



This green smoothie is immune-boosting and has antiviral properties. You can juice this if you'd like. I like to blend it to keep the fiber.

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CELERYBRATE

Dr. Stacey's Irish Green Smoothie

1 handful of parsley
3 celery ribs, chopped
½ lemon, juiced

½ inch ginger
2 packets stevia (or to taste)
Pinch of sea salt

Blend together with 2 cups of water and a handful of ice cubes.

Enjoy!

