So we all ate and drank too much over the holiday period and now load of us are dieting, getting fit and detoxing...

Green detox drinks and smoothies are all the rage right now, so here's a great recipe from Health Is Happiness to help cleanse and detox.

I don't go in for those strict regimented 'all or nothing' diets and detoxes, but drinking a green smoothie once a day, in addition to whatever else you are doing (even if it's nothing...) will give your system a huge boost.
In the longer term, a better goal is to aim to eat 3-5 pieces of fruit a day. This will do wonders for your health and well-being. In the short term though, head over to Health Is Happiness and check out their post and recipe.

**Cleansing Green Detox Smoothie Recipe**

(Image from Health Is Happiness)