

Dr. Ritamarie's

GUT

REVITALIZING

EASY

ENERGIZING

NATURAL

CLEANSE



THE G.R.E.E.N. CLEANSE RECIPE COLLECTION

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About The GREEN Cleanse Program

This material is part of the **GREEN Cleanse Program** which is a step-by-step method for giving your body a refreshing cleanse that will help restore your energy and reduce your toxicity. Program members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

www.GREENCleanseProgram.com

This e-book provides delicious recipes you can use in your preparation, cleansing, and transition phases, so you can enjoy a trim waistline, soaring energy, and a sharp mind. On your own you should be able to accomplish a lot, but the truth is your results can be much better with support.

1. Guided Coaching Through a 7-Day Cleanse

You will have a proven step-by-step, day-by-day plan to follow — and you'll get to customize the cleanse to account for your unique needs by choosing the Light, Standard, or Deep Cleanse option. The habits and education you'll learn during your week of cleansing will be invaluable tools for long-term health.

2. Implementation Tools to Simplify New Habits

With menus to follow, recipes, gut healing protocols, cleansing tips, and de-stress strategies, there's no more guessing about what to eat or what to do.

3. Support and Accountability that Goes Above and Beyond

With loving support and guidance every step of the way, you'll be able to stay on track when temptations threaten to sabotage your success. Even with the best of the best tools and training, it's hard to implement new behaviors and create new habits without support. That's why a strong system of support is built into the *GREEN Cleanse Program* to accelerate your success.

For more details on the benefits of becoming a *GREEN Cleanse Program* member, please visit:

www.GREENCleanseProgram.com

Introduction to the Recipe Collection

The GREEN Cleanse Recipe Collection is designed to be used in tandem with *The GREEN Cleanse Menu Planner*. This e-book recipe collection is full of delicious, nutritionally dense recipes that will detoxify your cells, boost your health and energy with the healing power of leafy greens, and optimize your digestion. The more you use these fresh and light raw food recipes, the more you will feel energized, clear-headed, and move closer and closer to your ideal weight.

The recipes in this collection are designed to appeal both to those who are new to green smoothies and appreciate the taste of sweet fruits, for green smoothie veterans who are seeking a deeper cleanse, and for those who need low-glycemic options. All of the recipes are free of sugar, dairy, grains, and gluten.

The recipe collection was designed to be used in conjunction with the **GREEN Cleanse Program**. Your body will appreciate and benefit from periodic breaks so the *GREEN Cleanse Program* is designed to be followed any time. *GREEN Cleanse Program* members will find details and guidance on the program website.

My goal is to make mealtime a pleasure, give you lots of options, and offer meals that are detoxifying, filling, and satisfying without excess calories, fat, or sugar. Many of the recipes in this collection can be mixed and matched, so while there are already countless starting points, the possibilities for variation and personalization are endless!

Enjoy the journey!

A handwritten signature in black ink, appearing to read 'Rita S', with a stylized flourish at the end.

Dr. Ritamarie

Using the Recipe Collection

This page provides a few key tips for using *The GREEN Cleanse Recipe Collection*.

Tips:

- **Document Tips:** Any time a recipe from this collection is used as an ingredient in another recipe, you'll find its title in *italics*. Any time a specific brand of product is mentioned, you'll find its name in ***bold italics***.

For example:

Ingredients:

- 32 ounces water
 - 1 tablespoon ***Sunwarrior Ormus Greens***
 - 1 tablespoon ***Healthforce Nutritionals Vitamineral Green***
 - 1 tablespoon maca powder
 - 2 tablespoon ***Chia Gel***
 - 1 tablespoon lemon juice
 - 2 - 4 drops mint essential oil
-
- **Brands:** You'll find occasional brand name suggestions that I've researched to be pure of allergenic materials and/or to be of the highest quality for many of the recommended products like nut butters, flavors, extracts, essential oils, powders, and more. GREEN Cleanse Members, you'll find a complete list of products and ordering options in my "*Vibrant Living: Foods, Supplements, and Equipment*" document that's included in the *GREEN Cleanse program*.
 - **Essential Oils/Flavors:** Many of the recipes in this collection suggest the optional use of essential oils, flavors, and extracts. All essential oils should be **food grade**. Also, since most commercial/grocery store shelf extracts and flavors are made with alcohol and other "unknowns," be sure you are using high quality products that are healthy. Again, I list many great suppliers of safe essential oils, flavors, and extracts in my "*Vibrant Living: Foods, Supplements, and Equipment*" document.

- **Ingredient Index:** This e-book contains an index that can be used to help you make the most of your available ingredients at home. Simply look up the food(s) you wish to use or use up and select the recipes you prefer from those listed in the index.
- **Variety:** Be sure to mix and match recipes. Many of the sauces, dips, and dressings can be used in endless variations with the salads, sandwiches, pastas, and more.

Recipes for Cleansing

During the 7 day cleansing phase of the GREEN Cleanse program, the goal is to give your digestive tract and your liver a rest. Your liver works hard to neutralize and prepare toxins for elimination – toxins that have the potential to harm you.

When your liver is overworked from excessive exposure to toxins, it slows down, and instead of being eliminated, toxins are stored in the fatty tissues in your body. These include your subcutaneous fat (the annoying kind you so would like to release), as well as your breasts, brain, and myelin sheaths that insulate your nerves.

The recommended diet during the cleanse week includes foods that are easy to digest, are mostly or all blended and/or juiced, and are low in fat.

During the cleanse week, we focus on foods and drinks that are nutrient dense and contain constituents that aid your liver in detoxification. That means we'll be eating a lot of leafy greens.

It's also important to keep fat intake low in order to free up your liver for the important work of detoxification. Your liver's other job is to secrete bile which is part of your fat digestion process, so reducing fat intake lightens this work.

The only fat recommended for the deep and standard cleanses is chia seed. You'll find recipes for chia beverages in the cleansing phase recipe section.

If you choose to do a Light Cleanse, it's best to eat at least 1 or 2 of your meals from the **Recipes for Cleansing** section, and add foods from the **Recipes for Pre/Post and Light Cleansing** section to "slow things down" and make it easier to feel full and satiated throughout the cleanse.

Fresh Green Juice (Low-Glycemic)

Making Juice Without a Juicer: While it's easy to make juice with a juicer, if you don't have nor want the extra equipment, you can still make fresh juice if you have a decent blender and a nut milk bag. Simply blend your ingredients (you may need to chop first or add a little water to get things moving), and then strain through a nut milk bag.

Left-over pulp from your juices can be used to make dehydrated crackers or other recipes (if you have a dehydrator).

Blood Sugar Balancer Juice

Ingredients:

- 1 cucumber
- 2 stalks celery
- 1 cup green beans
- 1/4 teaspoon cardamom
- 1/4 teaspoon cinnamon

Directions:

Run all the ingredients above through a juicer.

Personal Note: This combination was a surprise. I started out wanting a supreme blood sugar stabilizer and was thrilled to find it was naturally sweet without fruit!

Benefits to the Body: Green beans and cinnamon help to restore insulin receptors and keep your blood sugar steady.

Buoyant Brassicas

Ingredients:

- 1 cup green cabbage
- 2 carrots
- 1/2 bunch kale
- 1 sliver of ginger (or to taste)

Directions:

Run all the ingredients above through a juicer.

Personal Note: The sweetness of the carrot and cabbage marry the savory bitterness of the ginger and kale in a complex flavor that I really love.

Cool as a Cucumber Juice

Ingredients:

- 1 cup zucchini
- 1/2 bunch kale
- 1 cucumber
- 1/2 - 1 lemon, juice of
- 1 sliver ginger or to taste (optional for added healing)
- 1/4 green apple or more (optional for added sweetness)

Directions:

Run all the ingredients above through a juicer.

Personal Note: This is a favorite of mine, naturally cooling and refreshing.

Benefits to the Body: The anti-inflammatory effects of ginger combine with the anti-cancer properties of kale to make this juice a winner for your immune system.

Green Water

Ingredients:

- 1 handful leafy green vegetables (any variety such as dark green/red lettuces, kale, spinach, parsley, etc.)
- fresh ginger root, lemon, mint (optional additions)
- water as needed for blending

Directions:

1. Place a handful of leafy green vegetables in the blender.
2. Cover with water and blend until vegetables are completely puréed. Add enough water to fill the blender and blend until vegetables are completely dissolved.
3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
4. Shake well before drinking.
5. Sip throughout the day in place of water.
6. Add fresh ginger root, lemon, or mint to the blend for a nice flavor. The resulting beverage should be a pale green, translucent color.

Personal Note: This is a good way to start including blended greens in your diet. It is a very light, mild tasting beverage which can be enhanced by the addition of lemon/lime juice or herbs and spices.

Hot Mama Liver Cleanser

Ingredients:

- 1 bunch collard greens or kale
- 1 cucumber
- 1 lemon, juice of
- 1 small sliver of fresh turmeric (or 1/4 teaspoon dried)
- 2 cloves garlic
- 2 green onions (scallions)
- 1 handful broccoli sprouts
- 1 pinch cayenne

Directions:

Run all the ingredients above through a juicer.

Personal Note: I love how the garlic and cayenne give this juice a kick.

Benefits to the Body: This juice is the ideal liver cleanser. It's stimulating and does powerful work to keep your liver functioning at its best.

Italian Juice

Ingredients:

- 1/2 bunch parsley
- 4 stalks celery
- 1 clove garlic
- 1 handful basil, fresh
- 1 handful rosemary
- 2 - 3 sprigs oregano
- 2 cups spinach

Directions:

Run all the ingredients above through a juicer.

Personal Note: Reminiscent of my Italian grandmother's yummy soups.

Benefits to the Body: This juice is an immune system friend. The aromatic herbs are anti-viral, anti-bacterial, and oh so delicious!

Minty Coleslaw Detox Juice

Ingredients:

- 1 cup green cabbage
- 1/2 red bell pepper
- 1/2 bunch parsley
- 1 stalk celery
- 1 handful fresh mint or 1 drop mint essential oil
- 1 splash lemon juice

Directions:

Run all the ingredients above through a juicer.

Personal Note: The minty aroma permeates the kitchen as you make this juice.

Benefits to the Body: The cabbage and mint make this juice a natural for calming your digestion and healing your gut lining.

Turbo-Charged Red Engine

Ingredients:

- 1 red bell pepper
- 1/4 bunch cilantro
- 1/2 - 1 lime, juice of
- 4 stalks celery
- 1 tomatillo (or additional stalk celery plus lime juice if not available)

Directions:

Run all the ingredients above through a juicer.

Personal Note: The bell pepper and tomatillo give this a natural sweetness and tang without a spike in your blood sugar levels.

Benefits to the Body: Naturally detoxifying with cilantro and loaded with Vitamin C.

Zucchini Energizer

Ingredients:

- 1 zucchini
- 1 red bell pepper
- 1 tomatillo

Directions:

Run all the ingredients above through a juicer.

Personal Note: I was amazed at how simple this is to make and how delicious it is. I love the sour juiciness of the tomatillos and the red bell pepper adds sweetness without sugar.

Benefits to the Body: This juice is brimming with Vitamin C and supports your adrenals, immune system, and digestion.

Energy Drinks & Chia Gel (Low-Glycemic)

Chia Energy Drink

Ingredients:

- 2 tablespoons chia seeds
- a few drops peppermint essential oil
- 1 lemon or 2 limes, juice of (or combination)
- water, enough to fill a quart sized Mason jar about an inch from the top

Directions:

Shake well and allow the mixture to sit for 15 minutes or longer before you try it. It will be thick and tangy.

Personal Note: The longer you allow the chia mix to sit, the more opportunity for the chia seeds to absorb the liquid and begin the sprouting process, thus making the nutrients more bio-available. You'll find yourself feeling very full after drinking a chia beverage. You can use presoaked, sprouted and dehydrated chia seeds for an instant drink, for example **Navitas Naturals Sprouted Chia Seed Powder**.

Chia Gel

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Personal Note: This is the base for several of the chia dishes. This recipe makes enough for 4 days of chia porridge.

Green Chia Drink

Ingredients:

- 32 ounces water
- 1 tablespoon **Sunwarrior Ormus Greens**
- 1 tablespoon **Healthforce Nutritionals Vitamineral Green**
- 1 tablespoon maca powder*
- 2 tablespoon *Chia Gel*
- 1 tablespoon lemon juice
- 2 - 4 drops mint essential oil

Directions:

Put all ingredients in a jar and shake well or put in blender and blend until well combined.

Personal Note: *If you're following the Standard or Deep Cleanse, omit maca powder for the 7-day Cleanse phase.

You can use any combination of essential oils or flavorings to make your own version of this recipe. Some of my favorites are cinnamon, vanilla, orange, almond, and basil. Add oregano and basil oil for an Italian drink that supports your immune system.

Gut Rejuvenator A.M. Starter

Ingredients:

- 32 ounces water
- 1 lemon, juice of
- 2 drops peppermint essential oil
- 2 drops lemon essential oil

Directions:

Sip this to wake up your digestive tract before you start to feed it.

Instant Chia Energy Drink - Vitamin C Variation

Ingredients:

- 32 ounces water
- 2 tablespoons ***Navitas Naturals Sprouted Chia Seed Powder***
- 2 tablespoons lemon or lime juice
- 2 drops essential oils (your choice) for flavoring
- 1 tablespoon ***Healthforce Nutritionals Truly Natural Vitamin C Powder*** (it's acerola extract and tastes nice and tangy)

Directions:

Combine all ingredients in a container with a sealable lid and shake well.

Smoothies with Fruits

Apple Cinnamon Green

Ingredients:

- 1 head bok choy
- 1 apple
- 1 pear
- 1/2 cucumber
- 1 teaspoon cinnamon
- 1 pinch of cardamom

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: This was quite green and strong, but pleasant.

Cherry Berry Vanilla

Ingredients:

- 1 banana
- 1 small bag of frozen cherries
- 1 small bag of frozen blueberries
- 1 small head of romaine lettuce
- 1 teaspoon vanilla powder

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Cherry Kale Kicker

Ingredients:

- 1 green apple
- 1 red apple
- 1-inch piece of ginger
- 4 cups of kale
- 1 cup frozen cherries
- 1 teaspoon kelp powder
- 1 cup water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Cherry Peach Green Smoothie

Ingredients:

- 1/2 small bag frozen cherries
- 1/2 small bag frozen peaches
- 1/2 frozen banana
- 3 cups spinach
- water as needed for blending

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Delicious!!!

Cherry Pineapple Greens

Ingredients:

- 1/2 pineapple
- 1 cup frozen cherries
- 1 handful fresh mint
- 1 handful fresh cilantro
- 2 collard green leaves (large ones)
- 1 large handful dandelion greens
- 2 cups romaine lettuce
- 1 stalk celery
- 1-inch slice ginger
- 1/3 cup lime juice
- 1 tablespoon kelp powder

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Cherry Spinach Smoothie

Ingredients:

- 1 cup frozen cherries
- 3 - 4 cups spinach
- 1 cup water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Very simple to make, light, and refreshing.

Cherry Vanilla Smoothie

Ingredients:

- 1 banana
- 1 12-ounce bag of frozen cherries
- 4 cups kale
- 1 teaspoon powdered vanilla
- 1 splash of lemon juice

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Very light and refreshing. I loved the vanilla flavor.

Ginger Lime Delight

Ingredients:

- 1 banana
- 1 pear
- 1-inch piece of ginger
- 1 small tub/bag of mixed greens
- 1 lime, juice of

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Grapes and Greens Smoothie

Ingredients:

- 1 cup of grapes
- 1 lemon, juice of
- 3 cups spinach (about 1 bunch)
- 1 cup water
- 1/4 teaspoon cardamom
- 1/4-inch slice of ginger
- 1/4 teaspoon cinnamon

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Note: Substitute spinach with romaine lettuce for a taste variation.

Grapes and Kale

Ingredients:

- 2 cups of grapes
- 1 lemon, juice of
- 1 head of kale
- 1/4 teaspoon cardamom
- 1/4-inch slice of ginger
- 1/4 teaspoon cinnamon
- 1 cup water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Green Grapefruit Smoothie

Ingredients:

- 3 grapefruits, juice of (just over 2 cups)
- 1 cup young collard greens
- 1 cup young kale
- 1 cup baby spinach
- 2 cups green leafy lettuce
- 1 cup parsley
- 2 pears, very ripe

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Green Mango Delight

Ingredients:

- 2 mangoes
- 1 large bunch of kale
- 3 stalks of celery
- 1 bag of frozen strawberries or 1 1/2 cup fresh
- 1/4 cup lime juice
- 1 1/2-inch by 1/8-inch round slice of ginger
- 1 teaspoon dried mint leaves (or a handful of fresh)
- water to desired consistency

Directions:

1. Put mangoes in blender and blend until smooth.
2. Add kale and blend again.
3. Add celery, ginger, lime juice, and mint.
4. Blend until smooth.
5. Add water if desired.

Honey Dew Green

Ingredients:

- 3 cups honeydew melon
- 3 cups spinach
- 2 - 3 sprigs of fresh mint

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Juicy Ginger Green Cooler

Ingredients:

- 1/2 pineapple
- 2 small mangoes
- 1/3 of a large honeydew melon
- 2 cups spinach
- 3 cups spring mix
- 1 teaspoon dried mint
- 1/2-inch piece of ginger

Directions:

1. Blend the pineapple and mango.
2. Add the rest of the ingredients.
3. Add water or juice to desired consistency and blend until smooth.

Kale Tang

Ingredients:

- 1 bunch kale
- 1 grapefruit, juice of
- 2 cups frozen cherries
- 1 cup frozen blueberries

Directions:

1. Blend all ingredients until smooth.
2. Adjust cherry/blueberry amounts if you need it a little sweeter.
3. Add water or juice to desired consistency.

Lemony Mint Energy Drink Version 1

Ingredients:

- 1 medium apple
- 1/2 - 1 lemon, juiced
- 2 cups “field greens” mix or 1 head romaine lettuce
- 1 medium avocado* (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker soup.
3. Adjust the lemon and mint to taste.

Personal Note: *If you’re following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

This drink is very refreshing and can be eaten any time of day. Make up your own version. Use different herbs. Add other green vegetables.

I have made this smoothie without the avocado, without the apple, and without the mint. I always find it refreshing and very energizing. I have made a version of this that is basically a blended salad with lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar, and herbs. It is an easy way to eat lots of fresh, raw vegetables.

Lemony Mint Energy Drink Version 2

Ingredients:

- 1 - 2 medium apples
- 1 lemon, juiced
- 1 romaine lettuce heart
- 1/2 medium avocado* (optional)
- 1 handful fresh mint leaves or 2 tablespoons dried mint
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Add extra water if you prefer a thinner soup.
3. Adjust the lemon and mint to taste.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Lemony Mint Energy Drink Version 3

Ingredients:

- 1 bunch kale, stems and leaves, chopped
- 4 large lemons or limes or both, juiced
- 1 dash sea salt
- 1 bunch mint leaves or 2 tablespoons dried mint
- 1/2-inch piece ginger
- stevia as needed to sweeten
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Add extra water if you prefer a thinner soup.
3. Adjust the lemon and mint to taste.

Lime Mint Drink

Ingredients:

- 1/4 cup lime juice
- 1 bunch fresh mint
- 3 apples
- 3 hearts of romaine lettuce
- 2 cups water
- ice cubes

Directions:

1. Blend all ingredients until smooth.
2. Adjust lime to taste.
3. Add water if too thick.
4. Add ice cubes and blend to cool down.

Pineapple Banana Green Smoothie

Ingredients:

- 2 cups pineapple
- 1 banana
- 1 head of cilantro
- 1 teaspoon of vanilla powder

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: I found this mixture nice tasting, but if you're new to green smoothies you may prefer milder greens. Replace the head of cilantro with spinach and a few sprigs of fresh mint.

Pineapple Cherry Blueberry Green Smoothie

Ingredients:

- 2 couple of cups of fresh pineapple
- 1 cup of frozen cherries
- 1 cup of frozen blueberries
- 9 ounce bag of spinach

Directions:

1. Blend the pineapple first until it liquefies.
2. Add the spinach.
3. Add the cherries and blueberries.
4. Blend until smooth.

Personal Note: Very creamy and delicious.

Pineapple Cherry Vanilla Smoothie

Ingredients:

- 2 cups pineapple
- 1/2 bag frozen cherries
- 1 small tub or 9-ounce bag of spinach
- 1 teaspoon vanilla powder

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Very yummy! Like a dessert. This recipe would make a great fruit leather or ice cream.

Pineapple Kale Cauli-Cooler

Ingredients:

- 1/2 of a pineapple
- 4 cups kale
- 2 cups cauliflower
- 1/4 cup lime juice
- 1 small piece of jalapeño or other hot pepper
- 1/2-inch piece ginger
- 2 cups water (or as needed)

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Ritamarie's Tropical Temptation

Ingredients:

- 2 cups pineapple
- 2 cups of spinach
- 2 pieces of celery
- 2 tangerines
- 1 - 2 teaspoons dried mint leaves
- 1 - 2 tablespoons of lemon juice
- 1 apple
- 1/2-inch piece of fresh ginger
- 2 to 3 cups of water
- ice or more water for colder, thinner smoothie (optional)

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Scott's Surprise

Ingredients:

- 1 pear
- 1 mango
- 1 celery stalk
- 1 cucumber
- kale
- spinach
- Napa cabbage
- cilantro
- spring mix greens
- water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: This was a concoction created by my husband, Scott. He wasn't sure of proportions of the greens ("handfuls" was what he said). It filled the Vitamix! It was yummy!

Spicy Mango Smoothie

Ingredients:

- 1 mango
- 1/4 cup arugula
- 1 cup spinach
- 1/2 cup water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Strawberry Green Smoothie

Ingredients:

- 1 cup strawberries
- 2 bananas
- 1/2 bunch romaine lettuce
- 1 cup water (or as needed for blending)

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency

Personal Note: Use frozen fruit or add ice for a frozen treat. Substitute orange for one of the bananas for a tangy drink. Substitute blueberries for all of part of the strawberries.

Tropical Ginger Vanilla

Ingredients:

- 1 cup pineapple
- 1 cup papaya
- 1/2 - 1 mango
- 1 head bok choy
- 1 handful of sunflower greens
- 1/2 cucumber
- 1 lime, juice of
- 1-inch piece of ginger
- 1 teaspoon vanilla powder

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Tropical Green Smoothie

Ingredients:

- 2 cups papaya
- 1 mango
- 1/2 of a pineapple
- 3 - 4 cups spinach
- coconut* (optional)

Directions:

1. Blend the pineapple until liquefied.
2. Add the mango and papaya and blend until smooth.
3. Add spinach a handful at a time to desired sweetness.
4. Add coconut if desired for a tropical, yummy sensation!

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including coconut) for the 7-day Cleanse phase.

I was surprised at how much spinach I could add and still have the smoothie taste sweet. I have tried this with other combinations of greens, but my favorite so far has been spinach. This recipe also makes a great sorbet. Pour into container of ice cream maker and run until frozen or follow the *Basic Green Sorbet* recipe instructions.

Tropical Liver Cleanse

Ingredients:

- 2 cups pineapple
- 1 mango
- 1 cup kale
- 1 cup collard greens
- 1 cup dandelion greens
- 1-inch piece of ginger
- 1/4 cup lemon or lime juice

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Ingredients that support the liver like dandelion, ginger, and lemon are perfect for cleansing.

Smoothies with Low-Sugar Fruits (Low-Glycemic)

Personal Note: All of the recipes in this section are low-glycemic.

Apple Cinnamon Green Smoothie

Ingredients:

- 1 head bok choy
- 1 green apple
- 1 cup blueberries
- 1/2 cucumber
- 1 teaspoon cinnamon
- 1 pinch of cardamom

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: This was quite green and strong, but pleasant.

Blueberry Arugula Smoothie

Ingredients:

- 4 cups arugula or 2 cups arugula and 2 cups spinach
- 2 cups frozen blueberries
- 1 cup mint fresh, or 2 tablespoons dried mint
- 2 tablespoons lemon juice
- 1 cup water or more to desired consistency
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/2-inch slice ginger, or up to 1-inch slice depending on taste
- 2 tablespoons pomegranate powder (optional)

Directions:

1. Blend all ingredients, except the frozen fruit, in a high speed blender until smooth.
2. Add the frozen fruit and blend until creamy.

Blueberry Orange Mint Green Smoothie

Ingredients:

- 1/2 bunch kale
- 1 handful broccoli sprouts
- 1 cup sunflower sprouts
- 1 handful arugula
- 1/2 head collard greens
- 1/4 teaspoon kelp powder
- 2 cups frozen blueberries
- 3 tablespoons lemon juice
- 2 cups water, or more to desired consistency
- 2 tablespoons sesame seeds* ground in a coffee grinder
- 1 teaspoon cinnamon
- 1 tablespoon dried mint or 2 drops mint essential oil
- 4 drops orange essential oil

Directions:

Blend until very smooth. Add stevia if more sweetness is desired.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including sesame seeds) for the 7-day Cleanse phase.

Coco Blue Green Smoothie

Ingredients:

- 4 cups spinach
- 1 cup blueberries, fresh or frozen
- 1 tablespoon coconut butter* (optional)
- 1/4 cup *Chia Gel** (optional)
- 1 teaspoon cinnamon
- enough water to blend
- stevia if desired to taste

Directions:

Blend and enjoy.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including coconut) for the 7-day Cleanse phase.

Coconut Spinach Arugula Smoothie

Ingredients:

- 1 cup arugula
- 2 cups spinach
- 1 cup frozen blueberries
- 1/4 cup *Chia Gel** (optional)
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons coconut butter* (optional)

Directions:

Blend until very smooth. Add stevia if more sweetness is desired.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including coconut) for the 7-day Cleanse phase.

Creamy Kale Green Smoothie

Ingredients:

- 1 cup water
- 2 tablespoons sesame seeds* (optional)
- 1 tablespoon lime juice
- 4 cups kale leaves
- 1/8 teaspoon sea salt
- 2 teaspoons cinnamon
- 1/4 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/2 teaspoon turmeric
- 2 tablespoons *Coconut Cream** (optional)
- 1 cup *Chia Gel** (optional)
- stevia to taste as needed

Directions:

1. Blend all ingredients in a high speed blender until smooth.
2. Adjust liquid to taste.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including coconut, chia, and sesame seeds) for the 7-day Cleanse phase.

Happy Hormones Blueberry Pomegranate Green Smoothie

Ingredients:

- 1 head kale
- 1 handful broccoli sprouts
- 1 cup sunflower sprouts
- 1 handful arugula
- 1/2 head collard greens
- 1 pinch kelp powder
- 1 teaspoon each (optional) of herbs: horsetail, nettles, alfalfa
- 2 cups frozen blueberries
- 3 tablespoons lemon juice
- 2 tablespoons pomegranate powder (optional)
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons tahini* (optional)

Directions:

1. Blend until very smooth.
2. Add stevia if needed for sweetness.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats, including tahini, for the 7-day Cleanse phase.

Hot and Sour Blueberry Green Smoothie

Ingredients:

- 1 grapefruit
- 1/2 cup water
- 1 cup arugula
- 1 cup spinach
- 1 cup sprouts, your choice
- 1 1/2 cups of frozen blueberries
- stevia to taste as needed

Directions:

1. Blend the grapefruit and water first until it liquefies.
2. Add the greens and blend again until liquefied.
3. Add the blueberries.
4. Blend until smooth.

Lemony Mint Energy Drink Version 1

Ingredients:

- 1 medium green apple
- 1/2 - 1 lemon, juiced
- 2 cups “field greens” mix or 1 head romaine lettuce
- 1 medium avocado* (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker soup.
3. Adjust the lemon and mint to taste.

Personal Note: *If you’re following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

This drink is very refreshing and can be eaten any time of day. Make up your own version. Use different herbs. Add other green vegetables.

I have made this smoothie without the avocado, without the apple, and without the mint. I always find it refreshing and very energizing. I have made a version of this that is basically a blended salad with lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar, and herbs. It is an easy way to eat lots of fresh, raw vegetables.

Lemony Mint Energy Drink Version 2

Ingredients:

- 1 medium green apple
- 1 lemon, juiced
- 1 romaine lettuce heart
- 1/2 medium avocado* (optional)
- 1 handful fresh mint leaves or 2 tablespoons dried mint
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Add extra water if you prefer a thinner soup.
3. Adjust the lemon and mint to taste.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Lemony Mint Energy Drink Version 3

Ingredients:

- 1 bunch kale, stems and leaves, chopped
- 4 large lemons or limes or both, juiced
- 1 dash sea salt
- 1 bunch mint leaves or 2 tablespoons dried mint
- 1/2-inch piece ginger
- 2 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Add extra water if you prefer a thinner soup.
3. Adjust the lemon and mint to taste.

Lime Mint Drink

Ingredients:

- 1/4 cup lime juice
- 1 bunch fresh mint
- 1 green apple
- 1/2 cup blueberries
- 3 hearts of romaine lettuce
- 2 cups water
- ice cubes

Directions:

1. Blend all ingredients until smooth.
2. Adjust lime to taste.
3. Add water if too thick.
4. Add ice cubes and blend to cool down.

Parsley Delight

Ingredients:

- 3/4 bunch of parsley with some stems
- 1 green apple, cored
- 1 teaspoon cinnamon
- 2 stalks celery
- enough water to blend

Directions:

Blend and enjoy.

Sesame Chai Green Smoothie

Ingredients:

- 1/2 cup water
- 2 tablespoons sesame seeds* (optional) or 1/4 cup *Chia Gel*
- 1 tablespoon lime juice
- 2 cups kale leaves
- 1/8 teaspoon sea salt
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/2 teaspoon turmeric
- 1 - 2 cups frozen blueberries
- stevia to taste as needed

Directions:

1. Blend all ingredients, except the frozen fruit, in a high speed blender until smooth.
2. Add the frozen fruit and blend until creamy.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including sesame seeds) for the 7-day Cleanse phase.

Sour and Wild Green Smoothie

Ingredients:

- 3 cups grapefruit juice, fresh
- 3 cups collard greens
- 1 1/2 cup dandelion greens
- 1 bunch cilantro
- 1 cup Napa cabbage
- 1 handful of chickweed (or sprouts if not available)
- 1 cup parsley
- 2 scallions
- 1/2-inch piece of ginger
- blueberries (optional, if it is too sour for your taste)

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Spicy Mint Blueberry Spinach Smoothie

Ingredients:

- 2 cups spinach
- 1 cups frozen blueberries
- 1 cup mint fresh, or 2 tablespoons dried mint
- 2 tablespoons lemon juice
- 1 cup water
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/2-inch slice ginger, or up to 1-inch depending on taste

Directions:

1. Blend all ingredients, except the frozen fruit, in a high speed blender until smooth.
2. Add the frozen fruit and blend until creamy.

Spinach Arugula Smoothie

Ingredients:

- 2 cups arugula
- 2 cups spinach
- 2 cups frozen blueberries
- 2 tablespoons lemon juice
- 2 tablespoons lime juice
- 2 cups water, or more to desired consistency
- 1 - 2 tablespoons coconut butter* (optional)

Directions:

1. Blend until very smooth.
2. Add stevia if needed for sweetness.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including coconut) for the 7-day Cleanse phase.

Strengthen My Bones Green Smoothie

(Adapted from a recipe by Karen Osborne in [Eating for Bone Health](#))

Ingredients:

- 1/2 cup water
- 2 tablespoons sesame seeds* (optional) or 1/4 cup *Chia Gel*
- 1 tablespoon lime juice
- 2 cups kale leaves
- 1/8 teaspoon sea salt
- 1 teaspoon nettles, herb
- 1 teaspoon alfalfa, herb
- 1 teaspoon horsetail, herb
- 2 cups frozen blueberries
- stevia to taste as needed

Directions:

1. Blend all ingredients, except the frozen fruit, in a high speed blender until smooth.
2. Add the frozen fruit and blend until creamy.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats (including sesame seeds) for the 7-day Cleanse phase.

Sunny Delight

Ingredients:

- 2 cups sunflower greens
- 1 cup blueberries, fresh or frozen
- 1 teaspoon cinnamon
- 1 cucumber
- enough water to blend
- stevia if desired to taste

Directions:

Blend and enjoy.

Tangy Blueberry Mint Green Smoothie

Ingredients:

- 1 cup blueberries, fresh or frozen
- 1/2 - 1 lemon, juiced
- 2 cups “field greens” mix or 1 head romaine lettuce
- 1 medium avocado* (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker smoothie.
3. Adjust the lemon and mint to taste.

Personal Note: *If you’re following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Vanilla Blueberry Green Smoothie

Ingredients:

- 1/2 cup water
- 1 cup romaine lettuce
- 1 cup spinach
- 1 cup sprouts, your choice
- 1 cup frozen blueberries
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- stevia to taste as needed

Directions:

Blend until smooth.

Blended Green Drinks without Fruit (Low-Glycemic)

Personal Note: All of the recipes in this section are low-glycemic.

For those who are currently not tolerating even the low-sugar fruits, here's a collection of blended greens that use lemon and herbs for flavor. Stevia, essential oils, and spices can be added for additional flavor. Use these as a spring board and adjust the flavor to your liking. Use the "*Taste Balancing Tips*" section of your *Menu Planner* for suggestions. A trick to make non-sweet smoothies delicious is to use enough lemon or lime to balance the bitter and add a strong herb. Ginger, cayenne, curry, and cinnamon are all good choices.

A Parsley De-Parcher

Ingredients:

- 1 bunch of parsley
- 1 cup of water
- 1 cucumber
- 1 stalk celery
- 1/2 red bell pepper
- 1-inch slice of ginger (optional)
- 1 - 2 lemons or limes, juice of

Directions:

Blend all ingredients and adjust to taste.

Basic Blended Salad

Ingredients:

- watery vegetables for your soup base: tomato, zucchini, cucumber, etc.
- other colorful vegetables as desired: peppers, root veggies, etc.
- leafy greens
- herbs
- lemon juice (to taste)
- apple cider vinegar (to taste)
- 1/2 - 1 avocado* (optional)
- 1/2 - 1 teaspoon powdered dulse (or other sea veggie)
- water as needed for blending

Directions:

1. Begin blending your watery vegetables to create your base.
2. Add other ingredients and blend until combined.
3. Add ingredients slowly, in smaller amounts, and taste as you go.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Blending salads is another good way to incorporate greens into your diet but blended salads differ from green smoothies in that no fruits are used and they contain more green vegetables. While blended salads may not seem like the most appealing of meals, they can actually be quite tasty.

Because you won't use fruit in making blended salads, you can include the types of vegetables that do not combine well with fruit, such as carrots and red bell peppers. Blended salads are easier to eat than whole salads and present the nutrients in a manner that's assimilated much more quickly than in a regular salad.

Clean Out the Fridge Green Drink

Ingredients:

- 1/4 cup lemon juice
- 2 scallions
- 1 cucumber, peeled
- 1 clove garlic
- 2 cups celery
- 1/2-inch piece of ginger
- 1 cup baby greens
- 2 3-inch long broccoli stalks
- 1 sprig fresh dill
- 1 small sliver of jalapeño
- 1/2 cup cauliflower
- 6 leaves of kale
- 1/2 tablespoon kelp powder
- 1 - 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add more water to make it thinner if preferred.
3. Omit the jalapeño if you prefer it less hot.

Personal Note: “Clean out the fridge” drinks and soups are fun and exciting. You never quite know what you will end up with! I usually gather small bits of vegetables, onions, and herbs and throw them into the blender. Then I taste, add seasonings, spices, salt, and more vegetables. Often a masterpiece is created.

Experimenting with ingredients that need to be used up gives us practice in flavor balancing techniques. It is important to be sure that all five flavors - sweet, salty, bitter, sour, and pungent (also known as spicy or aromatic) - are included in the mix. When the flavors are balanced, your recipe will burst with an exquisite taste sensation when it hits the tongue. Try it. I particularly liked this one because it was spicy and loaded with greens.

Cucumber Brassica Green Drink

Ingredients:

- 2 tomatoes
- 2 lemons
- 1 cucumber, peeled
- 1 package of broccoli shoots
- 1 handful dandelion greens
- 1 handful green cabbage
- 1/2 small zucchini
- 2 cloves garlic
- a few handfuls spinach
- 2 stalks of celery
- 1 sliver of jalapeño (optional)

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Green Ginger Lemonade

Ingredients:

- 2 lemons, juice of
- 1-inch piece of ginger
- 1 handful of sunflower sprouts (or other greens of your choice)
- stevia (as needed)

Directions:

1. Blend everything.
2. Add water to fill the blender and sweeten to taste with stevia.

Ritamarie's Soup in a Glass

Ingredients:

- 2 cups of cauliflower
- 2 cups fresh fennel
- 1 cup celery (approx. 3 stalks)
- 1 cup carrots (approx. 3 medium)
- 1 teaspoon kelp powder
- 1/4 cup of lime juice (approx. 2 small limes)
- 2 teaspoons tarragon
- 1 pinch of cayenne
- 2 cups water

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Savory Smoothie

Ingredients:

- 2 cups kale
- 2 cups spinach
- 1 stalk celery
- 1 cucumber
- 1 red bell pepper
- 1 orange bell pepper
- 1 clove garlic
- 1 sliver of jalapeño
- 1/2 teaspoon kelp powder
- 1/2 cup cilantro

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Simple Sunny Surprise

Ingredients:

- 2 cups sunflower greens
- 1 handful broccoli sprouts
- 2 tablespoons lemon juice
- 1 - 2 cups water
- 1 sliver of ginger

Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

Spicy Green Drink

Ingredients:

- 1 stalk mustard green
- 1 clove garlic or scallion
- 3 tomatoes
- 1 small head of bok choy
- 1/2 cup fresh basil
- 2 collard leaves
- 2 cups mixed spring greens
- 1 red bell pepper
- 1 carrot (if blood sugar tested and tolerated)

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Spicy Kale Drink

Ingredients:

- 1 bunch of kale
- 2 cups of water
- 1 clove garlic
- 1-inch slice of ginger
- 1 pinch of cayenne or a piece of jalapeño pepper
- 1 - 2 lemons or limes, juice of

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Personal Note: A trick with making non-sweet smoothies delicious is to use enough lemon or lime to balance the bitter and add a strong herb. Ginger, cayenne, curry, and cinnamon are all good choices.

Spicy Salad Smoothie

Ingredients:

- 2 - 3 tomatoes
- 1 - 2 cucumbers
- 3 cups mixed greens
- 1 cup cilantro
- 1/4 cup lemon juice
- 1 slice of jalapeño

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Use basil instead of jalapeño for milder drink.

Spicy Soother

Ingredients:

- 1 tomato
- 1 whole lime, peeled
- 1 cucumber, peeled
- 1 sliver of jalapeño
- 1 garlic clove
- 1 handful of cilantro
- 1 dash of cumin

Directions:

1. Blend everything.
2. Add water to desired thickness.
3. If you want it greener, add 1 head broccoli (stalk and florets), 1 tablespoon dulse flakes, and additional cumin.

Spicy Tomato Green Energy Sipper

Ingredients:

- 4 tomatoes
- 1 head kale
- 1 lemon, peeled
- 1 teaspoon dried basil
- 1 sliver of jalapeño
- 1/4 small onion

Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

Sunny Spice

Ingredients:

- 1 handful of sunflower greens
- 1 bunch kale
- 1 handful of spring mix greens
- 1 handful of parsley
- 1-inch piece ginger
- 1 sliver of jalapeño
- 2 cups water
- lemon juice as desired

Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

Sweet and Spicy Vegetable Smoothie

Ingredients:

- 6 small tomatoes
- 2 stalks celery
- 1 cucumber
- 1 1/2 red, yellow, or orange bell peppers
- 3 tomatillos
- 1 bunch collard greens
- 2 handfuls spring mix greens
- 1 handful cilantro
- 1 small handful basil, fresh
- 1 small piece of red onion
- 1 lime
- 1 sliver of jalapeño
- 1/2-inch slice ginger
- 1 teaspoon kelp powder
- 1 cup water, or more to achieve desired consistency

Directions:

1. Blend and adjust seasonings and water to taste.
2. Add an avocado for richness if desired.

Tomato Pepper Green Drink

Ingredients:

- 1 yellow pepper
- 2 or 3 tomatoes
- 5 celery stalks
- 7 romaine leaves
- 1/2 teaspoon kelp powder
- 1 pinch garlic powder, cumin, and other seasonings desired to taste (optional)

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Soups with No Fat (Low-Glycemic)

Note about Heating: If you feel that the raw soups are too “cold,” you can gently heat up your soups to 110°F using a stove, crock pot, electric skillet, or dehydrator.

Basic Green Soup Recipe

Ingredients:

- 2 - 4 cups greens
- 1 - 2 cups water
- 1/4 cup lemon or lime juice
- 1 piece of low-glycemic fruit (optional)
- seasonings
- herbs
- other vegetables like carrot, red bell pepper, tomato, cucumber

Directions:

Blend all together and adjust to taste.

Broccoli Soup

Ingredients:

- 2 cups water or nut or seed milk
- 2 cups broccoli
- 1 avocado* (optional for richness)
- 1 red bell pepper
- 1/4 yellow onion
- 1 - 2 celery stalks
- 1 tablespoon dulse flakes
- 1/2 teaspoon whole unrefined sea salt, or to taste
- 1 teaspoon cumin
- 1-inch piece of ginger

Directions:

1. Place all ingredients in blender.
2. Blend until smooth and creamy.
3. Add water to thin if necessary or desired.
4. Adjust seasonings to taste.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Creamy Curried Broccoli Soup

Ingredients:

- 3 cups water
- 3 cups broccoli, stalks and florets
- 1 clove garlic
- 1/4 - 1/2 small onions
- 1 1/2 teaspoons kelp powder
- 3/4 teaspoon cumin powder
- 1 teaspoon curry powder
- 1 avocado* (optional)

Directions:

1. Add the ingredients to your blender and blend until creamy.
2. Adjust seasonings to taste and water to desired consistency.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Creamy Mexican Soup

Ingredients:

- 2 tomatoes
- 4 scallions
- 3 celery stalks
- 1 bunch cilantro
- 1 bunch collard greens
- 1/2 bunch kale
- 1 clove garlic
- 1/2 bunch dandelion greens
- 2 tomatillos
- 1 tablespoon kelp powder
- 3 broccoli stems
- 1 broccoli stalk
- 1 poblano pepper
- 1/4 jalapeño pepper
- 1/2 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 avocado* (optional)

Directions:

1. Put tomatoes, celery, and tomatillos in blender and blend until smooth to get to get a liquid base.
2. Slowly add the rest of the ingredients.
3. Warm if desired using your choice of warming options.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

This soup base is also delicious served over diced vegetables: broccoli, cauliflower, kale, zucchini and cabbage. If you do this, dice the vegetables and place diced vegetables in a large bowl. Sprinkle with salt and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well. This makes 64 ounces so cut in half or process in batches if you do not have a **Vitamix** or other high capacity blender.

Energy Soup

(Adapted from one of Dr. Ann Wigmore's favorite recipes)

Ingredients:

- 2 cups sprouts, including sunflower seed sprouts
- 1 green apple
- 1 avocado*
- 2 cups sauerkraut
- 1 beet
- 2 cups water or **Rejuvelac**
- 1/4 cup lemon juice

Directions:

Blend and adjust to taste.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

"Energy Soup" is a term Ann Wigmore used to describe her hearty blended green concoctions. They are basically the same as green soups except that they include sprouts, an apple, and an avocado. Ann Wigmore also used "Rejuvelac", a fermented beverage containing microorganisms that assist digestion. You can substitute sauerkraut for the Rejuvelac to get the beneficial microorganisms, or you can simply use water or water with lemon juice.

Italian Green Soup

Ingredients:

- 1 1/2 cups dried tomatoes, soaked in 1 cup water
- 4 cups fresh tomatoes (I used Roma)
- 6 stalks celery
- 1 bunch basil
- 2 - 3 sprigs of fresh oregano and fresh rosemary
- 2 heads of romaine hearts
- 1 clove garlic

Directions:

Blend all ingredients until smooth and adjust liquids to desired consistency.

Italian Immune System Soup

Ingredients:

- 1/3 cup lemon juice (1 large Meyer lemon)
- 1/3 of a red bell pepper
- 1 cucumber
- 1 celery stalk
- 1/2 cup fresh basil
- 4 scallions
- 2 collard green leaves
- 1 zucchini
- 3 cups spring mix greens
- 3 broccoli stems
- 2 1/2 cups dandelion greens
- 2 cloves garlic
- 1 handful of cilantro
- 1 cup cauliflower
- 2 tablespoons kelp flakes
- 1 cup water
- 1 teaspoon Italian seasoning

Directions:

1. Blend the bell pepper and cucumber first.
2. Slowly add the other ingredients.
3. The measurements make a full **Vitamix** of soup. If you have a smaller blender, cut in half.

Italian Spinach Soup

Ingredients:

- 4 cups spinach, packed or 8 ounces by weight
- 1 zucchini, chopped
- 1 medium red bell pepper, chopped
- 1 large Roma tomato, chopped
- 1 scallion
- 4 sprigs basil large stems removed
- 1 cup water
- 3 tablespoon lemon juice
- 2 - 3 cloves garlic
- 1 tablespoon dried oregano
- 1/8 teaspoon black pepper
- 2 teaspoons whole, unrefined sea salt
- 1 pinch cayenne, to taste
- 1/2 avocado*

Directions:

1. Blend all ingredients except basil and avocado in blender on high speed until smooth. Add basil avocado and blend briefly until smooth.
2. Season to taste with crystal salt and cayenne pepper to taste.
3. Store soup in an airtight container in the refrigerator for up to 3 days.
4. Mix well before serving.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Maureen's Asian Delight Soup

Ingredients:

- 1/2 a blender of kale (approx. 4 cups)
- 1 cup mixed greens
- 1 cup water
- 1 pear
- 1/2 of a red bell pepper (without seeds)
- 1 large lemon, juice of
- 1 lime, juice of
- 1/2 teaspoon kelp powder
- 1/4 teaspoon curry powder
- 1/4 teaspoon cayenne
- 1/8 teaspoon nutmeg
- 1 tomato
- 4 lime leaves
- 1 thin long dry stick of lemongrass
- 1 piece of turmeric root approximately 1 1/2-inches long

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Mediterranean Vegetable Soup

Ingredients:

- 2 cups spinach
- 2 cups warm water
- 2 tablespoons lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon crushed red pepper
- 2 cups chopped zucchini or yellow squash
- 1/2 cup chopped onion
- 2 cups diced tomatoes

Directions:

1. Blend spinach with water, lemon juice, and spices to make the soup base.
2. Place onion and zucchini in a bowl. Add 1/4 teaspoon salt and massage until they start to weep and soften. Be vigorous to really break down the cell walls.
3. Pour soup base over tomatoes and squash.
4. Gently heat to 110°F if desired.

Red Green Soup

Ingredients:

- 2 medium-sized tomatoes
- 4 celery stalks
- 1 medium red bell pepper
- 2 cups spinach
- 1 squeeze lime juice, to taste

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Southwest Vegetable Soup

Ingredients:

- 1 cup broccoli florets
- 1/2 cup celery
- 1/2 cup shredded carrots
- 1 cup water
- 1/2 tablespoon olive oil* (optional)
- 1/4 teaspoon powdered kelp (optional)
- 1/2 teaspoon sea salt
- 1 small lime, juice of
- 1 teaspoon tarragon
- 1 pinch of pepper
- 1/2 avocado* (optional)
- 1 tablespoon chili powder or Mexican seasoning
- 1 pinch of cayenne
- your choice of vegetables, raw or steamed, (pulse-chopped or diced): broccoli, kale, cauliflower, zucchini, carrots, cabbage, and other greens

Directions:

1. Place diced vegetables in a large bowl. Sprinkle with salt and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well.
2. Blend all ingredients except chopped vegetables to make soup base.
3. Adjust seasonings to desired level of spiciness.
4. Pour over vegetables.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Spicy Kale Soup

Ingredients:

- 4 cups kale
- 1 clove garlic
- 1/4 cup lime juice
- 1 pinch of cayenne, or more to taste
- 1/2-inch piece of ginger
- 2 cups water

Directions:

1. Blend.
2. Add extra garlic, ginger, or cayenne to taste.
3. Play with the spices for variations.

Spicy Lime Green Cilantro Soup

Ingredients:

- 3 large handfuls spinach
- 1 large handful cilantro
- 2 limes, juiced
- 1/2 Anaheim or poblano or other mild pepper
- 1/8 - 1/2 jalapeño or other hot pepper
- 2 cloves garlic
- 1 pinch sea salt, to taste
- 1/2-inch piece of ginger, or to taste (optional)
- 1 - 2 cups water

Directions:

1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste.
3. Water can be increased or decreased according to the desired consistency.

Tomato Basil Soup

Ingredients:

- 2 medium-sized tomatoes
- 4 celery stalks
- 1/2 cup fresh basil or 2 tablespoons dried
- 1/4 teaspoon kelp powder
- 1 clove fresh garlic or 1 teaspoon powdered
- 1 avocado* (optional for creaminess)
- 2 cups spinach, finely minced

Directions:

1. Blend all ingredients except spinach until smooth.
2. Sprinkle salt over spinach and massage until wilted.
3. Stir spinach into soup and add water or vegetable juice if needed to thin to desired consistency.

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Very, Very Dark Green Soup

Ingredients:

- 3 stalks celery
- 1 1/2 cups of a cauliflower
- 1 cucumber
- 1 head romaine hearts
- 4 cups spring mix
- small handful of kale
- small handful of collard greens
- small handful of cilantro
- 1 cup sunflower sprouts
- 2 scallions
- a few chives
- tiny piece of hot pepper
- 1 red bell pepper
- small piece ginger (1/2 inch long)
- 1/2 cup fresh lemon/lime juice
- 1 cup water

Directions:

1. You may need to make this recipe in batches as it produces a large amount.
2. Blend all ingredients until smooth.
3. Add water or juice to desired consistency.

Salads with No Fat (Low-Glycemic)

BIG (Beautiful, Invigorating, and Green) Salad

Ingredients:

- 2 cups of your favorite mixed greens (lettuces; spring mix; kale; Asian greens; chards; collard greens; mustard greens; veggie tops – beet, turnip, carrot; wild greens; etc.)
- 1 cup of your favorite leafy or vegetable sprouts (alfalfa, clover, radish, broccoli, mustard, onion, arugula, etc.)
- 1/2 cup of your favorite nut or seed sprouts (sunflower, pumpkin, hemp, etc.)
- Colorful, eye-catching veggies as desired or permitted according to blood sugar testing results (carrots, peppers, celery, radish, cucumbers, etc.)

Directions:

1. Toss together your favorite salad ingredients as your base and top with your favorite living foods dressing, dip, or sauce*.
2. Sprinkle with “cheese” if desired*.
3. Add fresh herbs or wild greens if desired.

Personal Note: *If you’re following the Standard or Deep Cleanse, omit avocado and any dips, sauces, or cheese containing nuts/fats for the 7-day Cleanse phase.

The more variety you can include in your salad base, the better. You should enjoy a salad that is as pleasing to the eye with lots of vegetable color as it is pleasing to the taste buds with freshness.

Broccoli Arugula Slaw

Ingredients:

- 3 cups arugula
- 1 cup shredded broccoli stems (available as broccoli slaw all pre-shredded)
- 1 cup shredded cabbage (available as coleslaw all pre-shredded with some carrot)
- 1/2 cup broccoli sprouts
- 1/2 cup other sprouts
- 1/4 teaspoon sea salt
- 1/2 cup water
- 1/4 cup *Chia Gel* (optional)
- 2 tablespoons lemon juice
- 1 clove garlic (optional)
- 1/4 teaspoon turmeric
- 1/4 teaspoon kelp powder

Directions:

1. Chop arugula into bite-sized pieces and place in bowl with broccoli and cabbage.
2. Sprinkle with salt and massage until arugula is completely wilted and cabbage and broccoli have softened.
3. Add remaining vegetables and toss well. Allow to sit while preparing the sauce.
4. Blend all sauce ingredients until smooth, adding extra water if needed. It should be a little on the thick side because the veggies will thin it.
5. Taste and salt if desired. Add a pinch of cayenne for spice if desired.
6. Pour as much sauce over veggies as needed to completely coat. Save the rest for use as a salad dressing.

Colorful Coleslaw

Ingredients:

- 4 cups green cabbage, coarsely shredded
- 2 cups purple cabbage, coarsely shredded
- 1 large carrot, peeled and coarsely shredded
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 1/2 orange bell pepper, diced
- 1/2 cup sweet onion, finely chopped

Directions:

1. Combine all the vegetables in a large bowl and set aside.
2. Pour your favorite no-fat dressing over the vegetables and toss until evenly distributed.
3. Transfer to a serving bowl and sprinkle with paprika.

Kale Salad

Ingredients:

- 2 bunches kale
- 1/2 - 1 teaspoon sea salt

Directions:

1. Remove stems from kale and cut into small pieces.
2. Sprinkle with salt and massage until wilted.
3. Place kale in a large bowl and top with your favorite dressing.

Kale Salad with Lime Cilantro Marinade

Ingredients:

- 1 head kale, shredded or chopped into small pieces
- 1 teaspoon sea salt
- 1 lime juiced
- 1 medium red bell pepper, diced
- 1 small handful of cilantro, leaves and stems
- 1 clove garlic
- 1/4 cup leeks or green onions, finely diced

Directions:

1. Rinse kale and place in a bowl.
2. Cover kale with salt and massage until kale wilts. Continue until the kale has shrunk in size and there is green water in the bowl. Drain the liquid, reserving for later.
3. Add lime juice and massage again.
4. Set aside juice in a separate bowl leaving a few teaspoons of the liquid with the kale.
5. Press garlic onto the kale. Mix well.
6. Chop bell peppers and leeks or onions. Add to kale.
7. Toss well, squeezing with hands so that the marinade penetrates the kale. Allow to sit at room temperature for 15 minutes or longer before serving.

Personal Note: To further soften the kale, place another bowl on top of the salad and place something heavy in the bowl to press the salad down. Or, use a salad press or sauerkraut crock, if you have one. Chopped up fresh herbs can enhance the flavors of this salad (e.g. cilantro, basil, dill).

Sprout Salad

Ingredients:

- 4 cups green leafy sprouts, loosely packed (alfalfa, clover, sunflower, fenugreek, broccoli, radish etc.)
- 1/2 cup chopped tomato (approximately 2 medium-sized Roma tomatoes)
- 1/2 medium avocado*, chopped (optional)
- 1 cup chopped cilantro sprigs (about 1 large bunch of cilantro - twist off large stems and save for blending or juicing)
- 2 tablespoon dulse flakes
- 1 lime, quartered

Directions:

1. In a large bowl loosely toss all the salad ingredients so they are well combined.
2. Add a dressing of your choice, making to your desired consistency.
3. Serve and sprinkle with dulse flakes and garnish with lime wedges. Enjoy!

Personal Note: *If you're following the Standard or Deep Cleanse, omit avocado and fats for the 7-day Cleanse phase.

Wilted Arugula Spinach Salad

Ingredients:

- 1/2 pound baby spinach
- 1/2 pound baby arugula
- 1 cup sunflower sprouts
- 2 tablespoons lemon or lime juice
- 1/4 teaspoon sea salt
- 1 tablespoon flax oil* (optional)

Directions:

1. Rinse and chop greens and place in a bowl.
2. Cover greens with salt and massage until they wilt. Continue until the greens have shrunk in size and there is green water in the bowl.
3. Drain the liquid, reserving for later.
4. Add 1/2 the lemon juice and massage again.
5. In a separate bowl, combine remaining lemon juice and oil with a few teaspoons of the reserved liquid.
6. Pour dressing over greens and toss well, squeezing with hands so that the marinade penetrates the greens.

Personal Note: *If you're following the Standard or Deep Cleanse, replace the flax oil with a non-fat dressing for the 7-day Cleanse phase.

Dressings with No Fat (Low-Glycemic)

Basic Vegetable-Based, Non-Fat Dressings

Ingredients:

- 2 - 4 cups vegetables, chopped (i.e. greens, cucumber, celery, zucchini, bell pepper or any other vegetable combination of your choosing)
- 2 - 4 tablespoons lemon or lime juice
- water as needed for consistency (some vegetables are more watery than others)
- herbs, spices, and salt to taste
- 1/4 cup *Chia Gel* (optional for creaminess)

Directions:

1. Blend all ingredients until smooth and creamy.
2. Add a handful of minced dill, cilantro, or basil to taste.

Cilantro Lime Salad Dressing

Ingredients:

- 1 handful baby spinach or arugula
- 1 small handful of cilantro, leaves and stems
- 1 zucchini
- 1 large clove of garlic
- 2 tablespoons lemon juice
- 1/2 teaspoon dried dill
- 1 pinch of cayenne
- 6 drops liquid stevia

Directions:

Blend until smooth and creamy. Adjust water to desired consistency.

Detox Friendly “On the Fly” Salad and Meal Toppings

- spirulina, chlorella, wheat grass powder (or any other green powder)
- powdered sea vegetables (i.e. kelp, dulse, nori, etc.)
- lemon or lime juice
- coconut vinegar
- raw apple cider vinegar
- spices and herbs from “Foods that Enhance Detoxification” chart: garlic, onion, ground milk thistle seeds, ground broccoli seeds, fennel, thyme, turmeric, oregano, dill, caraway, cayenne, basil, cardamom, cinnamon, and cilantro

Fat Free Italian Dressing

Ingredients:

- 1 zucchini
- 1 tomato
- 2 stalks celery
- 1 handful greens, your choice
- 1 small handful of basil, leaves and stems
- 1 tablespoon Italian seasoning
- 1 large clove garlic

Directions:

Blend until smooth and creamy. Adjust water to desired consistency.

Garlic Dill Salad Dressing

Ingredients:

- 1 zucchini
- 1 cucumber
- 1 handful greens, your choice
- 1 small handful of cilantro, leaves and stems
- 1 large clove of garlic
- 2 tablespoons lemon juice
- 1/2 teaspoon dried dill

Directions:

Blend until smooth and creamy. Adjust water to desired consistency.

"Honey" Mustard Dressing

Ingredients:

- 1/2 red bell pepper
- 1 1/2 tablespoons prepared mustard
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried garlic granules
- 1/2 teaspoon sea salt
- stevia, to taste

Directions:

Blend until smooth and creamy. Adjust water to desired consistency.

Sweet Onion Mustard Dressing

Ingredients:

- 1 cup peeled cucumber, chopped
- 1 clove of garlic or 1/4 teaspoon dried garlic granules
- 1 tablespoon apple, lemon, or lime juice or apple cider vinegar
- 1 cup of sweet yellow onion, diced
- 1/4 teaspoon sea salt or 1/4 teaspoon kelp powder
- 2 tablespoons *Chia Gel* (optional)
- stevia, to taste

Directions:

Blend until smooth and creamy. Adjust water to desired consistency.

Tomato Basil Dressing

Ingredients:

- 2 tomatoes
- 1 handful spinach
- 1 tablespoon lemon juice
- 1 clove garlic or 1/4 teaspoon dried garlic granules
- 1 handful fresh basil or 1 - 2 tablespoons dried basil
- 1/2 teaspoon kelp powder

Directions:

Blend until smooth and creamy. Adjust water to desired consistency.

Recipes for Pre/Post and Light Cleansing

The foods in this section, while way more cleansing than what is likely to be your normal diet, are a bit more complex and higher in fat than those in the **Recipes for Cleansing** section.

The menu plans will guide you to the most beneficial way to use these recipes. It is especially important to use the menu plan guidelines during the first few days of the post-cleanse phase to avoid the temptation to jump right in with complex meals.

During the pre-cleanse phase you will be slowly simplifying your food intake leading into the cleanse. During the post-cleanse week, you will be slowly reintroducing more complex foods.

Breakfast Entrées

Apple Ginger Breakfast Medley

Ingredients:

- 1 - 2 apples, finely diced
- 1/8 - 1/4 cup almonds, soaked and chopped
- 1/4-inch piece of ginger, minced
- 1/4 cup lemon juice
- 1/4 teaspoon cinnamon

Sauce Ingredients:

- 1 tablespoon *Coconut Cream*
- 1/2 tablespoon flax oil
- stevia as needed to sweeten
- 1 teaspoon raw cacao powder (optional - for chocolate sauce)

Topping Ingredients (optional - choose one or more of):

- cacao nibs
- Goji berries
- coconut flakes
- raisins
- hemp seeds

Directions:

1. Make the topping by blending *Coconut Cream* concentrate, flax oil, stevia, and chocolate (if desired) until smooth and creamy.
2. Add a small amount of water if needed to make it pourable. Place all ingredients in a bowl and stir to combine.
3. Apples, ginger, and almonds can be chopped in a food processor or with a food chopper tool. I use one from ***Pampered Chef***.

Personal Note: This recipe is very satiating. I feel full for many hours after eating it.

Berries and Cream

Ingredients:

- 1 cup berries of choice, washed and sliced
- 1/4 cup cashews or macadamia nuts
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 pinch of sea salt
- 1 pinch of stevia if desired
- 1/4 teaspoon vanilla extract

Directions:

1. Place nuts, water, salt and lemon juice in blender or **Vitamix**.
2. Blend on high speed for several minutes, or until mixture is smooth, thick, and creamy.
3. Adjust amount of water for desired consistency.
4. Spoon topping over berries and serve.

Fruit Salad (or Fruit Plate)

Ingredients:

- variety of fruits
- variety of greens
- chopped nuts, seeds, or avocado
- omega-3 rich seeds: ground flax, hemp seeds, or pumpkin seeds (soaked)
- raw cacao nibs (optional)
- spices: cinnamon, ginger, cardamom

Directions:

Combine and enjoy!

Personal Note: This is a great, nutritional way to start the day. Adding greens to your fruit will decrease your sugar load and provide minerals that help with blood sugar regulation (and weight loss). Adding the omega-3 rich seeds gives you a source of essential fatty acids. The raw cacao nibs enhance flavor as well as providing antioxidants, neurotransmitter precursors, and magnesium. Sweet spices like cinnamon, ginger, and cardamom enhance flavor and digestion as well as transmission of sugar into the cells.

Quick and Easy Chia Breakfast Pudding

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 - 3 cups flavored liquid (nut or seed milk, fresh pressed fruit or vegetable juice, a smoothie, or any combination of the above, with water if desired)
- 1 - 2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste
- 1 pinch sea salt
- 1 teaspoon cinnamon (optional)
- stevia or xylitol as needed for sweetening

Directions:

1. Soak chia seeds in water, nut/seed milk, juice, or smoothie for several hours or overnight. The longer you soak them, the more liquid you will need.
2. Once the chia seed has absorbed all of the liquid and expanded, it will be thick and gelatinous.
3. Add your choice of flavorings (vanilla powder, cinnamon, or other) and sweeteners.
4. If desired, top with chopped nuts or seeds.

Personal Note: The amount of additional sweetness needed will depend on the liquid you use. If you soak the chia in fruit juice or a sweet smoothie, no additional sweetener may be needed. If you use nut or seed milk, you will probably want to add extra sweetness. Flavorings are available from **Frontier Natural Products Co-op**. They have a large variety of organic flavors such as orange, peppermint, lemon, and raspberry.

Breakfast Entrées (Low-Glycemic)

Personal Note: All of the recipes in this section are low-glycemic.

Apple Ginger Breakfast Medley

Ingredients:

- 1 green apples, finely diced
- 1/8 - 1/4 cup almonds, soaked and chopped
- 1/4-inch piece of ginger, minced
- 1/4 cup lemon juice
- 1/4 teaspoon cinnamon

Directions:

1. Combine all.
2. Apples, ginger, and almonds can be chopped in a food processor or with a food chopper tool. I use one from ***Pampered Chef***.

Personal Note: This recipe is very satiating. I feel full for many hours after eating it.

Blueberries and Cream

Ingredients:

- 1 cup blueberries, washed
- 1/4 cup macadamia nuts
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 pinch of sea salt
- 1 pinch of stevia if desired
- 1/4 teaspoon vanilla extract

Directions:

1. Place nuts, water, salt and lemon juice in blender or **Vitamix**.
2. Blend on high speed for several minutes, or until mixture is smooth, thick, and creamy.
3. Adjust amount of water for desired consistency.
4. Spoon topping over berries and serve.

Blueberry Chia Porridge

Ingredients:

- 1/4 recipe *Chia Gel*
- 1/2 cup fresh nut or seed milk (optional)
- 1 tablespoon flax seed, freshly ground (optional)
- 1/2 cup blueberries, quick pulsed in food processor or hand chopped
- 1/4 cup shredded unsweetened raw coconut
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- stevia if desired for extra sweetness

Directions:

1. Put *Chia Gel* in a bowl.
2. Sprinkle in ground flax seeds and stir well.
3. Stir in blueberries, coconut, and cardamom and stir well.
4. Check sweetness and add stevia if desired.

Quick and Easy Chia Breakfast Pudding

Ingredients:

- 1/2 cup chia seeds
- 2 1/2 - 3 cups flavored liquid (nut or seed milk, fresh pressed vegetable juice, a smoothie, or any combination of the above, with water if desired)
- 1 - 2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste
- 1 pinch sea salt
- 1 teaspoon cinnamon (optional)
- additional sweetener if needed: stevia, xylitol, blended blueberries

Directions:

1. Soak chia seeds in water, nut/seed milk, juice, or smoothie for several hours or overnight. The longer you soak them, the more liquid you will need.
2. Once the chia seed has absorbed all of the liquid and expanded, it will be thick and gelatinous.
3. Add your choice of flavorings (vanilla powder, cinnamon, or other) and sweetener if needed.
4. If desired, top with chopped nuts or seeds.

Personal Note: Flavorings are available from **Frontier Natural Products Co-op**. They have a large variety of organic flavors such as orange, peppermint, lemon, and raspberry.

Nut and Seed Milks (Low-Glycemic)

Personal Note: If you plan to make a lot of nut milks, consider purchasing a **Soyabella Milk Maker** by Tribest.

All of the recipes in this section are low-glycemic.

Almond Milk

Ingredients:

- 1 cup almonds soaked 4 - 6 hours
- 4 cups water
- 1/4 teaspoon almond extract (optional)
- stevia as desired

Directions:

1. Put all ingredients into a blender and process until smooth and creamy.
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add almond extract.
5. Add stevia to desired sweetness.

Basic Nut Milk

Ingredients:

- 1 part nuts or seeds, soaked 4 - 6 hours
- 3 - 4 parts water
- flavorings (optional)
 - extracts such as vanilla, mint, almond, orange, raw cacao or carob
 - sweet herbs and spices like cinnamon, cardamom, mint, and ginger
 - stevia as desired for sweetness

Directions (Option 1 – Thick milk or cream):

1. Put all ingredients into a blender and process until smooth and creamy.
2. Flavorings such as vanilla or other flavor extracts or spices can be added.

Directions (Option 2 – Thinner milk):

1. Put all ingredients into a blender and process until smooth and creamy.
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add stevia and flavorings as desired to taste.

Brazil Nut Chai

Ingredients:

- 1 cup soaked Brazil nuts
- 3 - 4 cups water
- 1/2 teaspoon almond extract
- 1/4 teaspoon turmeric (optional)
- 1/4 teaspoon cardamom
- stevia to taste

Directions:

1. Place all ingredients in blender and process until smooth and creamy.
2. Strain mixture through cheesecloth or a nut milk muslin bag.
3. Save the pulp for other recipes.

Cashew Milk

Ingredients:

- 1/2 cup cashews (soaked or unsoaked)
- 2 cups water
- stevia to taste
- 1/8 teaspoon flavor extract (optional)

Directions:

1. Put cashews and water in blender or **Vitamix** and blend until smooth and creamy.
2. Add water to blender and blend until smooth.
3. If desired, strain mixture through cheesecloth or a nut milk muslin bag and save the pulp for cracker or cookie recipes.
4. Add stevia and flavorings if desired.

Coconut Cream

Ingredients:

- 1 cup shredded coconut
- 3 cups water
- 1/4 teaspoon almond extract (optional, tastes like marzipan with it)

Directions:

1. Put all ingredients into a blender and process until smooth and creamy.
2. Strain through a strainer or muslin bag.
3. Reserve the pulp for other recipes.
4. Add almond extract.
5. Add stevia to desired sweetness.

“Not Egg” Nog

Ingredients:

- 1 cup raw macadamia nuts, or any combination of nuts or seeds
- 2 cups water
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg, or more to taste
- 1/4 teaspoon cardamom
- 1 pinch of stevia if desired for sweetness
- 1 pinch of cloves (optional)

Directions:

1. Put all ingredients into blender.
2. Blend until the mixture is smooth, thick, and creamy.

Pumpkin Seed “Chocolate” Milk

Ingredients:

- 1 cup pumpkin seeds soaked 4 hours or overnight
- 3 - 4 cups water
- 1/4 cup carob powder
- 2 drops mint essential oil (optional)
- stevia to taste

Directions:

1. Place all ingredients in blender and process until smooth and creamy.
2. If desired, you may strain mixture through cheesecloth or a nut milk muslin bag and save the pulp for cracker or cookie recipes.

Pumpkin Seed Mint Milk

Ingredients:

- 1 cup pumpkin seeds, soaked 4 hours or overnight
- 3 - 4 cups water
- 1 - 2 drops peppermint essential oil or 1/4 teaspoon mint flavor
- stevia to taste

Directions:

1. Place all ingredients in blender and process until smooth and creamy.
2. If desired, you may strain mixture through cheesecloth or a nut milk muslin bag.
3. Save the pulp for other recipes.

Lunch and Dinner Entrées

Soups (Low-Glycemic)

Note about Fats: All soups can be made creamier by adding your choice of fat (these are optional) including choices such as:

- 1 avocado
- 2 tablespoons nut butter
- 1 tablespoon or more coconut butter
- 1 tablespoon or more tahini
- 1/4 cup soaked nuts or seeds

Note about Heating: If you feel that the raw soups are too “cold,” you can gently heat up your soups to 110°F using a stove, crock pot, electric skillet, or dehydrator.

Cauliflower Soup

Ingredients:

- 3 cups chopped cauliflower
- 2 tablespoons tahini
- 2 tablespoons raw apple cider vinegar or coconut vinegar
- 1/4 teaspoon sea salt
- 1/4 teaspoon kelp powder

Seasoning Options:

- 1 tablespoon of herbs: nettles, horsetail, and/or alfalfa combination
- 1 tablespoon dried basil
- 2 - 3 drops lemongrass essential oil
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon curry powder
- 1 tablespoon chili powder or Mexican seasoning

Directions:

1. Blend first 5 ingredients.
2. Use as is or stir in one of the seasoning options.
3. Add extra toppings as desired.

Cilantro Coconut Lime Green Soup

Ingredients:

- 2 - 3 cups (large handfuls) spinach
- 1 cup (large handful) cilantro
- 1/4 cup *Coconut Cream* concentrate (or young coconut meat)
- 2 limes, juiced
- 1/2 avocado
- 1/2 red pepper
- 1/8 - 1/2 jalapeño or other hot pepper
- 2 cloves garlic
- 1 pinch of sea salt, to taste
- 1/2-inch piece of ginger, or to taste (optional)
- 1 - 2 cups water, or juice of fresh young coconut

Directions:

1. Put all ingredients in blender and blend until smooth and creamy.
2. Adjust seasonings and liquid to taste and increase/decrease water to desired consistency.

Coco-Gin Curry Vegetable Soup

Ingredients:

- 6 cups choice of vegetables: broccoli, cauliflower, green cabbage, zucchini, kale, etc.
- 2 cups tender leafy greens like spinach or arugula
- 2 stalks celery, finely minced
- 1/4 cup coconut butter or 1/4 cup shredded coconut or 1/2 fresh coconut (meat)
- 1 teaspoon curry powder or 1 teaspoon curry paste
- 1/2 teaspoon kelp powder
- 1/4 teaspoon sea salt or to taste
- 1 pinch cayenne if desired
- 1-inch piece ginger
- 1 small piece turmeric, fresh (if available)
- 1 clove garlic
- 1 lime, juice of (optional)

Directions:

1. Steam vegetables (retain the steam water).
2. Put baby greens in a large bowl with minced celery.
3. When vegetables are lightly steamed, take half and put in a blender with 2 cups steam water.
4. Blend with remaining ingredients.

Coconut Curry Soup with Noodles

Ingredients:

- 1 tablespoon lemongrass, dried
- 2 cups water, or broth from steaming vegetables
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp flakes
- 1/2 teaspoon sea salt, whole and unrefined
- 1/2 teaspoon curry paste
- 1 package konjac or kelp noodles
- Steamed or raw vegetables, or a combination of both

Directions:

1. Put lemongrass and water into blender and blend well.
2. Strain lemongrass through a fine mesh strainer or nut milk bag.
3. Put liquid back in blender and add remaining ingredients.
4. Blend until smooth.
5. Pour over a bowl of lightly steamed, raw, or a combination of both types of vegetables.

Creamy Jicama Chowder

Ingredients:

- 1 cup *Almond Milk* or 1/4 cup soaked almonds and 1 cup of water
- 1 small or 1/2 medium or large avocado
- 1 cup cauliflower
- 1 cup jicama, finely diced into 1/4-inch cubes
- 1/2 - 1 cup water
- 1 teaspoon sea salt
- 1 teaspoon cumin

Directions:

1. Blend all ingredients except jicama, adding enough water to make the soup a nice creamy consistency.
2. Put all ingredients in a bowl.
3. Stir in jicama.
4. Warm if desired using your choice of warming options.

Creamy Southwest Cauliflower Soup

Ingredients:

- 2 cups cauliflower florets
- 1 cup celery
- 1 cup carrots
- 2 cups water
- 1 tablespoon olive oil
- 1 pinch kelp powder, to taste
- 1 teaspoon sea salt
- 2 small limes, juice of
- 2 teaspoons tarragon
- 1 pinch of pepper
- 1 avocado (optional)
- 2 tablespoons chili powder or Mexican seasoning
- choice of steamed or raw vegetables (pulse-chopped or diced): broccoli, kale, cauliflower, zucchini, carrots, green cabbage, and other greens

Directions:

1. If you prefer the vegetables raw, place diced vegetables in a large bowl. Sprinkle with salt and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well.
2. Blend all ingredients except chopped vegetables to make soup base.
3. Adjust seasonings to desired level of spiciness.
4. Pour over vegetables.

Creamy Vegetable Soup

Ingredients:

- 1 cup almonds
- 2 cups water
- 2 red bell peppers
- 2 tablespoons coconut butter
- 4 carrots
- 3 cloves garlic
- 1-inch piece of ginger
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 2 lime leaves
- 1/4 cup lime juice
- 2 tablespoons kelp powder
- your choice of raw or cooked vegetables (pulse-chopped or diced): broccoli, kale, cauliflower, zucchini, carrots, green cabbage, or other greens

Directions:

1. Steam vegetables until just tender or place in a large bowl and sprinkle with salt. Massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well.
2. Blend all ingredients except chopped vegetables to make soup base.
3. Adjust seasonings as desired.
4. Pour over vegetables.
5. Warm in a crock pot or on low heat if desired, keeping temperature below 110°F for maximum nutrition.

Curried Red Pepper Soup

Ingredients:

- 3 red bell peppers
- 1 green apple (optional)
- 1 avocado
- 1 bunch basil
- 1/8 cup Brazil nuts
- 1/3 red onion
- 1 clove garlic
- 2 tablespoons curry powder
- 1 sliver of hot pepper
- 3 teaspoons kelp powder
- 1 pinch sea salt, to taste
- 2 cups water

Directions:

1. Dice 1 red bell pepper, 1/4 apple, and half the avocado.
2. Set aside in a bowl.
3. Blend the remaining ingredients until smooth and creamy.
4. Taste and adjust salt and seasonings to desired spiciness.
5. Pour blended soup over the chopped apple, pepper, and avocado.

Personal Note: This soup can be modified in many ways. By varying the spices, this creamy base can take on new and exciting flavors. Try substituting Italian seasoning or Mexican seasoning for the curry.

This soup base is also delicious served over diced vegetables: broccoli, cauliflower, kale, zucchini, and cabbage. If you do this, dice the vegetables and place diced vegetables in a large bowl. Sprinkle with salt and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well.

Ginger Coconut Curry Soup

Ingredients:

- 1 tablespoon lemongrass, dried
- 2 cups water, or broth from steaming vegetables
- 4 cups leafy greens, chopped
- 1 stalk celery stalk, finely diced
- 1-inch piece of ginger root
- 1 sliver chili pepper
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, flaked
- 1/2 teaspoon sea salt, whole and unrefined
- 1 teaspoon curry powder
- 1 package konjac or kelp noodles (optional)
- steamed or raw vegetables, or a combination of both

Directions:

1. Put chopped greens in a large bowl, sprinkle with salt and massage until wilted. Set aside.
2. Put lemongrass and warm or hot water into blender and blend well.
3. Strain lemongrass through a fine mesh strainer or nut milk bag.
4. Put liquid back in blender and add all remaining ingredients except celery, noodles, and vegetables.
5. Blend until smooth.
6. Place celery in bowl with greens and add any other vegetables, raw or steamed, as desired.
7. Add konjac or kelp noodles to bowl, if desired.
8. Pour contents of blender over vegetables and enjoy a warm bowl of soup.

Green Gazpacho

Ingredients:

- 8 tomatillos
- 1/2 large red pepper
- 1 clove garlic
- 2 tablespoons red onion
- 1 teaspoon raw apple cider vinegar or coconut vinegar
- 1 teaspoon lemon juice
- 1/2 teaspoon sea salt
- 1/2 teaspoon finely ground pepper
- 1 cup finely chopped cucumber
- 1/2 cup almond pulp (leftover from making nut milk)

Directions:

1. Put all ingredients into blender, reserving 1/2 cup cucumber.
2. Blend mixture until smooth and creamy.
3. Remove from blender and add the 1/2 cup cucumber.
4. Set in refrigerator to chill.

Orange Arugula Chipotle Bone Boosting Soup

(Adapted from recipe in from Dr. Ritamarie's [Eating for Bone Health](#) Video Class)

Ingredients:

- 1 grapefruit
- 3 drops orange essential oil
- 2 cups arugula
- 1 teaspoon apple cider vinegar
- 2 tablespoons sesame seeds*
- 1/32 teaspoon chipotle powder, smidgen
- 1 teaspoon each of herbs: nettles, horsetail, alfalfa

Directions:

Blend all ingredients in a high speed blender until smooth.

Personal Note: You can likely find the herbs available online through **Mountain Rose Herbs**, **Frontier Natural Products Co-op** or a local herb shop. Try the soup without at first if you don't have these.

Quick Coconut Thai Soup

Ingredients:

- 1 cup cauliflower florets
- 2 cups broccoli florets, chopped
- 1 cup shredded cabbage
- 1 small yellow onion, finely diced
- 2 cups water
- 2 tablespoons dried lemongrass
- 2 tablespoons coconut butter
- 1/4 teaspoon kelp, powdered
- 1/2 teaspoon curry paste
- 1/2 teaspoon sea salt
- 1 pinch of cayenne pepper
- 1 teaspoon ground turmeric
- 1 clove garlic, minced
- 1-inch piece of fresh ginger

Directions:

1. Chop vegetables into small pieces.
2. Either steam vegetables until tender or sprinkle with salt and massage to soften. Place vegetables in a large bowl.
3. Blend water and dried lemongrass. Strain mixture through a fine mesh strainer, cheese cloth, or nut milk bag to remove the fibrous lemongrass particles.
4. Put lemongrass flavored water back in blender with the remaining coconut butter and seasonings and blend until you have a creamy soup base.
5. Adjust seasonings to your liking.
6. Add extra water to thin or extra coconut butter to thicken.
7. Pour soup base over your steamed/wilted vegetables and serve warm.

Thai Coconut Curry Soup

Ingredients:

- 3 young Thai coconuts
- 1-inch piece of ginger root or galangal
- 1 - 2 limes, juice of (about 1/4 cup)
- 1 piece of lemongrass or 2 tablespoons dried lemongrass
- 1 kefir lime leaf (optional, but very nice)
- 1/4 cup coconut butter (or flesh of whole coconut)
- 1 teaspoon sea salt
- 1 teaspoon kelp powder or extra salt
- 2 cloves garlic
- 1 - 2 teaspoons curry powder
- 1 Thai or other hot chili
- 3 cups diced vegetables, raw or lightly steamed

Directions:

1. Open the coconuts and pour the liquid into the blender.
2. Cut the coconuts in half and carefully remove the flesh. Slice the coconut meat into thin ribbons, about the width of fettuccini noodles. Set aside.
3. Blend coconut water with lemongrass and ginger.
4. Strain through cheese cloth, nut milk bag, or fine mesh strainer to remove all the stringy lemongrass and ginger pulp.
5. Put liquid back into blender and add all remaining ingredients except Thai chili pepper, diced vegetables, and “coconut noodles”. Blend until creamy.
6. Put the Thai chili pepper, coconut meat, and the diced vegetables into a crockpot or sauce pan. Pour liquid over the vegetables.
7. If using a crockpot to heat the soup, set the crockpot on low and insert the probe of a digital thermometer.
8. If using a pot, turn the flame to low and insert the thermometer probe.
9. Heat to about 110°F. Serve warm.

Personal Note: This “special occasion soup” takes a long time to make using fresh coconut to make noodles. A quicker version can be made by making noodles from daikon radish using a spiralizer or potato peeler. See “*Noodles*” recipe.

Warm and Immune Boosting Vegetable Soup

Ingredients:

- 1 head broccoli
- 1/2 cup green beans
- 1/3 head of green cabbage
- 2 cups baby arugula
- 2 stalks celery
- 1 cup arame sea vegetable
- 1 teaspoon powdered kelp
- 1 clove garlic, minced
- 1/2 yellow onion
- 1 tablespoon hemp seeds
- 1 tablespoon sesame seeds, ground
- 1 tablespoon flax oil
- 1 teaspoon Italian seasoning
- 1/4 teaspoon sea salt
- 4 cups water

Directions:

1. Cut cabbage into thin strips, chop onion finely, and break broccoli into small florets. Cut celery into 1-inch pieces and mince in food processor.
2. Put celery into a large bowl with arugula.
3. Sprinkle salt over arugula and celery and massage until wilted.
4. Put water in pot and steam broccoli, onion, green beans and cabbage until just tender. Add steamed vegetables to bowl with arugula and celery.
5. Pour steam water over vegetables.
6. Add arame, kelp, garlic, Italian seasoning, sesame and hemp seed and flax oil and stir well.
7. Add extra salt or seasonings if desired. Stir and enjoy.
8. Add a pinch of cayenne (optional).

Personal Note: A filling and delicious soup combining raw and lightly cooked vegetables, rich in warming and immune enhancing herbs and omega-3 rich seeds.

Warm and Tangy Soup

Ingredients:

- 1/4 - 1/2 cup lemon juice
- 2 cups water or nut milk
- 1/4 cup coconut butter or 1 avocado (optional for richness)
- 3 stalks celery
- 1 cucumber
- 1 head of romaine heart
- 1 red bell pepper
- 4 cups spring mix greens
- 1 small handful each of baby kale, baby collards and cilantro
- 1 cup sunflower sprouts
- 2 scallions
- a few chives
- 1 tiny piece of jalapeño
- 1/2-inch piece of ginger
- 1 1/2 cups cauliflower

Directions:

1. Place water, cucumber, and celery in blender and blend until a liquid base results.
2. Add remaining ingredients slowly.
3. Adjust water to desired consistency.
4. Season to taste.

Personal Note: This soup base is also delicious served over raw or cooked diced vegetables: broccoli, cauliflower, kale, zucchini, and cabbage. Either steam the diced vegetables or place diced vegetables in a large bowl, sprinkle with salt, and massage well until the vegetables begin to wilt and reduce in size. This process breaks down the cell walls and makes the vegetables not only more digestible, but tastier and tenderer as well.

Salads (Low-Glycemic)

Arugula Slaw

Ingredients:

- 3 cups arugula
- 1 cup shredded broccoli stems (available as broccoli slaw all pre-shredded)
- 1 cup shredded cabbage (available as coleslaw all pre-shredded with some carrot)
- 1/2 cup broccoli sprouts
- 1/2 cup other sprouts
- 1/4 teaspoon sea salt
- 1/2 cup tahini
- 1/2 cup water
- 2 tablespoons lemon juice
- 1 clove garlic (optional)
- 1/4 teaspoon turmeric
- 1/4 teaspoon kelp powder

Directions:

1. Chop arugula into bite-sized pieces and place in bowl with broccoli and cabbage.
2. Sprinkle with salt and massage until arugula is completely wilted and cabbage and broccoli have softened.
3. Add remaining vegetables and toss well. Allow to sit while preparing the sauce.
4. Blend all sauce ingredients until smooth, adding extra water if needed. It should be a little on the thick side because the veggies will thin it.
5. Taste and salt if desired. Add a pinch of cayenne for spice if desired.
6. Pour as much sauce over veggies as needed to completely coat. Save the rest for use as a salad dressing.

Bas-Avo-Cumber Salad

Ingredients:

- 2 - 3 cucumbers, chopped
- 1/2 - 1 avocado, chopped
- 1 handful fresh basil
- 1 drizzle of cold pressed virgin olive oil
- 1 splash of apple cider vinegar

Directions:

Toss together for a quick and delicious salad.

Cauliflower Radish Salad

Ingredients:

- 2 cups finely chopped cauliflower
- 1/2 cup sliced green onions
- 1 cup thinly sliced red radishes
- 2 tablespoons lime juice
- 1 cup thinly sliced daikon radish
- 2/3 cup *Dillicious Dip*

Directions:

1. In a bowl, combine the cauliflower, scallions, and radishes with lime juice. Toss to coat.
2. Pour dip over vegetables; toss to coat.
3. Cover and chill for at least 2 hours.

Green Slaw with Thai Dressing

Ingredients:

- 4 cups shredded raw greens: cabbage, kale, chard, collard, baby bok choy, any combination
- 1 teaspoon sea salt
- 1 medium red onion , thinly sliced
- 1 - 2 large carrots, shredded (substitute daikon radish if your blood sugars are sensitive to carrot)
- 2-inch piece of lemongrass
- 2 - 3 limes juiced
- 2 tablespoons coconut butter
- 1/2 - 1 jalapeño pepper
- 1 bunch fresh cilantro

Directions:

1. Put greens in a large bowl and sprinkle with salt. Massage greens until they are wilted.
2. Put lemongrass in blender with 1/2 cup water and blend until liquefied.
3. Strain through cheese cloth, a fine mesh strainer, or a nut milk bag.
4. Combine liquid from lemongrass with lime juice, coconut butter, and jalapeño in the blender and blend until smooth. Add water if needed.
5. Pulse in jalapeño and cilantro.
6. Shred carrots or daikon and thinly slice the red onion. Add to bowl with greens.
7. Pour dressing over the vegetables and massage in well. The greens should be wilted.
8. If possible, allow to sit for an hour before serving. Place a second bowl over the salad and put something heavy in it to press the dressing into the salad and allow the vegetables to fully absorb the flavors.

Horse Radish Coleslaw

Salad Ingredients:

- 4 cups green cabbage, coarsely shredded
- 2 cups purple cabbage, coarsely shredded
- 1 large carrot, peeled and coarsely shredded
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 1/2 cup sweet onion, finely chopped

Dressing Ingredients:

- 1 cup macadamia nuts
- 1 cup cashews
- 1 teaspoon sea salt
- 4 tablespoons lemon juice
- 3/4 cup water
- 1 teaspoon rice vinegar
- 2 - 3 tablespoons prepared horseradish
- 1 pinch of paprika (garnish)

Directions:

1. Combine all the vegetables in a large bowl and set aside.
2. Put all the dressing ingredients into the food processor and process until creamy.
3. Pour the dressing over the vegetables and toss until evenly distributed.
4. Transfer to a serving bowl and sprinkle with paprika.

Jerusalem Salad

Ingredients:

- 1 cucumber, peeled and diced
- 2 medium tomatoes, diced
- 1 handful parsley, roughly chopped
- 1/4 teaspoon kelp powder
- 3 tablespoons *Tahini Sauce*

Directions:

1. Toss cucumbers, tomatoes and parsley in a bowl.
2. Add *Tahini Sauce* and toss to coat.

Kale Salad with Kick

Ingredients:

- 1 head of Lacinato (aka “dinosaur”) kale or curly kale, stems removed
- 1 red bell pepper, diced
- 1/4 red onion, diced
- 1 clove garlic, crushed
- 1/4 cup pine nuts or sunflower seeds
- 1/2 cup cherry tomatoes, quartered
- 1/4 teaspoon whole, unrefined sea salt
- 1/2 cup cauliflower, sliced thin

Marinade:

- 3 tablespoon lemon juice
- 1 tablespoon olive oil
- 1/4 - 1/2 teaspoon unrefined whole sea salt
- 1 teaspoon Italian seasoning
- 1 teaspoon dried oregano
- 1 pinch of cayenne pepper, or more to taste
- 1 teaspoon cumin powder
- 1/4 teaspoon black pepper

Directions:

1. Stack 3 - 4 kale leaves. Slice crosswise into thin ribbon strips, using a down and through motion, keeping the tip of the knife on the cutting board. Repeat with all the remaining kale leaves.
2. Pour marinade over cut kale.
3. Add the crushed garlic and salt.
4. Use your hands to massage the marinade into the kale. The kale will wilt and become soft. It will take on a “cooked” like appearance.
5. Taste the kale. If there is still bitterness, add additional salt and/or lemon juice to balance. Gently toss with tomato quarters, cauliflower, red pepper, and pine nuts.

Kale Salad with Lime Sesame Marinade

Ingredients:

- 1 head kale, shredded or chopped into small pieces
- 1 teaspoon sea salt
- 1 teaspoon sesame oil
- 1 lime juiced
- 2 tablespoons sesame seeds
- 1 medium red bell pepper, diced
- 1 clove garlic
- 1/4 cup leeks or green onions, finely diced

Directions:

1. Rinse kale and place in a bowl.
2. Cover kale with salt and massage until kale wilts. Continue until the kale has shrunk in size and there is green water in the bowl. Drain the liquid, reserving for later.
3. Add lime juice and massage again.
4. In a separate bowl, combine sesame oil with a few teaspoons of the reserved liquid.
5. Press garlic into the juice/oil mixture and stir or shake well.
6. Chop bell peppers and leeks or onions. Add to kale.
7. Pour dressing over salad and toss well, squeezing with hands so that the marinade penetrates the kale. Allow to sit at room temperature for 15 minutes or longer before serving.
8. Sprinkle with sesame seeds and toss once again right before serving.

Personal Note: To further soften the kale, place another bowl on top of the salad and place something heavy in the bowl to press the salad down. Or, use a salad press or sauerkraut crock, if you have one. Chopped up fresh herbs can enhance the flavors of this salad (e.g. cilantro, basil, dill).

Kitchen Sink Super Salad

Ingredients:

- 2 handfuls kale, chopped
- 1 handful baby arugula
- 1 handful baby spinach
- 1 handful spring mix greens
- 1 handful shredded romaine lettuce
- 1 handful sunflower seed sprouts
- 1 handful broccoli sprouts
- 1 handful alfalfa sprouts
- 1 red bell pepper, chopped
- 1 tomato chopped
- 1 cucumber cut into quarters and sliced
- 1 stalk celery, cut in half and sliced
- 2 - 3 tablespoons sauerkraut
- 1 avocado, cubed
- 1/4 teaspoon sea salt

Directions:

1. Put all ingredients except kale and salt in a bowl.
2. Put kale in a bowl and sprinkle with salt.
3. Massage kale well until wilted.
4. Add kale and toss salad well.

Dressings (Low-Glycemic)

Avocado Spinach Dressing

Ingredients:

- 1 large avocado
- 2 cups spinach, finely chopped (if preparing without a **Vitamix**)
- 1/2 green apple
- 1/2 lime, juice of
- 1 1/2 cups water
- 1 pinch of cayenne pepper, or more to taste
- 1 teaspoon sea salt

Directions:

Blend all ingredients until smooth and creamy.

Personal Note: Add a handful of dill, cilantro, or basil for additional flavor.

Creamy Garlic Salad Dressing

Ingredients:

- 1/2 cup sunflower seeds soaked 6 hours or overnight
- 1/4 cup flax oil
- 1/4 cup lemon juice
- 1 teaspoon prepared mustard
- 1 clove garlic
- water, to desired consistency

Directions:

1. Put all ingredients in a blender and blend until smooth and creamy.
2. Start with 1/2 cup water and adjust to taste.
3. Add additional seasonings if desired.

Variations:

- **Italian:** Add 1/2 teaspoon each dried basil, oregano and thyme and a clove of garlic.
- **Asian:** Use sesame oil, some miso, ginger and some tamari if desired.
- **Mexican:** Use lime juice instead of lemon and add cilantro, cayenne, and cumin.
- **Thai:** Substitute lime juice and add coconut, lemongrass, cilantro, ginger, garlic and a dash of cayenne.

Cucumber Dill Salad Dressing

Ingredients:

- 3 cucumbers
- 3 stalks celery
- 1/2 cup olive oil
- 1 teaspoon sea salt
- 1 cup fresh dill
- 1 clove garlic (optional)

Directions:

1. Add all ingredients except dill to the blender and blend until smooth and creamy.
2. Add dill and pulse a few times in the blender. It should be chopped but not blended.

Variations:

Substitute an avocado for the olive oil for a creamier dressing.

Green Goddess Dressing

Ingredients:

- 3 cups mixed greens: spinach, arugula, parsley
- 2 scallions
- 1 medium avocado
- 1/2 tablespoon lemon juice
- 1/2 teaspoon sea salt
- 1/2 cup water
- 1 clove garlic

Directions:

1. Blend all ingredients in food processor or blender until smooth and creamy.
2. Adjust seasonings to taste.
3. Add water if you prefer it thinner.

Ranch Avocado Dressing

Ingredients:

- 1 cucumber
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon dried garlic granules
- 1 teaspoon onion powder
- 3/4 teaspoon salt
- 1/2 avocado
- 1 teaspoon dill, dried
- 1 teaspoon basil, dried

Directions:

1. Blend everything except avocado and herbs until smooth.
2. Add avocado and blend until smooth.
3. Add dill and basil and quick pulse to blend.

Sandwiches, Wraps, and Rolls (Low-Glycemic)

Basic and Balanced Raw Food Sandwich

If you need a quick and satisfying lunch, it's easy to make a raw food version of any traditional sandwich.

Traditionally, sandwiches are built around the following ideas:

- Wrapper – bread, taco shell, burrito shell, or some sort of crust
- Filling – meat, cheese, tuna, or some sort of spread
- Sauce or topping – typically mayonnaise, mustard, ketchup
- Garnishes – tomato, lettuce, sprouts, relish and the like

You can build any number of living food delights when you mix and match wholesome ingredients.

Wrapper Ideas:

- **“Bread”**: dehydrated crackers, jicama slices, tomato slices, turnip or rutabaga slices, sweet potato or winter squash slices
- **Roll-ups**: romaine lettuce leaves, collard greens, kale, chard leaves, cabbage, thinly sliced zucchini or summer squash, nori sheets
- **Boats**: hollowed out cucumbers, zucchini, or winter squash; romaine hearts; celery; red, yellow, or orange bell peppers

Filling Ideas:

- Nut or seed patés, guacamole, nut or seed cheeses, ground up nut or vegetable burgers (taco “meat”)

Topping Ideas:

- Nut or seed based sour cream, sauces and creamy dips, avocado based dips and sauces, grated or finely ground seeds

Garnish Ideas:

- Grated, chopped, julienned or spiralized vegetables like carrots, celery, squash, beets, jicama, etc.

Cauliflower Nori Rolls

Ingredients:

- 4 sheets raw nori
- 1/2 head cauliflower
- 1 avocado, thinly sliced
- variation of any vegetables (grated or sliced in long thin strips): carrots, cucumbers, celery, sprouts, etc.

Directions:

1. In food processor, grind cauliflower until grainy.
2. Place a thin layer of cauliflower on nori sheet. Spread to edges side to side and within 1 - 2 inches from top and bottom.
3. Place avocado slices and veggies in center of cauliflower.
4. Roll the nori sheet, pulling tight as you roll it up, and place a few drops of water along the seam to seal.
5. Cut with a serrated knife. Dip the knife in water before cutting.

Creamy Cabbage Rolls

Ingredients:

- 2 - 4 leaves cabbage
- 1 recipe *Cashew Cream* (*Cashew Milk*, unstrained)
- 1 cup cauliflower, finely diced
- 1 zucchini shredded
- 1 carrot shredded
- 1 onion sliced
- 1/2 cup lettuce, diced

Directions:

1. Lay cabbage leaves out flat.
2. In each leaf, place a small amount of cauliflower, carrot, zucchini, onion, red bell pepper and lettuce.
3. Top with *Cashew Cream*.
4. Roll up the leaves.

Spring Rolls

Wrapper Ingredient Variations:

- cabbage
- collard greens
- kale
- chard leaves

Filling Ingredient Variations:

- thinly sliced, chopped or julienned vegetables such as carrot, celery, cucumber, jicama
- marinated mushrooms and/or marinated onions
- parsley, basil, cilantro or other fresh herbs, finely chopped
- any seasoned cream-type sauce or paté

Directions:

1. Lay the leaf horizontally on the cutting board with the inside facing up.
2. Cut off the thickest part of the stem.
3. Layer the vegetables and fillings on the leaf.
4. Roll the leaf around the filling, tucking in the edges as you go.
5. Serve whole or slice in half.
6. For an added elegant touch, spiralize a carrot, sweet potato, or beet and “tie” a strand around the roll.

Personal Note: If you have time and want a really soft wrapper, cover the leaves with salt and water and place in a bowl. Knead gently to work the salt into the vegetables. Place another bowl or a plate over them and put something heavy on the top plate (e.g. a jar of beans, a brick, or a bag of nuts). Let it sit for 10 minutes while you prepare the other ingredients. Alternatively, you can use a salad press or a sauerkraut crock.

Tacos

Taco Shells:

- romaine lettuce hearts

“Meat” (optional):

- ground nut or veggie burgers (e.g. *Sweet and Savory Veggie Nut Burgers*)

Beans (optional):

- “Refried Beans” Spread
- sprouted lentils
- sprouted garbanzo beans
- pulse-chopped soaked almonds

Toppings:

- Creamy Nut Cheese optionally with garlic and/or chives
- Guacamole
- Salsa: Tomato (red) or Tomatillo (green)

Garnishes:

- sprouts: alfalfa, daikon, radish, broccoli, mixed
- microgreens
- shredded carrots
- shredded lettuce or cabbage

Directions:

1. Hold romaine heart in your hand or place on plate, concave side up.
2. Layer “meat”, “beans”, and garnishes.
3. Top with salsa, guacamole, and cheese.

Personal Note: If serving a family or group, put each ingredient in a separate bowl and let everyone create their own.

“Pasta and Noodles” (Low-Glycemic)

"Noodles"

Ingredient Variations:

- zucchini or yellow squash, peeled if desired
- jicama
- winter squash
- carrots
- daikon radish
- yams or sweet potatoes
- turnips
- rutabagas

Directions:

1. Use any combination of firm vegetables or tubers.
2. Using a spiral vegetable slicer, create noodles.
3. A mandolin or food processor can be used to create thin strips, but they will be only as long as the vegetables used, so zucchini and yellow squash are the best choices.
4. Using a variety of vegetables creates a pretty rainbow of color.
5. If the "noodles" are too hard, pour a little salt over them and allow them to sit at room temperature for a few minutes until softened.
6. Cabbage can be cut into 1-inch by 1/4-inch pieces and used in place of small "macaroni" shaped pasta. Be sure to cover with salt to soften before using cabbage.
7. Top with a favorite sauce.

Personal Note: The *Saladacco Spiralizer* creates angel hair- like noodles while the *Spirooli Spiral Slicer* makes fettuccini-like noodles. A hand cranked potato peeler can accomplish similar results, although the results are not as uniform.

Rawvioli

Ingredients:

- 1 daikon, turnip, or rutabaga
- 1 recipe *Creamy Nut Cheese* (or other “cheese” variation)
- 1/4 cup basil, minced
- 1 clove garlic, minced
- 1 recipe *Marinara Sauce*

Directions:

1. Using mandolin or Spiralizer on slicing setting, thinly slice the turnip, daikon or rutabaga into rounds.
2. Stir basil and crushed garlic into the cheese.
3. Place a teaspoonful of the cheese onto each disc. Fold in half.
4. Top with sauce of your choice (e.g. *Marinara*, *Deep Green Pesto*, *Nutrition-Packing Pesto*, etc.).
5. Eat as is or dehydrate until it is warm (a couple of hours).

Dips, Paté, Spreads & More (Low-Glycemic)

Basic Guidelines

Nut dips are not only very filling, satisfying, and nutritious, but they're also rich in antioxidants, minerals and fatty acids. They make excellent sandwich fillings and dips. Patés and sauces are usually made in a food processor from soaked nuts and/or seeds, a variety of vegetables, and a variety of herbs and spices. The consistency of paté is similar to tuna salad and can be used the same way while dips, sauces, and dressings are thinner and creamier.

Once you've made the very specific recipes a few times, you can begin to experiment. I encourage you to take the basic recipe guidelines and run with them to create your own unique variations. Try different varieties of herbs and spices. Don't be afraid to try something new; some of my best recipes have been discovered that way.

Ingredients for Creating Ethnic Variations:

- **Indian:** cumin, turmeric, ginger, coriander, garam masala and curry powder
- **Thai:** lime juice, cilantro, ginger, galangal, lemongrass, and coconut or even a pre-mixed Thai curry spice mix. **Note:** If you're gluten or MSG sensitive, make sure you read the labels of your seasonings before you put them in your shopping basket and recipes.
- **Italian:** garlic, basil, oregano, rosemary, thyme or a pre-mixed package
- **Mexican:** chili powder, cilantro, jalapeño, cumin, and oregano

Adjusting for Calories and Texture:

The proportion of nuts and seeds to vegetables can be varied from recipe to recipe. Adjust the quantity of nuts and seeds based on your caloric needs and the texture you're trying to achieve.

- **Thin and active and need more calories:** Lean more towards using a greater portion of nuts and seeds.
- **Wanting to shed unwanted extra weight:** Lean towards more vegetables.
- **Texture:** Creamier results require a higher proportion of nuts. Almonds are denser and grittier than macadamia nuts and cashew nuts, and thus yield a less creamy consistency.

Preparing Nuts and Seeds for Recipes

Nuts and seeds are easier to digest and more nutritious if you activate them first. When you cover them in water and let them soak, the germination process begins. The enzyme inhibitors, which keep the nut or seed from sprouting, are deactivated and the proteins and fats begin to break down into smaller molecules. The nuts and seeds are then easier to digest.

To Activate Nuts and Seeds:

1. Place them in a glass jar or ceramic bowl and completely cover with enough water to allow for doubling in size.
2. Soak on kitchen counter or in the refrigerator for 4 hours or up to 8 hours. Harder nuts like almonds and hazelnuts require longer soaking time while softer and more delicate nuts and seeds require less time.
3. Rinse and drain.
4. You can use them immediately, or you can leave them in the strainer and allow them to begin to sprout.
 - Sunflower seeds sprout in 4 - 6 hours.
 - Almonds don't fully sprout, but develop a short tail.
 - Macadamia nuts don't sprout at all. They turn mushy if left in water too long. It's less important to soak the nuts that don't have skins like macadamia nuts and cashews. In fact, soaking either of these for too long causes them to get really mushy and lose their taste.

Activated nuts can be stored in the refrigerator for up to 4 days. After that, they begin to get moldy. If you have a dehydrator, you can dehydrate the activated nuts for a couple of days, then store in the freezer. This way, you can just use what you need without having to soak in advance. Some people soak a pound or two of nuts for 4 - 8 hours then dehydrate so they always have a handy supply of activated nuts.

Once you get the hang of the basic recipe, you can whip out a dip, sauce, or dressing in a matter of minutes. I taught it to my son when he was 11. He makes the *Basic Creamy Dip Base* as a dip and a cheese for a quick pizza.

Basic Creamy Dip Base

Ingredients:

- 1 cup soaked nuts (cashews and macadamia nuts make the creamiest dips and sauces. My favorite is 1/2 and 1/2 macadamia and cashew. Almonds have a nice flavor but are not quite as creamy. Mixing them half and half with cashews or macadamia nuts works well, but changes the color from white to purplish).
- 1 lemon or lime, juice of, or to taste
- 1/4 teaspoon sea salt, or to taste
- 1/3 - 1/2 cup water - depending on thickness desired

Directions:

1. Place nuts in blender with lemon or lime juice, 1/3 cup of water, and sea salt.
2. Blend until creamy.
3. Add water slowly, if needed, to create the desired consistency. This should have the consistency of sour cream, yogurt, or mayonnaise.
4. **Vitamix** and **Blendtec** blenders create the creamiest results, but most good blenders will do a good job if you process them long enough. If the blender starts to heat the ingredients too much, turn it off and let it rest for a little while before continuing.

Variations:

- For a cheddar cheese-like sauce, cut a red bell pepper into chunks and put in blender. Blend until it liquefies. Add the nuts, salt and lemon juice and omit the water. Add more nuts to thicken if the result is too thin. Add water if it's too thick.
- Peel and cut a cucumber and blend until liquefied. Add nuts, salt and lemon juice and omit or reduce the water.
- Increase or decrease the lemon or lime juice according to desired degree of sourness.
- Finely chop an onion for a traditional onion dip flavor. Stir in the onions a small amount at a time to prevent the onions from overpowering the dip.
- Add herbs after making the sauce: garlic, chives, dill, and basil are just a few ideas. Garlic dill and garlic chive are amongst my favorites.
- Add ethnic themed spices or a packaged pre-mix (read the ingredient label first).

Basic Paté Base

Ingredients:

- 1 - 2 cups nuts or seeds*, either a combination or a single type
- 1 - 4 cups vegetables (e.g. carrots, celery, cabbage, tomatoes, onions)
- a few tablespoons to a cup or more of fresh herbs
- a few teaspoons to a couple of tablespoons dried herbs and spices
- 1 - 2 teaspoons or to taste of unrefined sea salt (good choices are Celtic or Himalayan salt, pink salt, Hawaiian sea salt, or sea salt water)
- 1- 2 tablespoons or up to 1/3 cup cold processed unrefined oil** (optional)

Direction Variations (Depending on desired texture):

1. Cut vegetables into 1-inch pieces. Place all ingredients into food processor and process to desired consistency. Season to taste.
2. Pulse-chop vegetables to small pieces (minced). Pulse-chop herbs to mince. Put nuts and/or seeds into food processor and process to desired consistency. Add vegetables and herbs and season to taste.
3. Put all ingredients through a juicer with the blank screen in place or blend and strain through a nut milk bag. Season to taste.

Personal Notes:

*Nuts and seeds are usually soaked 6 hours or overnight, and then rinsed with a few exceptions. To achieve a rich creamy consistency, as in walnut or pine nut pesto, the nuts may be used unsoaked. Sesame seeds and hemp seeds are usually not soaked, but may be if desired. Flax seeds generally don't make good patés because of their tendency to soak up water and create a sticky or gummy consistency.

**Your choice of oil depends on the taste desired. Olive oil, coconut oil, macadamia nut oil, pumpkin seed oil, and sesame oil are all good choices, as long as they are cold pressed and kept protected from high heat, light, and air. I do not use flax oil in patés because it is extremely sensitive to temperature and air exposure; I use it only when I'm going to eat immediately. This may be a good tip for you to follow as well.

“Mayonnaise”

Ingredients:

- 1 recipe *Creamy Nut Cheese*
- 1 teaspoon apple cider vinegar
- extra water as needed

Directions:

Combine the *Creamy Nut Cheese* recipe with apple cider vinegar and as much extra water as needed to make “mayonnaise”.

Mock Salmon

Ingredients:

- 2 cups walnuts
- 2 stalks celery
- 1 large red bell pepper or 1 - 2 carrots
- 1/2 teaspoon sea salt
- 1 teaspoon powdered dulse (optional)

Directions:

1. Put all ingredients in food processor.
2. Process until smooth.
3. Adjust seasonings to taste.

Personal Note: Those on low-glycemic diets should try the red pepper rather than the carrots.

“Not” Tuna Salad

Ingredients:

- 1/2 cup sunflower seeds, soaked 6 hours or overnight
- 1/2 cup almonds, soaked 6 hours or overnight
- 2 tablespoons water
- 2 stalks celery, minced
- 1 tablespoon onion, minced
- 1/4 cup parsley, minced
- 1 teaspoon dried tarragon
- 1 tablespoon lemon juice
- 1 teaspoon powdered dulse
- 1/4 teaspoon Celtic, Himalayan, or pink sea salt
- 1 recipe of “Mayonnaise” (optional)

Directions:

1. Place sunflower seeds, almonds and water in food processor and process into a paste.
2. Transfer to a small mixing bowl and stir in remaining ingredients.
3. Mix well.
4. Adjust seasonings to taste.
5. Stir in “Mayonnaise” if desired.

“Refried Beans” Spread

Ingredients:

- 2 cups sunflower seeds, soaked 6 hours or overnight
- 1 cup cauliflower florets
- 1 cup sundried tomatoes, soaked to soften
- 2 tablespoons Mexican seasoning or chili powder
- 1/4 teaspoon cayenne pepper, or more to taste
- 1 teaspoon sea salt

Directions:

1. Pulse-chop the cauliflower and sunflower seeds in a food processor.
2. Add the remaining ingredients and pulse-chop until smooth and creamy.
3. Adjust seasonings to taste.

Personal Note: Process or chop the ingredients less for more of a side dish.

Broccoli Hummus

Ingredients:

- 2 cups broccoli, stalks or florets or both may be used
- 6 tablespoons tahini
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt

Directions:

1. Peel the outer skin of the broccoli stalks, if using them.
2. Place all ingredients in food processor and process until smooth.

Zucchini Hummus

Ingredients:

- 2 zucchini, peeled if desired
- 4 tablespoons raw tahini (ground sesame paste)
- 4 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt

Directions:

1. Blend all ingredients in food processor or blender until smooth and creamy.
2. Adjust seasonings to taste.
3. Add water to make it thinner if desired.

Dillicious Dip

Ingredients:

- 1/2 cup raw cashews
- 1/2 cup raw macadamia nuts
- 1 large lemon, juiced
- 1/4 teaspoon sea salt
- 1/2 cup water
- 1 clove garlic, crushed in a garlic press or 1/4 teaspoon granulated garlic
- 1/4 cup dried dill or 1 cup fresh dill, finely minced

Directions:

1. Place cashews and macadamia nuts in blender with lemon juice, salt, and water and blend well on high speed.
2. Add remaining ingredients.
3. Add additional water if needed to achieve desired consistency.

Spinach Dip

Ingredients:

- 3 cups spinach
- 1 medium avocado
- 1/2 tablespoon lemon juice
- 1/2 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Place all ingredients in food processor.
2. Process until smooth.

Guacamole

Ingredients:

- 3 medium avocados
- 1 lemon, juice of
- 1/2 teaspoon sea salt
- 1/4 cup cilantro, finely minced

Directions:

1. Put avocado and lemon juice in a bowl and mash with a potato masher or fork until smooth.
2. Add salt cilantro and stir well.
3. Adjust lemon and salt to taste.

Tomatillo Salsa

Ingredients:

- 2 tomatillos, diced
- 2 teaspoons cilantro, minced
- 1 - 2 teaspoons green onion, minced
- 1/2 cup lime juice
- 1 clove garlic, crushed
- 1/4 teaspoon jalapeño, minced (or a dash of cayenne)
- 1/8 teaspoon sea salt

Directions (Option 1):

1. Stir all ingredients together in a bowl.
2. Let the salsa sit for 10 minutes before serving to allow the flavors to mingle.

Directions (Option 2 with Food Processor):

1. Rather than cutting the ingredients by hand, put everything except the lime juice in the food processor and pulse-chop until it reaches the desired consistency. Do not over process.
2. Stir in lime juice and let salsa sit for 10 minutes before serving to allow the flavors to mingle.

Personal Note: Using the food processor makes preparation quicker. The ingredients are not as uniformly cut, but it saves time and tastes great!

Tomato Salsa

Ingredients:

- 2 tomatoes, diced
- 2 teaspoon cilantro, minced
- 1 - 2 teaspoon green onion, minced
- 1/2 cup lime juice
- 1 clove garlic, crushed
- 1/4 teaspoon jalapeño, minced (or a dash of cayenne)
- 1/8 teaspoon sea salt

Directions (Option 1):

1. Stir all ingredients together in a bowl.
2. Let the salsa sit for 10 minutes before serving to allow the flavors to mingle.

Directions (Option 2 with Food Processor):

1. Rather than cutting the ingredients by hand, put everything except the lime juice in the food processor and pulse-chop until it reaches the desired consistency. Do not over process.
2. Stir in lime juice and let salsa sit for 10 minutes before serving to allow the flavors to mingle.

Deep Green Pesto

Ingredients:

- 3 cloves raw garlic, raw
- 1/4 cup pine nuts
- 2 cups kale
- 1/3 pound spinach
- 1/8 cup olive oil
- 1 cup fresh basil or 1/4 cup dried basil
- 1 cup kelp or other sea vegetable, soaked in water until soft
- 1/2 teaspoon unrefined Celtic, Himalayan, or pink sea salt

Directions:

1. Soak kelp in water while preparing the remainder of the ingredients.
2. Put the remaining ingredients in the food processor (add in small batches if necessary depending on the capacity of the food processor).
3. Squeeze the liquid out of the kelp and add to processor.
4. Process until smooth.
5. Adjust salt and basil to desired taste.

Nutrition-Packing Pesto Sauce

Ingredients:

- 1 cup fresh basil, packed or 1/4 cup dried
- 1 cup raw kale, chopped
- 2 cups raw spinach
- 1 tablespoon kelp powder (optional)
- 1/3 cup walnuts
- 1/3 cup pumpkin seeds or hemp seeds
- 1 clove garlic
- 1/2 teaspoon sea salt
- 1 tablespoon olive oil

Directions:

1. If you have a food processor: Put all ingredients in food processor and process until smooth, but with a bit of texture.
2. If you don't have a food processor yet: Put everything except the greens in the blender and add enough water to keep it moving. Blend until smooth. Finely mince the greens and stir in.
3. Adjust salt and basil to taste.

Pumpkin Seed Pesto

Ingredients:

- 1 large bunch basil
- 1 cup pumpkin seeds, soaked 6 hours or overnight
- 2 cloves garlic
- 1/2 teaspoon sea salt

Directions:

1. Put all ingredients in food processor and process until smooth, but with a bit of texture.
2. Adjust seasonings to taste.
3. Add water to make it thinner if desired.

Creamy Cilantro Sauce

Ingredients:

- 1/2 cup pumpkin seeds soaked 3 - 4 hours (or unsoaked, or **Go Raw Sprouted Pumpkin Seeds** if you forget to soak)
- 1/4 cup macadamia nuts or cashews
- 1/4 cup water
- 2 - 3 tablespoons of lemon or juice
- 1 cup cilantro
- 1/4 teaspoon Celtic, Himalayan, or pink sea salt
- 1 pinch of cayenne if desired

Directions:

1. Blend all ingredients until smooth and creamy. Thin to desired consistency.
2. Pour sauce over cooked or raw vegetables, or use less water and serve as a dip.

Marinara Sauce

Ingredients:

- 1 cup sun dried tomatoes, soaked for several hours (until softened) in 1 cup of water
- 1/2 - 3/4 cup tomato soak water
- 2 cups tomatoes
- 1 teaspoon oregano
- 1 clove garlic
- 2 teaspoons sea salt
- 1/4 cup fresh basil, minced, or 2 tablespoons dry
- 1 tablespoon olive oil (optional)
- Italian seasoning to taste (optional)

Directions:

1. Blend all ingredients except the fresh basil, until thick and smooth. Adjust liquid and seasonings to taste.
2. Stir in the basil.

Tahini Sauce

Ingredients:

- 1/4 cup raw tahini
- 1/4 cup water
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon sea salt

Directions:

Blend all ingredients in blender or use a whisk to blend by hand.

Creamy Nut Cheese

Ingredients:

- 1 cup cashews, macadamia nuts or a combination, soaked 4 - 6 hours if possible
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor

Directions:

1. Put all ingredients into blender or **Vitamix**.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.

Other Variations:

- Other nuts, like pine nut, Brazil nuts or almonds can be substituted for the cashews or macadamia nuts. The resulting cheese will not be as white and creamy as when using cashews and macadamia nuts, and the taste will be somewhat stronger.
- For “cheddar cheese”, use red bell pepper instead of all or part of the water. Put the red bell pepper in the blender and blend until liquefied. Add a little bit of water if needed to get the blender moving. Add the remaining ingredients, except the water, and blend. Add water if needed to thin to desired consistency.

Nacho Un-Cheese

Ingredients:

- 1 large red bell pepper
- 1 cup cashews or macadamia nuts, or a 1/2 cup of each, soaked 3 - 4 hours
- 1/2 - 1 lime or lemon, juice of, depending on size (2 - 3 tablespoons of lemon juice)
- 1/4 teaspoon Celtic, Himalayan, or pink sea salt

Directions:

1. Cut the bell pepper into small chunks and place in blender.
2. Blend on high speed until the pepper has been liquefied.
3. Place nuts in blender with the pepper and blend until creamy.
4. Add lemon juice and salt to taste.
5. If need be, adjust to desired consistency by adding water to thin or additional nuts to thicken.

Recipes for Beyond the Cleanse

The recipes in this section are meant to give you something to "look forward to" after the GREEN Cleanse is over. While desserts and dehydrated foods, if done right, are very nutritious as well as delicious, they are not quite light enough for cleansing.

I added this section to show you some ideas for "rewards" for a job well done. Use these foods with discretion, as *yummy additions* rather than as replacements for the fresh and green foods that will form the foundation of your diet.

Included are some of my very favorite "treat" foods. While these days, I stick to the low-glycemic ones myself, you may enjoy the ones sweetened with fruits and dates if you are not struggling with gut issues, possible candida (sugar of ANY kind feeds it), or if you have balanced blood sugar. Balanced blood sugar means you've never been told you're diabetic or have insulin resistance, you never experience hypoglycemic episodes, or you've tested your blood sugar upon eating these foods and it never goes above 110.

In our ***B4 Be Gone Blood Sugar Balancing*** program, we teach you everything you need to know to get your blood sugar in balance and avoid the risk of diabetes, heart disease, and other complications from out of balance blood sugar.

While the 4 **B's**, **B**elly fat, **B**rain fog, **B**urnout and **B**lood sugar fluctuations (or **B4** for short) may seem like more of a nuisance than a danger, these external markers are potential beacons of more serious internal, metabolic imbalances. Learn how to balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, a 30-day metabolic reset process, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and community support features, you'll have an effective and balanced holistic lifestyle approach to reclaiming your health. Learn more at www.B4BeGone.com.

Watch the free set of "Bye-Bye Belly Fat, Brain Fog, and Burnout" videos [HERE: www.ByeByeB4.com](http://www.ByeByeB4.com)

Dehydrator Recipes (Low-Glycemic)

Krunchy Kale Krisps

Ingredients:

- 2 bunches curly green kale, or dinosaur (Lacinato) kale
- 1/2 - 1 teaspoon whole, unrefined sea salt
- 2 - 3 tablespoons lemon juice or raw apple cider vinegar or coconut aminos
- 1/2 - 1 tablespoon organic cold pressed olive oil (optional)
- 1 - 2 cloves garlic (optional)

Spice Mix for Spicy Kale Krisps:

- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1 pinch of cayenne or chipotle chili powder

Spice Mix for Italian Kale Krisps:

- 1 teaspoon garlic powder
- 1 tablespoon dried basil
- 1 tablespoon Italian seasoning
- a few sprigs of fresh rosemary and oregano

Directions:

1. Wash kale and spin in salad spinner to dry. Place in large mixing bowl.
2. Add salt and lemon juice and massage gently with your hands.
3. Adjust salt and lemon to taste.
4. Add spices, garlic (optional) and olive oil (optional), and lightly massage until the oil and spices are evenly dispersed.
5. Place onto two dehydrator trays outfitted with the grid sheets.
6. Place in dehydrator 4 - 6 hours at 115°F. Allow to cool completely before adding remaining ingredients.
7. Place in an airtight container. Store at room temperature.

Sweet and Savory Veggie Nut Burgers

Ingredients:

- 1 1/2 cup walnuts, Brazil nuts, or almonds, soaked, rinsed and drained or dehydrated
- 2 cup shredded zucchini
- 2 tablespoons chickpea miso
- 2 tablespoons water
- 1 1/2 cup carrots, finely minced
- 2/3 cup minced celery
- 1/2 cup minced green onion
- 1/4 cup golden flax meal,
- 3 tablespoons minced fresh parsley
- 1 tablespoons minced fresh sage or thyme
- 1 teaspoon whole unrefined sea salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon crushed garlic

Directions:

1. Place 1/2 cup of the walnuts in a food processor outfitted with the “S” blade, and process to a powder. Add the miso and water. Pulse until it is mixed in well. Add the zucchini and pulse to mix. Do not over process; the mixture should have a little texture.
2. Pulse the remaining walnuts in the food processor.
3. Place the zucchini-nut mixture in a large mixing bowl. Add all the remaining ingredients to the mixing bowl and stir well.
4. Using 1/2 cup of the mixture, form into patties approximately 1/4-inch thick.
5. Place on a mesh screen and dehydrate at 110°F for 6 - 12 hours, or until the desired texture is achieved.
6. Store in an airtight container in the refrigerator for up to three days.

Veggie Crêpes

Ingredients:

- 4 - 5 cups mixed vegetables (include lots of greens)
- 1 medium tomato, quartered
- 1/2 small or medium onion
- 1 - 2 cloves garlic
- 1/4 cup fresh basil
- 1/2 lemon or lime, juiced
- 1/2 teaspoon sea salt
- 1/2 - 1 cup water
- 1/2 cup *Chia Gel*

Spicy Indian Variation Additional Ingredients:

- 1 teaspoon curry powder
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 pinch of cayenne

Directions:

1. Put vegetables in food processor and process until blended.
2. Add tomato, onion, garlic, basil, salt, and lemon or lime juice and process until smooth.
3. Rinse and drain the nuts or seeds, if using.
4. Add nuts or coconut butter, if using, to the food processor and process until creamy. It should be relatively thin.
5. Pour mixture into rounds onto Paraflexx™ sheet.
6. Leave to dehydrate at 105°F until firm, but pliable. After several hours, the Paraflexx™ sheet should be easy to remove. Turn it over onto a mesh tray and gently peel off the Paraflexx™ sheet. If the crêpes stick or leave chunks behind, dehydrate longer before attempting to do this.
7. Store in airtight containers.

Personal Note: Any blended soup or marinara sauce can be dehydrated to make veggie crêpes.

Desserts & Goodies

Banana Mango Coconut Pudding

Ingredients:

- 1 large mango
- 2 bananas
- 1 tablespoon *Coconut Cream* concentrate or flesh from a young coconut
- 1/4 cup water
- 1/4 cup unsweetened, shredded coconut

Directions:

1. Blend all ingredients except shredded coconut at high speed until smooth and creamy.
2. Adjust water to desired consistency.
3. Add shredded coconut and stir.

Personal Note: Young coconuts are available at most health food stores and Asian markets. They are white. The flesh is jelly-like and translucent-white.

Chia Power Pudding

Ingredients:

- 1 cup chia seeds soaked in 6-7 cups of water, juice, or smoothie for 8 hours or longer
- 1 cup raw, organic coconut flour (finely ground coconut) or shredded coconut
- 1/4 - 1/2 cup pitted dates, soaked in water and blended to a paste
- 1 - 2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste
- 1 pinch of salt
- 1 teaspoon cinnamon (optional)
- toppings (optional): nuts, raisins, Goji berries (soaked)

Directions:

1. Allow the chia seed to soak and absorb all of the liquid and expand. It will be thick and gelatinous.
2. Stir coconut flour into chia.
3. Add vanilla powder, salt, flavorings or cinnamon, if using.
4. Stir in date paste. Taste. Add more blended fruit or sweetener (like stevia) if additional sweetness is desired.
5. If desired, top with chopped nuts, raisins or Goji berries that have been soaked to soften.
6. If you'd like to serve the pudding like porridge, pour nut or seed milk on top.

Personal Note: Chia seed is filled with Omega-3 fats, minerals and protein. It is filling and is an excellent food for increasing strength and endurance!

Fruit Roll-up Crêpes (Dehydrator Recipe)

Crêpe Shell Ingredients:

- 4 bananas or equivalent quantity of fruit of your choosing

Filling Ingredients:

- 2 cups cashews or 2 cups macadamia nuts (or combination)
- 1/2 cup water
- 1 large lemon, juiced
- 1 teaspoon vanilla flavor
- 4 dates, pitted and soaked

Fruit Sauce Ingredients:

- 2 cups fruit: berries, cherries, mango, or pineapple
- 1/2 cup dates, pitted and soaked

Chocolate Sauce (optional):

- 1 recipe *Chocolate Sauce*

Directions:

1. Blend bananas in food processor or blender until smooth.
2. Blend filling ingredients until smooth. Add extra water if needed.
3. Blend fruit for fruit sauce.
4. Pour mixture onto Paraflexx™ sheets and dehydrate until the mixture can be peeled easily off the sheet without leaving residue, usually 6-8 hours.
5. Peel crêpe shells off Paraflexx™ sheet and place on mesh sheet for another hour or two until both sides are dry and smooth.
6. Lay crêpe shells on a flat surface and layer with filling.
7. Roll and cut into desired sized pieces.
8. Serve with a drizzle of fruit sauce and/or *Chocolate Sauce*.

Pineapple Cashew Date Pudding

Ingredients:

- 2 cups pineapple, cubed
- 2 tablespoon cashew butter
- 1 tablespoon tahini
- 10 large dates

Directions:

1. Place pineapple in blender and liquefy.
2. Add cashew butter and tahini and process until smooth.
3. Add dates and blend until creamy. Increase or decrease dates for desired consistency and/or sweetness.

Desserts & Goodies (Low-Glycemic)

Blueberry Coconut Spinach Ice Cream

Ingredients:

- 2 cups frozen blueberries
- 2 tablespoons coconut butter
- 1 - 2 cups spinach or other mild green
- enough water to make it all spin
- stevia to taste

Directions:

Blend it all in a high-powered blender and eat frozen.

Carob Brownies: Low-Glycemic

Ingredients:

- 2 cups almonds, ground to a powder
- 1/4 teaspoon sea salt
- 1/4 cup chia seeds, ground
- 1/4 cup raw carob powder
- 2 tablespoons ground butternut squash
- 20 - 22 drops **Sweet Leaf Whole Leaf Stevia Concentrate**
- 1 teaspoon vanilla extract

Directions:

1. Process almonds, salt, chia seeds and carob powder in a food processor until thoroughly combined.
2. Add the squash, stevia, and vanilla extract.
3. Pulse a few times, and then process the mixture until it begins to stick together like a dough.
4. Press the mixture into a parchment paper lined 6-inch square pan and refrigerate for at least 2 hours.
5. Remove from pan by pulling the parchment paper up.
6. Slice and enjoy.

Personal Note: When adding the stevia drops, start with the smaller amount, mix and taste. If more sweetness is desired, add more stevia one drop at a time.

Coconut Carob Mint Candies: Low-Glycemic

Ingredients:

- 1/2 cup coconut butter
- 1/4 cup carob powder
- 1/4 cup water
- 10 drops peppermint essential oil
- 8 drops chocolate liquid stevia (optional)
- 3 drops hazelnut flavor extract (optional)

Directions:

1. Put all ingredients in a bowl and stir until well combined, adding just enough water to make a smooth paste or blend until smooth.
2. Add a tablespoon of chopped nuts for a crunchy candy (optional).
3. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
4. Freeze until solid, about half an hour.

Green Sorbet or Popsicle

Ingredients:

- Your favorite green smoothie recipe

Directions & Variations:

1. Put smoothie mixture into the container of an ice cream maker and follow manufacturer's instructions. Enjoy the refreshingly delicious and nutritious sorbet.
2. Freeze smoothie in ice cube trays. When frozen, remove from ice cube trays and process in food processor or **Vitamix** until smooth. You may need to add a small amount of liquid to help it process.
3. Get a snow cone maker and freeze smoothie into either ice cube trays or the special containers recommended for your unit. Make snow cones as directed.
4. Freeze smoothies into popsicle molds.

Personal Note: Almost any green smoothie recipe can be turned into a delicious frozen dessert. What an incredibly tasty and satisfying way to add more greens to your diet!

If you have a blood sugar imbalance or your goals include weight, choose a recipe from the **low-glycemic smoothie recipes**.

Mint Chocolates: Low-Glycemic

Ingredients:

- 1 tablespoon tahini
- 1 tablespoon coconut butter
- 1 tablespoon carob powder
- 1 teaspoon green powder
- 1 teaspoon protein powder
- 2 drops peppermint essential oil
- 6 drops **Medicine Flower Chocolate Flavor Extract** plus 3 drops stevia OR 3 drops chocolate stevia (optional)

Directions:

1. Put all ingredients in a bowl and stir until well combined, adding just enough water to make a smooth paste or blend until smooth.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Add a tablespoon of chopped nuts for a crunchy candy (optional).
4. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
5. Freeze until solid, about half an hour.

About Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on nutrition and health. She's an author, speaker, and health practitioner with over 2 decades of experience. She empowers health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and heal as well. She not only teaches the power of raw and living foods, she *lives* the vibrant life that eating this way creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

In 2011, Dr. Ritamarie was voted as “Best Nutrition Trainer” by the VegHealth awards.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a free packet of recipes and information on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.

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