

## Detox for the New Year

- Make a quick start start on a detox — as you head for the shower put a slice of lemon and a couple of sprigs of mint in a tall glass, add hot but not boiling water and leave to infuse as you shower.
- A detox in a glass as you get ready for work — try [Moroccan mint](#) or one of the fruity varieties such as [lime](#) or [grapefruit](#). You can have these growing in pots on the window ledge at this time of year.
- If you have a little more time try a detox smoothie with your smoothie maker or blender. Add a large handful of [parsley](#), and the same of spinach leaves. Drop in a sliced banana, a sliced cored pear and a finely chopped cored apple. Cover with chilled water to at least 5cm above the fruit and whizz up to start your day.



**Giant Italian Parsley is vigorous with lots of foliage**