



Cilantro Ginger Green Smoothie

This cilantro ginger green smoothie recipe is full of amazing health benefits, as the cilantro helps your body to cleanse while the ginger can help soothe inflammation. When you're feeling bloated and ready for clean start to your day, this green smoothie is your ticket!

Ingredients:

- ½ cup cilantro
- 1 cup chopped cucumber
- 1 stalk of celery cut into small chunks
- Juice of one lime or lemon
- 2 teaspoons grated ginger
- 4 dried figs or dates
- ½ teaspoon of [Essential Blend Plus](#) powder
- 4 ounces coconut yogurt

Directions:

1. Add all ingredients to a blender.
2. Purée on high until completely smooth.
3. Serve immediately.

Servings: 2 - **Diet Type:** Gluten-Free, Paleo, Vegan, Vegetarian

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