

6. Recipe- **Neem Leaf Detox Smoothie**

Neem Leaf Detox Smoothie recipe that balances the slightly bitter taste of **neem leaf powder** with the sweetness of fruits and the creaminess of almond milk. It's a refreshing and nutritious drink, perfect for a detox or an energy boost.

Neem Leaf Detox Smoothie

Ingredients (Serves 1-2):

- 1/4 tsp **Neem Leaf Powder** (start small due to its strong taste)
- 1 medium ripe banana (for sweetness and creaminess)
- 1/2 cup pineapple chunks (fresh or frozen)
- 1/2 apple (chopped, optional for added sweetness)
- 1 cup almond milk (or any milk of choice)
- 1 tsp honey or maple syrup (optional, adjust for sweetness)
- 1/4 tsp cinnamon (optional, for added warmth)
- A handful of ice cubes

Instructions:

1. Prepare the ingredients:

1. Peel the banana and chop the pineapple and apple into chunks for easy blending.

2. Blend the smoothie:

1. In a blender, combine the **neem leaf powder**, banana, pineapple, apple (if using), almond milk, honey (if using), and cinnamon.
2. Add a handful of ice cubes for a chilled drink.

3. Blend until smooth:

1. Blend on high speed for about **1-2 minutes** or until the smoothie is creamy and fully combined.

4. Taste and adjust:

1. Taste the smoothie and adjust the sweetness by adding more honey or pineapple if needed.

5. Serve and enjoy:

1. Pour into a glass, garnish with a sprinkle of cinnamon or a mint leaf (optional), and enjoy immediately.

Why You'll Love This Recipe:

✓ **Balances Bitter and Sweet:** The natural sweetness of banana and pineapple offsets the bitterness of neem leaf powder.

✓ **Detoxifying and Nourishing:** Neem powder supports detoxification, while the fruits and almond milk add essential vitamins and minerals.

✓ **Easy and Quick:** Ready in under 5 minutes for a healthy breakfast or snack.

✓ **Kid-Friendly Option:** Add more banana or honey to make it more appealing for kids.

This **Neem Leaf Detox Smoothie** is an excellent way to incorporate neem leaf powder into your diet while enjoying a delicious drink.