

90 Tropical Detox Smoothie Recipe

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Ingredients:

- 1 handful organic kale
- 1 cup frozen organic pineapple chunks
- 1/2 organic avocado
- 1/2 organic cucumber (cut)
- 3 organic mint leaves
- 1 tbsp organic chia seeds
- 1 tsp organic raw honey
- 1 organic lime
- 1 cup distilled water
- 1/4 tsp organic turmeric
- 1/4 tsp organic ginger
- 1 oz Plant Derived Minerals
- 2 scoops BTT 2.0
- 1 scoop Osteo-fx

Instructions:

Blend it all together until smooth, pour, and enjoy every tropical, nutrient-packed sip.

This smoothie isn't just a treat-it's a daily boost of minerals, antioxidants, anti-inflammatory support, and the 90 essential nutrients your body craves... all in one glass.

And to make life easier, there's a printable PDF of this recipe at the end of the recipe page-perfect

for your fridge or to share with friends.

Important Note: If you have hypothyroidism, please avoid this smoothie. Kale contains goitrogens, natural compounds that can suppress thyroid function by interfering with iodine uptake.

Here's to nourishing your body while eating (and drinking) like royalty.