweet anise, or any of your favorites!

Blend with 8-10 oz of water.

Enjoy!





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# Pineapple Smoothie

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## *ingredients*

1/2 cup of pineapple, fresh or frozen

1 whole orange peeled, sectioned

1 tsp peeled & grated fresh ginger, or 1/2"

1 tsp peeled & grated fresh turmeric, or 1/2"

pinch of white pepper

pinch of himalyan sea salt

Blend with 4 oz of water.

Enjoy!



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# Strawberry Hibiscus Drink

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## *ingredients*

Handful strawberries, washed and stems removed

1 tsp peeled & grated fresh ginger, or 1/2" knob

pinch of black pepper

pinch of himalyan sea salt

squeeze of lime or lemon juice

Blend with 8-10 oz of chilled/room temp hibiscus tea

Enjoy!





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# Coconut Celery Drink

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## *ingredients*

Handful of watercress, green lettuce, dandelion, or spring greens

1 celery stalk, ribs removed

1 tsp peeled & grated fresh ginger, or 1/2" knob

pinch of black pepper

pinch of himalyan sea salt

pinch of fresh spring herbs like rosemary, thyme, parsley, tarragon, sweet anise, or any of your favorites!

Blend with 8-10 oz of coconut water

Enjoy!





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# Supportive Berry Yogurt Smoothie

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## *ingredients*

1/2 cup of spring berries (blue, raspberry, strawberries)

1 tsp peeled & grated fresh ginger, or 1/2"

1 tsp peeled & grated fresh turmeric, or 1/2"

pinch of white pepper

pinch of himalyan sea salt

2 oz water or coconut water

Blend with 3 oz of your favorite yogurt (vegan or dairy)

substitute kefir or your favorite ferment to support the body's biome during the cleanse

Enjoy!





## *Make it your own way!*

- The point to these liquid drinks is to allow you nourishment during a cleansing 5-7 days when fast from 1 meal and drink a cleansing drink like these. If you are averse to sweet drinks, try drinking the green drink with some variations of your own creation!
- Use fresh ingredients when possible.
- Chilled drinks are not ideal, but can be fun!
- These will foster cleansing and you may experience a softer or runny stool. This is a sign that things are working!
- If this is your first cleanse, I recommend not exceeding 5 days.
- Finally, keep it simple and enjoy the clarity of the mind.
- Track your progress in the food journal that you can download from the same blog where you found this guide.