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