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Drago and Helena´s (DIH) best detox green juice

Ingredients (organic when possible):

- 1 apple
- 1 carrot
- 1 large handful Swiss chard
- 1 small handful kale
- 1 small handful mixture of parsley and celery
- Tbsp. fresh ginger (1 small knob)
- ½ medium lemon or lime
- ½ medium orange
- cinnamon

Drago and Helena´s best (DIH) everyday green smoothie

Ingredients (organic when possible):

- 1 large handful Swiss chard
- 1 small handful kale
- 1 small handful mixture of parsley, celery, carrot tops, beet tops
- ½ cup of pineapple
- Tbsp. fresh ginger (1 small knob, skin removed)
- ½ medium lemon or lime, juiced (1 Tbsp. or 15 ml)
- 1 small banana (previously peeled, sliced)
- 1 cup unsweetened almond or coconut milk
- 1 cup filtered water (adding more, if needed, to thin)
- 1 Tbsp. of linseed,
- 1 Tbsp. of coconut flour
- 1 Tbsp. of some nuts (sunflower seeds, hazelnuts, sesame seeds)

