

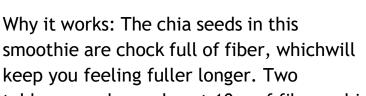


MANGO CHIASEED DETOX



DETOX

- 2 cups Fil d'OR Banana puree
- 2 cups Fil d'OR Mango puree
- 2 table spoon chia seeds
- 1 ½ cup unsweetened almond milk



tablespoons have almost 10gr of fiber, which is almost half of your recommended daily intake.

Mangos are also a great fruit that is low in carbs and fat.



Coconut: Coconut is my go-to for smoothies. Low in calories and carbohydrates, and almost completely fat free, coconut pairs well withmost fruits and veggies. It's also a natural energy fruit that's rich in electrolytes that keep you hydrated

Pineapple: Bromelain, the protein-digesting enzyme in pineapple, bolsters the power of its vitamin C content to help clear respiratory congestion, suppress coughs, loosen mucus, flush out toxins, reduce swelling and bloating, and stimulate circulation for a deep-dive detox. Usepineapple fresh or frozen

Calamansi: Low in sugar and full of nutrients, calamansi are detox divas. Calamansi are amped up with antioxidant vitamin C, antibiotic phytonutrients, and B vitamins. The citric acid aids digestion while ascorbic acid fights free radicals







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