**Liver Rescue Smoothie**

Ingredients:  
  
OPTION A  
2 bananas or ½ Maradol papaya, cubed  
½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)  
2 cups fresh or frozen or 2 tablespoons powdered wild blueberries  
½ cup water (optional)  
  
OPTION B  
1 banana or ¼ Maradol papaya, cubed  
1 mango  
½ cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)  
1 celery stalk  
½ cup sprouts (any variety)  
½ lime  
½ cup water (optional)  
  
Directions:  
Combine all ingredients in the blender. Blend until smooth. If desired, stream in up to ½ cup of water until desired consistency is reached.  
  
Makes 1-2 servings

Taken from Medical Medium Cleanse to Heal