

Wheatgrass Smoothie



This Wheatgrass Smoothie is wonderful for anyone suffering from eczema or psoriasis, as the wheatgrass helps draw out toxic copper from the body. (And copper is a part of the root cause to both these autoimmune skin conditions.)

Servings: 1

Ingredients

2-3 ripe bananas
225 g frozen strawberries
2 handfuls of spinach
1 tsp barley grass juice powder
1 tbsp wheatgrass powder
coconut water

Instructions

Just add all the ingredients to your mixer, and mix until smooth. Add as much coconut water as you need to get the consistency you desire.