**Liver Rescue Smoothie**

Ingredients:

OPTION A
2 bananas or ½ Maradol papaya, cubed
½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)
2 cups fresh or frozen or 2 tablespoons powdered wild blueberries
½ cup water (optional)

OPTION B
1 banana or ¼ Maradol papaya, cubed
1 mango
½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)
1 celery stalk
½ cup sprouts (any variety)
½ lime
½ cup water (optional)

Directions:
Combine all ingredients in the blender. Blend until smooth. If desired, stream in up to ½ cup of water until desired consistency is reached.

Makes 1-2 servings

Taken from Medical Medium Cleanse to Heal