



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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Fall - Clean-Up Your Digestive System

“Breathe. **Let go.** Remind yourself that this very moment is the only one you know you have for sure.” - Oprah Winfrey

Cleansing is your opportunity to slow down what is coming into your body to give your organs a rest. Then by taking in simple nourishing foods that digest quickly and easily you will activate your systems of detoxification and elimination to nourish your organs and glands. This cleansing and nourishing results in feeling leaner, lighter and more energized

This cleanse focuses on the health of one of your major organ of elimination – the **digestive system**. The digestive system consists of the small intestine and the colon or large intestine. The proper functioning of the small intestine is critical for your nourishment because your digestion and assimilation happens through the villi that line the entire organ. The colon is the last place for your body to absorb water and vital minerals and vitamins. When we clean-up the digestive system we fluff up the villi and remove built up toxins so we can digest and assimilate our food more completely. The result is we look and feel better.

Autumn offers a bounty of grounding and nourishing fruits and vegetables that are just what your body needs for a gentle, soothing, and warming purification. Autumn is the season to clean up so you are prepared for the holidays and the cold months ahead. It's your time to savor the abundance of what you have harvested in the spring and summer months and to clean up what is left over in your digestive system. You'll boost your body's ability to receive and deliver nourishment and tune into what your body needs and to release what you don't need. By supporting your organs you tap into your innate ability to replenish and renew yourself and your immunity for the winter months. You can shed years of built-up toxins and debris that are slowing you down and impacting your energy. Mostly, you'll savor the

delicious meals that simultaneously entice, fulfill and cleanse your system. Seasonal cleansing is one key to restoration. It's your ticket to a thriving body.



Jack Kornfield

“The knowledge of the past stays with us. To let go is to release the images and emotions, the grudges and fears, the clingings and disappointments of the past that bind our spirit”



Daily Protocol

Remember to do the “**Before Eating Breathing Process**” before each meal to relax and wake up your digestion. This process will also bring you back into your body so you are aware of what you are eating. Digestion begins in the mind. When you are aware of what you are eating you have more satisfaction. You do not want to go hungry nor do you want to eat too much. Stop eating when you are 80% full leave 20% empty for digestion. Don't top off your tummy. Snack to support your blood sugar.

Wake Up

Meditation 5-10 minutes

12 oz water with 2-4 oz aloe vera
1-2 probiotics
4-6 chlorella tablets (1000 mg -
1500 mg)

Tapping to Clear Resistance to Change
Body brushing before shower

Pre-Breakfast

8 oz water with juice of 1 lemon
Morning Latte with ¼ tsp gelatin

Breakfast

(1-3 hours after pre-breakfast)
Before eating breathing process
Morning meal

Mid-Morning

1 minute breathing meditation
Snack(optional)

**Drink Lemon Water Throughout
The Day**

Lunch

¼ tsp bitters 1 dropper full
8 oz water 15 minutes before lunch
Before eating breathing process
Lunch
1- 4 oz fermented vegetables
10 minute walk to help digestion

Mid-Afternoon

(2 hours after lunch)

1 tsp Intestinal Draw in 10 oz water
snack (optional 45 minutes after ID)

Dinner (by 7pm)

Yoga before dinner or before bed
¼ tsp bitters 1 dropper full
8 oz water 15 minutes before dinner
Before eating breathing process
Dinner
1-4 oz fermented vegetables
1-3 probiotics

Evening

Alkaline Bath
Herbal tea with ¼ tsp gelatin

Bed Time (10pm if possible)

Gratitude Journal **Snack if you need
to support your blood sugar**



Thich Nhat Hanh

“People have a hard time letting go of their suffering. Out of fear of the unknown, they prefer suffering that is familiar”

Gail Sheehy

“Creativity can be described as letting go of certainties”



Sample Menu

Below you will find 5 days of meal plans. These are guidelines to show you what 5 days of your program could look like. You don't have to follow this exactly but you can if you want. There are many recipes to choose from in each category listed below to create your own unique program. Choose the foods you enjoy the most, stick to the principles of what to include and what not to include if you are straying from the recipes provided. This Menu is here if you want to follow it exactly or use it to inspire your own individual plan. Most importantly enjoy it! There is a shopping list and sample menu recipes handout to go with this menu plan.

Day 1

Wake up: aloe vera water drink
Pre-breakfast: Cacao Latte
Breakfast: Sweet Potato Pudding
Snack: (optional) pumpkin seeds
Lunch: Split Pea Vegetable Soup & Salad
1 oz sauerkraut
Snack: Dark Chocolate Gelatin Pudding
Dinner: Indian Vegetables
with coconut lentils,
1 oz sauerkraut

Day 3

Wake up: aloe vera water drink
Pre-breakfast: Cacao Latte
Breakfast: Pear Coconut Smoothie
Snack: handful of Brazil nuts
Lunch: Thai Coconut Veg Soup
Salad
1 oz sauerkraut
Snack: Dark Chocolate Gelatin Pudding
Dinner: Massaged Kale Salad with
Pomegranate seeds
left over Roasted Fall Veg
1 oz sauerkraut

Day 2

Wake up: aloe vera/water drink
Pre-breakfast: Dandy Caramel Latte
Breakfast: Balancing Green Smoothie
Snack: (optional) Sea Tangle Nori Snacks
Lunch: left over Indian Veg w/lentils & salad
1 oz sauerkraut
Snack: kale chips
Dinner: Roasted Fall Vegetables
Split Pea Vegetable Soup
1 oz sauerkraut

Day 4

Wake up: aloe vera/water drink
Pre-breakfast: Dandy Carmel latte
Breakfast: Balancing Green Smoothie
Snack: (optional) Sea Tangle Nori snack
Lunch: Thai Coconut Vegetable Soup
salad
1 oz sauerkraut
Snack: cut up veg with dressing
Dinner: Wild Mushroom Stew
mixed green salad
1 oz sauerkraut

Day 5

Wake up: aloe vera/water drink

Pre-breakfast: Dandy Caramel Latte

Breakfast: Balancing Green Smoothie

Snack: kale chips

Lunch: Large salad with avocado

Baked Squash

Snack: Dark Chocolate Gelatin Pudding

Dinner: Radicchio and Cauliflower Salad

left over Wild Mushroom Stew

1 oz sauerkraut

Joseph Campbell

“We must be willing to let go of the life we’ve planned
to have the life that is waiting for us.”



Breakfast

When you wake up in the morning you are acidic as a result of the process of metabolic waste and repair. You need liquid to flush out the toxins and to hydrate your body. Your breakfast will come in 2 parts the first is the morning latte to stabilize your blood sugar. An hour or so later you may have your morning meal. It is good to wait until you are hungry to put solid food into your system, this helps you listen to your body. If you have eaten dinner early as indicated you will be hungry. Pay attention to how you feel in your body. I hope you enjoy the warm and nourishing morning latte's. Smoothies are a great breakfast. Blending breaks down the vegetables for easy digestion. The protein, fat, fiber and nutrients will give you lots of energy. The added chia, flax or hemp will give you omega 3's, protein and fiber.

Beverages

[Matcha Green Tea Latte](#)

[Dandy Caramel Latte](#)

[Cacao Maca Latte](#)

[Red Rooibos Chai](#)

[Intestinal Calm Tea](#)

[Ginger Tea](#)

Other Breakfast Options

[Sunflower Pumpkin Seed Breakfast Bars](#)

[Grain Free Breakfast Porridge](#)

[Almond Cinnamon Chia Pudding](#)

[Sweet Potato Breakfast Pudding](#)

Breakfast Smoothie Recipes

[Balancing Green Smoothie](#)

[Apple Pie Smoothie](#)

[Pear Coconut Green Smoothie](#)

[Spicy Beet & Green Smoothie](#)

Digestive System Support

[Intestinal Broom Powder](#)



Lunch

By lunch your body is ready for more food. Your metabolism has been increasing since breakfast. Your body needs fuel at this point to keep you going and to maintain your energy through the afternoon. Have a nice warm soup and/or a salad. Soups have lots of nutrient and are perfect for a meal or snack during your cleanse. You will find eating raw enzyme-based foods in your busy working hours will give you incredible energy. Choose a hearty seed dressing to fill you up. Add some avocado to satisfy you. The fiber and enzymes in the raw vegetables sweep the surface of the intestines pulling out metabolic wastes and other dumped poisons that are coming out of your system as you cleanse.

Soups

[Split Pea Vegetable Soup](#)
[Thai Coconut Vegetable Soup](#)
[Red Lentil Dhal](#)
[Mixed Greens Alkaline Soup](#)
[salad](#)
[Creamy Broccoli Mushroom Soup](#)
[Creamy Cauliflower Soup with Dill](#)
[Japanese Adzuki Bean Soup](#)

Dressings

[Creamy Asian Dressing](#)
[Garlic & Herb Sunflower Seed Dressing](#)
[Tahini Ginger Dressing](#)
[Garlic Parsley Vinaigrette](#)
[Avocado Shallot Dressing](#)
[Cilantro Hemp Dressing](#)

Salads

[Massaged Kale Salad with
Pomegranate Seeds](#)
[Radicchio and Cauliflower Salad](#)
[Arugula, Carrot & Celery Root](#)
[Easy Vegetable Nori Rolls](#)
[Mixed Green Salad](#)

Dinner

Dinner is the best part of the program. The recipes are designed to nourish and satisfy you as you wind down the day. As the sun goes down the body's metabolism also slows down. For this reason you should try and eat dinner by 7pm to support your cleanse. Eating dinner should comfort your body and your taste buds. You will want to sit down and enjoy your meals eating slowly, appreciating the food. Take a moment to do the **Before Eating Breathing Process** before you eat. Honor your connection to the food and one another. Be mindful as you chew your food fully and savor the taste, texture and smell of each bite. Enjoy the quiet at the end of the meal as the day is coming to an end. Please share the meals below with your family, they are delicious and can be enjoyed by everyone.

Main Dishes

[Indian Vegetables with Coconut Lentils](#)

[Moroccan Chick Pea Tagine with Greens](#)

[Roasted Fall Vegetables with Cranberries](#)

[Braised Greens with Tempeh](#)

[Wild Mushroom Stew](#)

[Autumn Vegetable Stew](#)

[Miso Vegetable Stew](#)

[Wild Mushrooms in Papillote with Julienne Vegetables](#)

[Asian Kelp Stir Fry with Garlic Sauce](#)

Vegetables

[Sautéed Kale with Delicata Squash](#)

[Pan steamed broccoli with garlic & olives](#)

[Braised Escarole with Garlic](#)

Snacks

It is important to pay attention to your blood sugar and hunger. Even though we are lightening the load and consuming less food this week it is important to eat when you are hungry. You don't want to feel weak. This cleanse is not about deprivation. Cleansing is different for everyone so notice your energy, hunger and snack if you need to. The snack suggestions are here for your enjoyment; you can use them at your discretion but don't overdo it. Stay hydrated to keep your energy level up. Listen to your body, if you need the snack, have it, enjoy it.

Snacks & Treats

[Dark Chocolate Gelatin Pudding](#)

[Healing Blueberry Gummy Sacks](#)

[Cherry Garcia Energy Bars](#)

[Zucchini Hummus](#)

[Kale Chips](#)

[Instant Miso Soup](#)

[Raspberry Parfait](#)

Store Bought Snacks

Sea Tangle - Nori Snacks

Raw Kale Chips

Go Raw - Raw Flax Crackers

Pumpkin or sunflower seeds

Gopal's - Power Nori Wraps

Store Bought Beverages

KeVita Sparkling Probiotic

Coconut water

Fenugreek Tea

Basics

This section will give you directions and recipes for some of the basics you may need for this program.

Basics

[Bone Broth](#)

[Vegetable Broth](#)

[Almond Milk](#)

[Beans](#)

[Winter Squash and Sweet Potato](#)

Recipes

Fall - Clean-Up Your Digestive System

Beverages



Matcha Green Tea Latte

Matcha green tea is a delicious beverage and the health benefits are many. You can read my newsletter article about it [here](#). A word of caution it does have caffeine. This makes it a great beverage to use as you wean off coffee. If you normally don't drink caffeine, drink only limited amounts of this or leave it out.

1 serving

¼–½ tsp. matcha green tea powder

Hot water

7–12 drops liquid stevia or ½–1 tsp raw honey

4 Tb coconut milk heated

- Put matcha powder into a cup.
- Pour hot water into the cup just like regular tea
- Add stevia and coconut milk
- Whisk with a small whisk or fork until frothy.

Dandy Caramel Latte

Dandy Blend is a great coffee replacement. It contains over 50 trace minerals in each cup, most of which the body uses to help synthesize compounds needed in metabolism. Dandelion root is what makes Dandy Blend unique. It is the only instant coffee alternative in the United States that contains dandelion root. Dandelion is a valued vegetable and highly respected herbal medicine. It is one of the top six herbs in the Chinese medicine chest. If you want to give up coffee Dandy Blend is a good replacement, not exactly coffee but a tasty beverage with a similar texture.

1 serving

1-2 tsp Dandy Blend

¼ tsp maca powder

¼ cup almond or coconut milk

1 ½ cups hot water

4-6 drops English toffee liquid stevia (this is a key ingredient)

3 drops vanilla crème liquid stevia

- Place Dandy, maca in a blender
- Add almond milk and hot water.
- Blend until smooth and frothy
- Mix in the stevia's

Cacao Maca Latte

A wonderful, healthy alternative to coffee. The cacao and maca will give you a natural lift. Maca is a beneficial superfood especially for those suffering from adrenal fatigue or are in need of increased energy and vitality. Maca allows the body to easily adapt to and regulate stress factors. It is especially beneficial to athletes in helping combat both mental and physical stress as well as increasing stamina.

1 serving

1 Tb raw cacao powder

1 tsp maca

½ cup water

½ cup almond milk or coconut milk

7-12 drops vanilla creme liquid stevia or 1 tsp. raw honey or maple syrup

¼ - ½ tsp cinnamon

- Place cacao powder, maca, and cinnamon into a cup.
- Heat water to a boil. Pour the water into the cup. Stir to dissolve the cacao and maca.
- Heat almond or coconut milk through but do not boil. Pour into the cup.
- Add stevia or raw honey
- Mix thoroughly to dissolve
- Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as **“pulling”**. I learned this in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.
- Sprinkle with cinnamon

Red Rooibos Chai

Health benefits of red rooibos tea include cure for nagging headaches, insomnia, asthma, eczema, bone strength, hypertension, allergy, aging and others. The tea is absolutely free from caffeine content and is also low in tannin. You can enjoy the relishing beverage all day long with no possible side effects. Drinking rooibos tea can further ease severe stomach cramps; bring relief to asthmatic and other similar conditions. It also boosts the immune system of human body.

1 serving

½ tsp ground ginger

¼ tsp cinnamon

1/8 tsp nutmeg

1/8 tsp ground cloves

1/8 tsp ground cardamom

¼ cup warmed coconut milk (use full-fat Native Forest)

¾ cup hot brewed rooibos tea

A few drops of vanilla liquid stevia

- Add all spices to an 8 ounce tea cup. Pour in the warmed coconut milk making sure to dissolve any clumps.
- Add liquid stevia. Pour in the hot tea.
- Pour mixture back and forth from the cup to the pot a few times from about 2 feet high to develop the froth, a process known as “pulling in India, it is how they make Kerala coffee. Alternately you can whisk it with a mini whisk to create the froth.

Intestinal Calm Tea

1 serving

2 tsp Marshmallow root

1 tsp Hawthorn berries

1 tsp fenugreek seeds

2 cups water

- Lightly crush fenugreek seeds with a large wooden spoon or the side of a chef's knife to promote the release of flavor and the chemicals that give rise to fenugreek's health benefits. Set aside.
- Put the marshmallow root and water in a saucepan and bring to a boil.
- Cover and simmer on low for 15 minutes.
- Add fenugreek seeds and simmer 3 minutes.
- Turn off the heat and add the hawthorn berries.
- Allow the liquid to cool and brew for about 30 minutes and then strain.
- Drink warm or at room temperature
- Drink one cup up a day

Marshmallow root provides a number of purported benefits, which include reducing inflammation associated with stomach ulcers or inflammatory bowel diseases, asthma, sore throat, bronchitis or cough or skin irritations.

Hawthorne tea is recommended for stress. This tea comes from England and is part of the rose family. Originally, hawthorn tea was studied for its cardiovascular benefits. This tea is high in flavonoids and a great soother for emotional stress and high blood pressure. Hawthorn tea doesn't contain any sedative properties, so you can enjoy a cup morning noon and night.

Benefits of Fenugreek

Natural Cure for Heartburn and Acid Reflux - Fenugreek seeds contain a lot of mucilage, which helps soothe gastrointestinal inflammation by coating the lining of the stomach and intestine. For an effective remedy against heartburn or Acid Reflux, simply sprinkle 1 teaspoon of fenugreek seeds onto your food. Another option is to take one teaspoon of seeds and swallow them with water or juice before any meal. Fenugreek tea will also soothe your digestive system.

Good for Balancing Cholesterol - It acts as a decongestant for the bile ducts and helps support normal bile flow which breaks down the fat.

Good for Lowering Blood Sugar Levels – This helps prevent or cure insulin resistance which improves your ability to burn fat.

Help Reduce Fat - It acts as a decongestant for the bile ducts and helps support normal bile flow. Bile breaks down the fat in the small intestine.

Fennel tea can be enjoyed on its own as well as with the other herbs.

Ginger Tea

In place of coffee I recommend ginger tea. Ginger tea is a powerful cleansing drink that mobilizes toxins and restores balance to the body. It also benefits the digestive system and helps diminish cravings for sweet and salty foods. It increases the production of hydrochloric acid so you metabolize proteins more efficiently. Ginger decreases inflammation and alkalizes your body. I recommend 2-3 cups per day. It's easy to make.

1 serving

1-2 Tb grated unpeeled organic ginger

2 cups filtered water

Lemon optional

Stevia optional

- Bring water to a boil add ginger, turn down and simmer 2 minutes.
- Let steep for 2 minutes more or you can just leave the ginger in, it will just get stronger.
- Strain or let the ginger settle at the bottom of the cup.
- Enjoy!





Balancing Green Smoothie

This is the base recipe. You can to mix and match your greens.

2 servings

2 Tb chia seeds soaked in 1 of cup water for 30 minutes or overnight

2 cups chopped organic romaine lettuce

1 cup chopped cucumber

2 stalks of organic celery

1 cored and chopped organic green apple

Juice of ½ organic lemon

1 small handful of parsley or cilantro (optional)

- Place the chia, water, romaine in the blender.
- Start the blender on low speed, and mix until smooth.
- Add the cucumber, celery and apple, lemon and parsley.
- Blend on high speed until smooth.



Apple Pie Smoothie

Apples are a low glycemic fruit with lots of fiber, they do not spike your blood sugar. Romaine is high in vitamins B, A C, K and is high in minerals like calcium, iron and magnesium. Romaine contains all 8 essential amino acids so it is a complete protein.

This recipe contains **cinnamon** which has many health benefits including lowering LDL cholesterol levels and lowering blood sugar levels.

2 servings

3 Tb chia seeds*

1 cup water

2 cups romaine

2 apples, chopped peel if not organic

1 ½ scoops of protein powder

1½ teaspoons of cinnamon

½ teaspoon of ground ginger

1 cup of almond milk (unsweetened)

1 Tb maca (optional)

- Soak chia in water for 30 minutes or overnight
- Add all ingredients to the blender in the order listed above
- Blend, add more almond milk or water to get desired consistency

*If you don't have the chia you can make this recipe without it or you can use ground flax seeds instead.



Pear Coconut Green Smoothie

2 servings

2 Tb chia seeds soaked in 1 cup water for 30 minutes
1/2 cup coconut milk – canned (Native Forest is a good brand)
1 large handful of spinach
1 ripe pear
1 scoop protein powder
1/4 tsp vanilla extract
1/4 tsp cinnamon

- Place all ingredients into a blender
- Blend until smooth
- Add more water to get desired consistency

This will hold in the refrigerator for about 6 hours

Health Benefits of Pears

Pears stimulate energy in the lungs and stomach which helps with chronic coughs and constipation.

Pears are a great source of water-soluble fiber ~ especially pectin. Pears have more pectin than apples! The pectin makes them a good food for helping to balance cholesterol levels and support intestinal health.

Pears provide some good vitamins and minerals including:

- vitamin C

- copper
(these first 2 make pears a good antioxidant-rich food to include in your free radical fighting diet)
- vitamin B2
- vitamin K
- vitamin E
- potassium *(better than a banana because of the higher fiber and lower sugar content!)*

Pears are a hypoallergenic fruit, well tolerated by most individuals. For this reason, and the highlights mentioned above, cooked and blended or mashed pears are a good first fruit for babies.

Spicy Beet & Green Smoothie

This smoothie is nutritious and delicious. It gets its spice from the ginger. Ginger aids in digestion. Parsley is a natural blood cleanser.

Beets are a highly nutritious and “cardiovascular health” friendly root vegetables. Certain unique pigment antioxidants in the root as well as in its top greens have found to offer protection against coronary artery disease and stroke, lower cholesterol levels within the body, and have anti-aging effects.

1-2 servings

1/2 beet
 2 stalks celery
 2 romaine leaves
 Small handful of parsley
 1 small green apple
 1 Tb grated fresh ginger
 Pinch of cinnamon
 2 Tb ground flax seeds
 2 Tb Hemp seeds
 Water to desired consistency

Cut up the vegetables & fruit. Blend and serve.

Digestive System Support

Intestinal Broom Powder

This mixture can be used to increase the release of waste in your colon. It is a good alternative to the Intestinal Draw Formula.

Serving size 1 tsp

2 Tb psyllium seeds
2 Tb chia seeds
2 Tbsp. flaxseeds
1 tsp fenugreek seeds
2 Tb slippery elm powder
1 tsp. marshmallow root

- Using a spice grinder or coffee grinder, grind the ingredients into a fine powder. If it doesn't all fit you can do it in batches and then mix it together
- Add 1 tsp to any juice or smoothie to keep things moving.
- Store in a glass jar in the refrigerator.

Other Breakfast Choices



Sunflower & Pumpkin Seed Breakfast Bars

Makes 12 bars

1 cup [blanched almond flour](#)
¼ tsp celtic sea salt
¼ cup coconut oil, gently melted
14 drops stevia
3 Tb water
1 tsp vanilla extract
½ cup unsweetened shredded coconut
½ cup pumpkin seeds
½ cup sunflower seeds
¼ cup ground flax seeds
¼ cup dates, chopped

- Preheat oven to 350°
- In a food processor combine almond flour and salt
- Add coconut oil, stevia, water and vanilla, pulse to combine
- Add coconut, pumpkin seeds, sunflower seeds, flax and dates. Pulse to get a coarse mixture. You want to see some of the seeds but you want it to be moist enough to hold stick together when you press it with your hands. If necessary add more water.
- Press dough into a 6 ½ x 8 inch lightly oiled baking dish, wetting your hands with water to pat dough down.
- Bake at for 20 minutes
- Cool bars in pan for 2 hours.
- Cut into bars refrigerate or freeze.



Grain Free Breakfast Porridge

(adapted from Andrea Nakayama)

This porridge is quick and easy. You can change the ingredients for different flavors. For example you can use sunflower or hemp seeds instead of the pumpkin seeds.

1 serving

1 Tb raw flax seeds
2 tsp chia seeds
2 Tb shredded coconut
1 Tb raw pumpkin seeds
1/2 tsp cinnamon
1/2-3/4 cup very hot filtered water
4-8 drops plain or vanilla stevia liquid
2 Tb almond or coconut milk
1/2 cup chopped apple or pear

- In a coffee grinder, flax seeds, chia seeds until they are a fine powder
- In a food processor, put the coconut, pumpkin seeds and goji berries. Add the ground flax and chia.
- Process until to a bread crumb like texture (I don't like it too fine but if you want to make it finer that is ok too.)
- Transfer to a bowl and cover with the hot water.
- Let sit for 5 minutes to thicken.
- Add stevia and coconut milk stir well.
- Top with fruit.

Note: You can make a large batch of this cereal in advance without the water, stevia, nut milk or fruit. Store it in single servings in the freezer so it's ready to go when you need it. Defrost overnight in the refrigerator and enjoy!

Almond Cinnamon Chia Pudding

2 servings

1 1/2 cup almond milk
4 Tb chia seeds
1 Tb maple syrup or raw honey

½ tsp almond or vanilla extract
½ tsp cinnamon
Pinch sea salt

- In a medium bowl, whisk all ingredients
- Stir every 5 minutes for the first 15 minutes
- Refrigerate for 1 hour or overnight, it will get thick and creamy
- Enjoy

Sweet Potato Breakfast Pudding

This is a great breakfast for the colder months, warm and satisfying. Sweet potatoes contain great nutrients and an impressive array of antioxidants. They're also high in fibre! They've got lots of C and B vitamins and clearly have the carotenoids (orange color) which provide Vitamin A and enhance the function of your immune system. It can be served warm or cold.

2 servings

2 Tb chia seeds
1 cup water
1 cup baked sweet potato
½ cup almond or coconut milk
1 tsp pumpkin pie spice
10 stevia drops

- Soak chia in water **for at least 30 minutes**. You can soak them the night before if you like.
- Put sweet potato, soaked chia with water, almond milk, pumpkin pie spice and stevia into the blender.
- Blend until smooth. It will be thick. Add additional almond milk to desired consistency.
- If you want it warm, put into a pot to heat through.
- Spoon into a bowl.
- Enjoy.

This will keep in the refrigerator for 2-3 days if you want to make up a bigger batch to save time.

Split Pea Vegetable Soup

In this soup we blend the split peas into a nice smooth base, then add the vegetables. The chipotle chile does not make it spicy what it does is add a smokiness which is quite nice. You can leave it out if you want, the soup will still be good.

4 servings

¾ cup green split peas soaked for 4 hours
2 Tb coconut oil
1 large onion chopped into small pieces
1 carrot chopped into small pieces
1 tsp Celtic sea salt
2 stalks celery chopped into small pieces
4 cloves garlic
6 cups water or stock
1 bay leaf
1 dried chipotle chile (optional)
1 tsp dried thyme
1 cup celeriac root (or turnips) cut into ½" pieces
1 cup butternut squash cut into ½" pieces
1 cup zucchini cut into ½" pieces
½ cup Chopped parsley (optional)

- In a soup pot, heat coconut oil on medium.
- Start your onions and carrots first and cook until they begin to brown a little. Add ½ tsp salt.
- Add the celery and continue cooking until it softens and its color becomes a brighter green.
- Add garlic, stir, sauté 1 minute
- Drain & rinse split peas, add to onion mixture.
- Add water, bay leaf, chipotle and thyme.
- Cover and bring to a boil.
- Turn down to a simmer. Cook covered about 1 hour or until split peas are soft. Stirring occasionally
- Let soup cool for about 10 minutes. Remove bay leaf and chipotle chili (be careful not to let it break as the seeds are quite spicy).

- Blend the split peas in a blender until smooth. You will probably have to do it in batches, be careful if it is hot.
- Return to the pot. Add remaining ½ tsp salt or more or less to your taste.
- Add celeriac and butternut squash
- Cook 5 minutes on medium
- Add zucchini and cook another 3-5 minutes until all the vegetables are tender
- Stir in parsley.
- This will hold in the refrigerator for 5 days or you can freeze it for about 1 month.



Thai Coconut Vegetable Soup

4 servings

- 2 tablespoons coconut oil
- 1 onion, coarsely chopped
- 1 large shallot chopped
- 3 cloves garlic minced
- 1 Tb Thai red curry paste (optional leave out if you don't like spicy)
- 2 cups shiitake mushrooms stems removed, sliced
- 1 quart vegetable or chicken stock
- 4 cups broccoli florets, stems peeled and cut into julienne
- 1 tablespoon fresh ginger root, minced
- 1 carrot cut into cubes
- 1 cup coconut milk
- 2 tablespoons lime juice, freshly squeezed
- ¼ teaspoon Celtic sea salt
- ½ cup cilantro, chopped
- ½ red pepper, seeded and chopped for garnish (optional)

- Warm oil in a large saucepan over medium heat

- Add onion, stirring frequently until softened, about 10 minutes
- Add garlic, shallots and mushrooms and sauté for 5 minutes
- Stir in Thai chili paste (if using), mix to combine.
- Add broth, bring to a simmer
- Reduce heat to medium, add broccoli, carrots and ginger and cook until broccoli is almost tender and bright green, 3-5 minutes.
- Add coconut milk and bring to a simmer.
- Stir in lime juice, cilantro and salt. Taste to adjust seasoning.
- Ladle soup into bowls and garnish with extra cilantro and red pepper



Red Lentil Dhal

This is a great recipe with turmeric. Turmeric reduces inflammation. Traditionally they don't put in the spinach but since I love adding greens into my diet as much as possible I put them in. You decide which way you like it.

Serves 4

- 1 cup red lentils
- 1 tsp turmeric
- ¼ tsp cayenne
- 4 cups water
- 2 Tb ghee or coconut oil
- Pinch of Celtic sea salt
- 1 lg onion diced
- 3 cloves garlic minced
- 1 Tb chopped fresh ginger
- 2 tsp curry powder*
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ cup spinach torn into medium size pieces

- Rinse lentils in a bowl and drain in a strainer.
- Place into a saucepan with water, turmeric and cayenne.
- Bring to a boil, turn down to a simmer cover and simmer 30 minutes
- In the meantime melt ghee or oil in a sauté pan.
- Sauté onions with salt, 3 minutes.
- Add garlic and ginger sauté on medium heat stirring occasionally until onions are very soft about 8 minutes.
- Add spices and sauté 2 minutes.
- When the lentils are soft whisk the lentils with a wire whisk to get an even texture.
- Add the onion mixture. Stir to blend.
- Add the spinach, stir until wilted 2 minutes.
- Taste to adjust salt and seasonings.

*There are many types of curry powder available, so taste your curry powder, if it is very spicy use less. Try and get one that has no salt.



Mixed Greens Alkaline Soup

I made this soup when my acid levels were too high to bring in more alkalinity and restore my pH balance. Sometimes cooked vegetables are easier to digest. This simple soup is creamy and very satisfying full of alkaline vegetables. The recipe is written for kale and Swiss chard but you can use any greens you have on hand.

4 servings

2 Tb olive oil
 1 large onion chopped
 2 stalks celery chopped
 1 carrot chopped
 ¼ tsp Celtic sea salt

3 cloves garlic chopped
2 cups cauliflower chopped into medium pieces (you will blend it so it doesn't have to be pretty)
4 cups stock, chicken or vegetables
3 large kale leaves, stems and leaves separated and chopped (about 1/2 cup stems, 1 cup leaves)
2 large Swiss chard leaves stems and leaves separated and chopped (about 1/2 cup stems, 1 cup leaves)
1 tsp dried rosemary leaves
1 Tb wheat free tamari
Fresh pepper

- Heat a medium soup pot. Add olive oil. Add onions, celery and carrots. Season with salt. This is known as a **Mirepoix**. It is a combination of chopped carrots, celery and onions used to add flavor and aroma to stocks, sauces, soups and other foods.
- Cover and sauté the vegetables on low heat for about 8 minutes until onions are translucent.
- Add garlic, sauté 1 minute.
- Add cauliflower, kale stems, Swiss chard stems and stock. Bring to a boil. Cover and simmer on medium-low for 15 minutes until the cauliflower is soft.
- Let stock cool for a few minutes. Blend until smooth and put back into the pot.
- Add the chopped kale, Swiss chard leaves and rosemary.
- Simmer on medium until the greens are tender about 4 minutes.
- Add tamari. Season with fresh pepper. Taste to adjust seasoning.
- Serve and enjoy!

Creamy Broccoli Mushroom Soup

This is a rich creamy soup. You can hardly believe it is has no dairy.

4 servings

2 cups chopped onion
2 cloves garlic chopped
4 cups vegetable or chicken stock
2 cups sliced wild mushrooms or porta bello or cremini

1 cup raw cashews
½ cup fresh dill coarsely chopped
2 cups broccoli cut into small flowerets
1 Tb tamari
1 tsp fresh lemon juice
Celtic Sea Salt and Pepper to taste

- Heat a large saucepan. Add onions and garlic. Add stock and bring to a boil.
- Add mushrooms and simmer for 10 minutes.
- Scoop out 1 ½ cups of the mushroom liquid and blend with the cashews and dill. If you get a few mushrooms blended that is fine, but you want mostly the liquid.
- Add broccoli to the soup and simmer 5 minutes until broccoli is crisp tender.
- Reduce heat and add the blended cashews, tamari and lemon.
- Mix thoroughly. Add salt and pepper to taste.
- Serve

Creamy Cauliflower Soup with Dill

adapted from Donna Gates book Body Ecology Diet

4 servings

1 Tb coconut oil
1 large onion chopped
1 cup chopped celery
6 cloves garlic chopped
1 medium head cauliflower cut into chunks
6 Tb fresh dill
4 cups vegetable or chicken stock approximately
Celtic Sea Salt to taste
Fresh pepper to taste

- In a medium stock pot, heat coconut oil on medium.
- Add onion and celery, sauté until translucent about 3-5 minutes
- Add garlic, sauté 1 minute don't let it brown.
- Add cauliflower and dill with enough stock to barely cover the vegetables
- Simmer until vegetables are medium tender
- Let cool 10 minutes so you don't burn yourself. Puree in a blender until smooth.
- Add sea salt and pepper.
- Serve garnished with chopped dill

Japanese Adzuki Bean Soup with Spinach

To make sure you look your best, you have to help your body clean itself from inside. Here is one of my favorite recipes that will help get rid of toxins and it's anti-inflammatory.

The **health benefits of adzuki beans** are they strengthen the kidneys and promote regular bowel movements. They are small brown/red beans which have a white stripe on one edge. They are originally from China and are very popular in Japan. Once they are cooked they give a nutty, sweet flavor and offer the lowest amount of fat and highest protein per bean than any other (17 g per cup) They are a great source of fiber, potassium, niacin, thiamine, riboflavin and other vitamin B products. They are also rich in manganese, zinc and iron; all of which are incredibly good for you and needed in your everyday diet.

4 servings

½ cup Adzuki beans, soaked in water 4 hours or more (optional adzuki beans are small enough to cook without soaking. Soaking them makes them more digestible)

1 piece of kombu
1 bay leaf
1 ½ cup water
1 Tb olive oil
1 large onion, chopped
2 carrots, chopped
1 stalk celery, chopped
1 cup shitake or porto bello mushrooms sliced
3 garlic cloves, chopped
2 tablespoons freshly grated ginger
4 cups vegetable stock, chicken stock or water
1 tsp thyme
Celtic sea salt
Pinch of cayenne
2 cups chopped spinach
½ cup dulse soaked in water until soft, drained and chopped (optional)
2 scallions thinly sliced

- Drain the beans, place the beans, kombu, bay leaf and 1 ½ cups water in a medium sauce pan, bring to a boil. Cover and simmer 1 hour or until almost tender.

- In a stockpot, heat the olive over medium-low heat. Add the onions, carrots, celery, and sauté until tender, about 5 minutes.
- Add mushrooms, sauté 5 minutes more or until mushrooms are beginning to soften.
- Add the garlic and ginger and cook 1 minute.
- Add the cooked beans with their liquid, stock, thyme, salt and cayenne to taste.
- Simmer an additional 25 minutes or until beans and mushrooms are tender, stirring occasionally.
- Add in the chopped spinach and dulse. Stir to wilt the spinach.
- Taste to adjust seasoning.
- Serve garnished with scallions.

Salads



Massaged Kale Salad with Pomegranate Seeds

I like lacinto, black or dinosaur kale rather than the regular green curly kale because the leaves tend to be more tender. If you use the curly kale it will be fine just slice the leaves very thin.

2 servings

- 1 bunch kale (about 3 cups), stalks removed and discarded, leaves very thinly sliced
- 2 Tb lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 tsp Celtic Sea Salt
- 1 teaspoons raw honey
- 1/4 tsp mustard
- Freshly ground black pepper
- 2 Tb pine nuts (optional)

½ cup pomegranate seeds

- Put kale in large serving bowl, add ¼ tsp salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.
- In a small bowl, whisk the lemon juice with remaining ¼ tsp salt, the honey, mustard and freshly ground black pepper. Stream in the ¼ cup of oil while whisking with a fork until a dressing thickens a little.
- Pour the dressing over the kale, and add the pine nuts and pomegranates. Toss and serve.



Radicchio and Cauliflower Salad

2 servings

1 small head radicchio (about 1/3 lb)

1/4 cup extra-virgin olive oil

Celtic Sea Salt

1 small cauliflower cored and cut into 1-inch florets (about 4 cups)

1 medium clove garlic

1 Tb apple cider vinegar

1 Tb fresh lemon juice

2 tsp Dijon mustard

Freshly ground black pepper

1/2 cup coarsely chopped fresh flat-leaf parsley

- Remove any damaged outer leaves from the radicchio, quarter it, remove the core, and cut each quarter crosswise into 1-inch widths.

- Bring a large pot of water to a boil over high heat. Cook the cauliflower in the boiling water until just tender, about 3 minutes.
- Drain, spread on a plate to cool, and set aside at room temperature.
- Put the garlic in a mortar, add a pinch of salt, and pound to a paste with a pestle. Or mince and then mash to a paste with the side of a chef's knife.
- Combine the garlic, vinegar, lemon juice, and mustard in a small bowl.
- Let sit for 5 to 10 minutes. Whisk in olive oil until emulsified. Taste with a piece of radicchio and season with more vinegar or salt if necessary.
- Put the cauliflower in a large bowl and season with salt and pepper. Gently toss with just enough vinaigrette to lightly coat.
- Add the radicchio and parsley, season with salt and pepper, and toss again with just enough vinaigrette to lightly coat. Taste and add more salt or vinaigrette if necessary.
- Pass around the remaining vinaigrette when you serve it.

Arugula, Carrot & Celery Root Salad with Almonds

This salad has everything going for it—spicy arugula, sweet grated carrots and celery root, crunchy almonds—all topped off with a vibrant honey-mustard vinaigrette.

2 servings

2 Tb apple cider vinegar
 1 Tb raw honey
 1 tsp Dijon mustard
 4 Tb extra-virgin olive oil
 ¼ tsp Celtic sea salt and freshly ground black pepper
 2 carrots grated
 1 small celery root (1/2 lb) grated
 4 lightly packed cups baby arugula (about 4 oz.)
 1/4 cup chopped almonds, toasted
 1/3 cup chopped fresh cilantro

- In a small bowl, whisk the vinegar, salt, honey, and mustard. Whisk in the oil and season with a few grinds of pepper.
- Peel and trim the carrots and celery root and then grate them.
- Transfer to a large bowl. Add the arugula, half of the almonds and half of the cilantro.
- Toss with the vinaigrette. Season to taste with salt and pepper.
- Sprinkle with the remaining almonds and cilantro and serve.

Chef's Tip Toasting nuts, seeds Toasting releases the natural oils in nuts and seed deepening their flavors. Add them to a cast iron or stainless steel pan on medium heat. Shake or stir the nuts/seeds continuously, until their color has darkened and you can smell their aroma. Be careful you don't burn them. They burn really fast if you walk away.

Easy Vegetable Nori Rolls

2 servings

4 sheets raw or toasted nori
4 lettuce leaves torn into pieces
2 Tb miso
1 avocado, seeded, peeled, and sliced
1 carrot, julienned on a mandolin or shredded
1 cucumber, seeded, cut into thin strips by hand
3 Tb fresh herbs either basil or mint
1 cup alfalfa or clover sprouts
½ cup raw sauerkraut
½ tsp shredded ginger (optional)

Wheat free tamari
Wasabi

- On a sushi rolling mat or cutting board, place a sheet of nori.
- Spread ½ Tb miso in a strip on the bottom of the nori
- Place ¼ of the lettuce leaves on top of nori sheet lining it up to the edge closest to you, covering the whole sheet.
- Add avocado slices, 1/4 of carrots, cucumber, sprinkle of herbs, 1/4 cup sprouts, and 2 Tb sauerkraut.
- Roll nori and tuck all of the ingredients in as you go. Spread a little more miso along the edge to seal the roll (or you can use some water). Eat as a whole roll or slice half.

Dip in some wheat free tamari and if wanted some wasabi or serve with the [Tahini Ginger Dressing](#)

Mixed Green Salad

Mixed organic greens or baby arugula
Carrots shredded, sprouts, cucumber, diakon anything you like

- Mix salad in a bowl.
- Toss with dressing of choice.

Tip for dressing salads: Be sure your greens are dry so the water doesn't dilute the dressing. After placing the ingredients in the bowl, drizzle the dressing around the edge of the bowl and then gently mix to even distribute it. Use your hands instead of tongs to toss the greens. You just want the greens to have a light coating on them. Using your hands will let you feel how much dressing you need. Too much dressing makes your salad soggy. Usually 2 Tb for a side salad is enough. You can always add more.

Dressings

Creamy Asian Dressing

Yield: 1 $\frac{3}{4}$ cups

2 Tb tamari
2 Tb minced ginger
4 Tb mellow yellow miso
4 tsp dark sesame oil
 $\frac{1}{2}$ cup lemon juice
 $\frac{1}{4}$ cup chopped dates (about 6)
 $\frac{2}{3}$ cup water.
1 cup olive oil

- Put all ingredients into a blend except the olive oil.
- Blend until smooth
- With the blender running, pour in the olive oil slowly in a stream. Blend until emulsified.

Garlic & Herb Sunflower Seed Dressing

Makes 1 $\frac{1}{4}$ cups dressing

$\frac{1}{2}$ cup raw hulled sunflower seeds
 $\frac{1}{2}$ cup water
3 Tb fresh lemon juice

2 Tb apple cider vinegar
1 Tb tamari or soy sauce
½ cup chopped fresh parsley
1 tsp thyme
¼ tsp dried oregano
1 tsp minced garlic
¼ tsp Celtic sea salt
¼ cup olive oil

Optional: soak the sunflower seed 4 hours

- Put all ingredients in a blender except the olive oil.
- Blend till creamy and smooth.
- While blender is running, slowly pour in the olive oil to emulsify.
- This will hold in the refrigerator for up to 5 days

Tahini Ginger Dressing

Makes 2 cups

1 cup raw tahini (you can use roasted, if you can't get the raw)
1 Tb fresh ginger grated
1/4 cup lemon juice
2 dates (soak the dates in warm water for a few minutes if they are dry)
or
1 TB raw honey
1/4 cup wheat-free tamari
2 cloves garlic, minced
¾ - 1 cup filtered water, more or less for desired thickness.

- Place all ingredients into a blend, blend until smooth.
- Store in a glass jar for up to a week.

Garlic Parsley Vinaigrette

This is a light dressing you can make quickly and easily. You can make it in a small bowl. No blender required.

Yield: ½ cup

1 to 2 garlic cloves

¼ tsp Celtic sea salt
1 Tb apple cider vinegar
2 Tb lemon juice
1 tsp Dijon mustard (optional)
5 – 6 Tb extra virgin olive oil
2 Tb finely minced parsley or other fresh herbs like thyme or oregano
Black pepper to taste

- Peel the garlic and smash the clove(s) on a cutting board with the broad side of a chef's knife.
- Place the salt on the smashed clove, and finely chop salt into the garlic.
- Scrape the garlic into a small bowl, and add the vinegar and lemon juice.
- Swirl it around and let sit for several minutes. Add Dijon mustard (if using) and whisk to combine.
- Slowly drizzle in 5 Tb of the olive oil, whisking all the while. Add chopped parsley.
- Dab a little bit of the mixture onto a lettuce leaf to taste it and check for balance. Add more oil if needed.
- Taste to adjust salt. Add pepper according to taste, and whisk again before tossing with salad.
- Store extra in a glass jar in the refrigerator. Let it come to room temperature so the olive oil liquefies before using to liquefy the oil. Shake it up and pour on the salad.



Avocado Shallot Dressing

This dressing uses avocado as the fat instead of oil. The creamy luxurious texture of the avocado as well as the fat make the avocado appealing and satisfying. Avocados keep you full without adding huge amounts of calories.

Avocados provide all 18 essential amino acids necessary for the body to form a complete protein. Unlike the protein in steak, which is difficult for most people to digest, avocado protein is readily absorbed by the body.

Yield: $\frac{3}{4}$ cup

1 $\frac{1}{2}$ tsp chopped shallot
1 tsp Dijon mustard
3 Tb lemon juice
 $\frac{1}{2}$ tsp Celtic Sea Salt
1 avocado mashed
 $\frac{1}{4}$ - $\frac{1}{2}$ cup water as needed
Pinch of cayenne

- Put everything into a blender except the water.
- Start blending adding enough water to make it smooth.
- Use within 2-3 days as the avocado does not hold too long.

Cilantro Hemp Dressing

Makes 2 cups

1 cup hemp seeds
4 Tb lemon juice
2 Tb wheat free tamari
1 Tb nutritional yeast
1 Tb shredded coconut
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup olive oil
2 clove garlic chopped
 $\frac{1}{4}$ tsp sea salt
 $\frac{1}{8}$ tsp fresh pepper
 $\frac{1}{2}$ cup fresh cilantro

- Put all ingredients except the cilantro into a blender.
- Blend until smooth.
- Add cilantro and blend just to incorporate. You want to see specks of the greens.

Main Dishes

Indian Vegetables with Coconut Lentils

This dish has an abundance of different flavors given by a variety of spices like ginger, curry cumin and turmeric which reduces inflammation. The main ingredient lentils are widely used throughout India, Pakistan, the Mediterranean and the Middle East.

[Lentils](#) contain very high levels of protein, which makes them a great protein source on a vegetarian diet. They also contain folate, Vitamin B, dietary fiber and minerals and are the best vegetable source for iron. They are hence very useful in preventing an iron deficiency.

The vegetables in this dish are all alkalizing and packed with nutrients.

4 servings

2 Tb coconut oil or ghee

¾ cup onion, diced

¼ tsp sea salt

1 tsp garlic minced

1 Tb fresh ginger chopped

1/2 tsp turmeric

1 Tb Madras curry powder or other mild curry powder

Pinch of cayenne (optional)

1 sweet potato, cut into 1 inch cubes (2 -2 ½ cups) unpeeled if organic

1 carrots, diced

¾ cup red lentils

4 cups water

1 ½ cup string beans, into 1 ½" lengths

1 ½ cup cauliflower, cut into florets

½ cup full fat coconut milk

Lemon wedges

- Melt ghee or oil in a large sauté pan.
- Sauté onions with salt, 5 minutes.
- Add garlic and ginger sauté on medium heat stirring occasionally until onions are soft another 2 minutes.

- Add, spices and sauté, stirring until spices are fragrant, 1 minute.
- Add the lentils and water, bring to a boil. Simmer on medium 10 minutes.
- Add potatoes and carrots, cover and simmer 15 minutes or until the lentils and sweet potatoes are almost tender.
- Add cauliflower and string beans, cook 5 minutes until vegetables are tender.
- Stir in coconut milk
- Serve sprinkled with a little coarse Celtic sea salt and a squeeze of lemon.



Moroccan Chick Pea Tagine with Greens

A **tagine** is actually a unique type of ceramic or clay cookware that's popular in North Africa. It is a circular shallow dish with a wide bottom, used for both cooking and serving . It is also the name of the exotic, spiced stew popular in Morocco which they cook in this pot. Simmering the vegetables in the spices creates a blend of flavors that are sweet and savory. I did not have a real tagine so I used a cast iron pan. I prefer the dish with more vegetables and less beans but you can add more beans if you prefer.

- 1 tsp ground cumin seeds (use whole seeds for best flavor)
- 1 tsp ground coriander seeds (use whole seeds for best flavor)
- ½ tsp red pepper flakes (adjust for your own taste)
- 1 tsp turmeric
- 1 tsp cinnamon

¼ tsp black pepper
½ tsp celtic sea salt
2 Tb olive oil or ghee
½ cup shallots sliced
4 cloves garlic chopped
2 Tb tomato paste
3 cups vegetable or chicken stock
2 cup carrots peeled and diced
1 cup turnips cut diced
1 Tb lemon zest
½ cup green olives pitted and sliced
1 cup of organic canned chick peas rinsed and drained
¼ cup golden raisins
2 cups kale or Swiss chard chopped into bite size pieces
3 Tb parsley
1 Tb lemon juice

- Toast the cumin and coriander seeds for 1 minute in a dry pan. Grind if using whole seeds and measure. If using already ground spices roast for a minute. Then put the spices in a small bowl and mix with the turmeric, cinnamon, red pepper flakes, black pepper and sea salt.
- Heat a large cast iron pan or deep skillet. Add the oil, shallots and garlic. Cook on medium until the shallots begin to get soft about 3-4 minutes.
- Turn down the heat to low, add spices, tomato paste, stock, carrots, lemon zest, turnips and chick peas. Cover and simmer 10 minutes until the turnips are tender.
- Add the olives and raisins. Simmer for about 5 minutes to reduce the liquid.
- Add the kale or Swiss chard and simmer until greens are tender, 3 minutes.
- Add parsley and lemon juice. Cover and remove from the heat.
- Let sit for a few minutes to allow flavors to develop. Taste and adjust salt if needed.
- Serve in bowls by itself or with millet or quinoa when not on the cleanse.



Roasted Fall Vegetables with Cranberries

4 servings

1 lb Brussels sprouts, trimmed and halved (4 cups)
1 medium butternut squash, cut into 1/2" inch cubes (4 cups)
4 baby carrots, cut in half or 2 whole carrots cut into 1/2" cubes
2 small white turnips, peeled and cut into 1/2" cubes (2 cups)*
1 medium yellow onion, sliced 1/2" wide
1/4 cup extra virgin olive oil or coconut oil
1 Tb fresh rosemary, chopped or 1 tsp dried
1 Tb fresh thyme, or 1 tsp dried
1 cup fresh cranberries
3/4 tsp Celtic sea salt
fresh cracked pepper, to taste
2 Tb umiboshi plum vinegar or apple cider vinegar

- Preheat oven to 425°. Lightly grease 2 large rimmed baking pans
- Place squash, carrots, turnips and onions in one pan and Brussels sprouts in second pan.
- Sprinkle rosemary, thyme, olive oil, salt and pepper onto the squash mixture and the Brussels sprouts; toss each to coat.
- Bake carrot mixture 30 minutes, stirring once;
- Bake Brussels sprouts 15 minutes or until almost tender and browned, stirring once. Add cranberries and bake 5 minutes or until Brussels sprouts are tender and browned and cranberries begin to soften.
- Remove vegetables from oven, and combine in a large serving bowl. Drizzle with vinegar, and serve.

***Note:** Buy small fresh turnips as the larger, older ones tend to get bitter when roasted. If you can't find turnips, you can use parsnips.

Braised Greens with Tempeh

Tempeh is a fermented soy product that comes in patty form. And if you're going to eat soy, fermented is the only way to go. The reason is the fermentation actually helps you to digest it and makes the nutrients far more readily available for your body to use. See my post [Is Soy Good for You](#) Always use organic as soy foods tend to be made with GMO's Also, unlike tofu which is very processed, tempeh is made with the whole soybean with very little processing. It's also very high in protein, which makes it an excellent vegetarian protein source



3-4 servings

- 8 oz package tempeh sliced ¼" thin and then in half
- 2 Tb wheat-free tamari mixed with 1 Tb water
- 4 Tb olive oil
- 2 cups chopped leeks, cleaned well, use white and light green parts only
- 3 cloves of garlic, coarsely chopped
- 4 cups kale thinly sliced (if the stems are thick chop them separately)
- 4 cups Swiss chard coarsely chopped chard (if the stems are thick chop separately)
- 1 ¼ cups vegetable or chicken stock
- 1 ½ " piece of ginger cut into thin matchsticks
- 2 Tb miso (For this dish I like the darker miso like red miso or chick pea miso)

- Mix the tamari and water together on a plate large enough to hold the sliced tempeh in one layer. Add the tempeh turning to coat both sides. Let marinate while you prepare the vegetables.
- Heat a large cast iron skillet or sauté pan. Add 2 Tb oil. Add tempeh.
- Sauté on medium-low until golden on both sides.
- Remove the tempeh from the pan, set aside on a plate.
- Add 2 Tb olive oil to the pan.
- Add the leeks, sauté until they begin to soften and turn golden, 2 minutes
- Add ginger, garlic and any kale or chard stems you may have chopped. Sauté 2 minutes
- Add kale, mix using, tongs until wilted.
- Add chard, mix until wilted.
- Add cooked tempeh and 1 cup of stock. Mix so the stock coats the greens.
- Simmer uncovered until the greens are tender about 7 minutes. Add more broth if needed so that the mixture doesn't stick to the bottom of the pan.
- Dissolve miso in ¼ cup of stock. Add to greens. Mix and turn off the heat
- Taste to adjust seasoning with salt and freshly ground pepper.

Wild Mushroom Stew

This is a rich and hearty fall dish full of healing mushrooms. Mushrooms are high in antioxidants and are well-known for their immune-boosting properties. The recipe calls for wild mushrooms and cremini or white button mushrooms. I used shitake and cremini which was what I could find in my supermarket. Use whatever is available for you. The paprika gives it a warm rich flavor.

4-6 servings

2 Tb extra virgin olive oil
 1 large onion, coarsely chopped
 1 Italian frying pepper
 1 lb wild mushrooms, cut into ½" slices
 1 lb cremini or white button mushrooms, quartered
 Celtic sea salt and fresh pepper
 4 cloves garlic, mashed
 1 tsp caraway seeds
 ¼ cup Hungarian paprika

One 28 oz can diced tomatoes
1 medium sweet potato cut into 1" pieces.
2 cups zucchini, cut into 1" pieces
4 cups vegetable or chicken broth
1 bay leaf
Chopped parsley for serving

- Heat a large soup pot, add the oil.
- Add the onions and peppers and cook over medium-low heat, stirring, until softened, about 6 minutes.
- Add all of the mushrooms, season with salt and pepper and cook until browned, about 10 minutes.
- Using the side of a chef's knife, mash the garlic to a paste with the caraway seeds and a generous pinch of salt. Add to the mushrooms.
- Add in the paprika, tomatoes, sweet potatoes and zucchini.
- Add the broth and bay leaf, bring to a boil. Cook over low heat until the stew has thickened and is richly flavored, about 1 hour.
- Serve in bowls garnished with chopped parsley.

Autumn Vegetable Stew

Besides being warm and nourishing, vegetable stews are the perfect canvas for what's in season. This time of year, there's nothing better than a hearty, warming stew loaded up with a variety of gorgeous fall vegetables.

4 servings

2 Tb olive oil
1 large onion, finely chopped
4-6 leeks, white parts, cut into quarters and thinly slice
4 cloves garlic, minced
2 carrots, thinly sliced
1 medium fennel bulb, sliced and coarsely chopped
1 celery root, peeled and cut into 1" cubes (1 ½ cups)*
4 cups butternut squash cut into 1" cubes
1 Tb herbs de Provence or mix of dried herbs
1 tsp [celtic sea salt](#)
5 cups homemade chicken stock, vegetable stock or water
2 cups kale, stems removed, coarsely chopped

- In a large, heavy pot, heat the olive over medium-low heat. Add the onions and leeks, sprinkle with half the celtic sea salt and sauté, stirring occasionally for 5-10 minutes or until translucent. Don't let it brown.
- Add the garlic and sauté for 1 minute more.
- Add the carrots, fennel, celery root and butternut squash and stir to combine.
- Season with herbs and remaining celtic sea salt. Add stock/water and cover. Bring to a boil over high heat and then lower to a simmer. Simmer, covered, for 15 minutes or until the butternut squash is tender.
- Add the kale and stir to combine. Turn off the heat, recover and let sit for 5 minutes before serving. Taste and season with more sea salt if needed.

*White turnips are a good substitute if you can't find celery root

Miso Vegetable Stew

4 servings

- 1 large onion chopped
- 3 stalks celery chopped
- 1 carrot chopped
- 6 cloves garlic chopped
- 10 oz mushrooms sliced
- 1 tsp thyme
- 1 bay leaf
- Celtic sea salt & fresh pepper
- 3 cup butternut squash peeled and cut into 1" cubes
- 4 cups stock (vegetable or chicken)
- 4 Tb ginger minced
- 2 cups broccoli cut into florets
- 2 zucchini cut into quarters & sliced
- ¼ cup parsley chopped
- 2 Tb red miso (you could use yellow also, red is a little heartier)

- Heat 1/2 cup of the stock in a large soup pot. Add onion, celery, carrots.
- Water sauté on medium heat covered for 5 minutes stirring frequently until soft.
- Add ½ of the garlic and mushrooms. Stir & cook 5 minutes, until the mushrooms are slightly cooked.

- Add thyme and bay leaf, a pinch of sea salt & fresh pepper. Mix to combine.
- Add squash and the remaining stock.
- Turn flame up to high, bring to a simmer. Cook 3 minutes until the squash begins to soften.
- Add ginger, rest of the garlic, broccoli and zucchini. Simmer until vegetables are almost tender 3-4 minutes
- Using a cup scoop out 1 ½ cups of the vegetables & stock blend until smooth. Return to pot.
- Simmer 2 minutes until thickened.
- Dissolve the miso in ½ cup of the liquid from the soup.
- Add to back to soup, mix to combine. Turn off the flame. Don't boil the soup once you add the miso as it kills the good bacteria in it.
- Add parsley
- Taste, adjust spices serve in bowls. Garnish with additional parsley



Wild Mushrooms in Papillote

This dish is easy and dramatic. Since the oil mixes with the liquid from the vegetables it doesn't get hot enough to oxidize, making this a perfect dish for our cleanse. The presentation is so much fun. [Click to see the video](#)

2 servings

¼ cup plus 2 Tb full flavored extra virgin olive oil and a little for brushing the parchment paper
1 lb mixed wild and cultivated mushrooms, trimmed, large mushrooms thickly sliced, small ones left whole mushrooms (shitake, oyster, mitake, porto bello)
1 tsp fresh rosemary leaves chopped
2 tsp fresh thyme leaves
Celtic sea salt
Fresh pepper
4 cloves garlic minced
2 shallots minced
1 ½ cup julienned carrots
1 ½ cup julienned zucchini (slightly thinner than the carrots)
2 sheets parchment paper (15" x15")



Preheat oven to 450°F with rack in middle.

Lightly brush 2 squares of parchment paper with some of olive oil
In a bowl, toss mushrooms with half the chopped herbs, half the shallot, half the garlic, 1/2 tsp salt, and 1/4 teaspoon pepper in a large bowl, then toss with 1/4 olive oil.



In a separate bowl, toss the julienned vegetables with 2 Tb of olive oil, the remaining garlic, shallots and chopped herbs, salt pepper



Divide the julienne vegetables between the parchment and top with the mushrooms.

Fold parchment over mushrooms, folding and crimping edges tightly to seal and enclose filling completely.

Bake packets in a shallow baking pan 20 minutes.



Serve packets on plates hot from the oven. Enjoy the aroma of the mushrooms and herbs when you open the packages!

Asian Kelp Stir Fry with Garlic Sauce

4 servings

6 oz kelp noodles (1/2 pack of Sea Tangle) if you can't find them you can make the dish without.

1/4 cup vegetable or chicken stock or water

1 Tb dark sesame oil

1 Tb sweet white miso

2 Tb wheat free soy sauce
1 Tb apple cider vinegar
1 Tb coconut oil
2 shallots thinly sliced
1 Tb chopped ginger
1 Serrano pepper seeded, finely chopped (optional if you like a little heat)
¼ tsp red pepper flakes
2 carrots cut on the diagonal into rounds then in half
2 cups shitake, Portobello or white button mushrooms sliced
8 cups Chinese (napa) cabbage cut into 1" ribbons leaves
and center separated
4 cloves garlic minced
2 scallions thinly sliced

Prepare all the vegetables before you start cooking.

- Soak kelp noodles in water
- In a small bowl combine stock, sesame oil, miso, soy sauce and vinegar
- In a sauté pan heat 1 Tb of coconut oil on medium.
- Add shallots sauté 2 minutes to let them soften.
- Add mushrooms. Sauté 5-7 minutes stirring frequently until mushrooms begin to give off some liquid.
- Add ginger, Serrano pepper, carrots and red pepper flakes. Sauté for 3 minutes until carrots begin to cook.
- Turn up heat to medium high and keep stirring. This is why it is called stir fry because you want to keep stirring it.
- Add cabbage center and garlic, cook for 2 minutes until cabbage is lightly cooked but still crisp.
- Add cabbage leaves, sauté stirring until just wilted 1 minute
- Drain and dry the kelp noodles. Cut into 1 ½" pieces and add to the stir fry.
- Pour stock mixture over vegetables. Mix so all the vegetables are coated. Cook 1 minutes to heat the sauce, don't let it boil.
- Turn off heat. Serve garnished with scallions.

Vegetable Side Dishes



Sautéed Kale with Delicata Squash

KALE is a super food. As member of the Brassica family of vegetables along with cabbage and Brussels sprouts. Kale has large amounts of anti-cancer phytochemicals and B vitamins. Kale is strongly anti-inflammatory, high in fiber, low cholesterol. Kale has more nutrients for fewer calories than almost any other food. It has the highest amount of antioxidants of any vegetable.

I like to use delicata squash because the skin is very thin so you don't have to peel it. If you can't find delicata squash use butternut squash but you need to peel it first.

2-4 servings

2 Tb extra virgin olive oil

4 cloves garlic minced

¼ tsp red pepper flakes

1 delicata squash, seeded and cut into 2" pieces

1 large bunch kale, large stems removed, cut into ½" strips

Sea salt

- In a large sauté pan, heat 2 Tbs of olive oil over medium heat. Make sure the pan is large enough to hold the squash in one layer

- Add squash, stir to coat with oil. Add red pepper flakes. Sauté 1 minute.
- Cover cook on medium/low heat to caramelize the squash. You want it to get a little brown. Cook for 5-7 minutes until the squash begins to get tender and caramelize.
- Add the garlic. Stir.
- Add kale stems and sea salt. Sauté a few minutes. Add the rest of the kale. Stir to get the kale to wilt.
- Cook for 3-5 minutes stirring frequently until the kale is tender.
- Serve and enjoy.

You can keep it in the refrigerator and serve the next day, reheat before serving. It can also sit out at room temperature for 2 hours, reheat before serving.

Pan Steamed Broccoli with Garlic & Olives

2 servings

- 1 head broccoli about 1 to 1 ½ lbs
- 1/3 cup water
- Pinch of sea salt
- 1 clove garlic finely minced
- 4 Kalamata olives sliced
- 2 Tb extra virgin olive oil (optional for added flavor)

- Cut the broccoli tops into 1" florets. Peel the stalk and cut in half lengthwise then into 1/8" sticks lengthwise.
- Heat a medium sauté pan, add water and salt.
- Bring to a boil, add the broccoli stems. Cook 2 minutes
- Add the broccoli florets.
- Cover, raise heat to medium and cook for 3-4 minutes until crisp tender.
- Add garlic, cook 1 minute. Most of the water will be absorbed.
- Remove from the heat.
- Add olives. Stir to combine.
- Drizzle with 2 Tb extra virgin olive oil
- Serve



Braised Escarole with Garlic

2-4 servings

1 head escarole, about 1 pound
1 cup vegetable or chicken broth
4 garlic cloves, sliced
1/2 teaspoon red pepper flakes
2 bay leaves
1/4 cup extra-virgin olive oil
Celtic sea salt and freshly ground black pepper

- Wash the escarole leaves in a bowl of water to be sure you remove all the soil. The dirt tends to collect at the base of the stems.
- Stack the leaves and slice the escarole crosswise into ribbons about 1 1/2" wide.
- Place a large sauté pan over medium heat. Add stock, garlic, red pepper flakes, bay leaves and salt. Cook for 2 minutes to soften the garlic.
- Add the escarole, salt and pepper. Raise heat and stir to wilt the escarole
- Simmer on medium-low for 15-20 minutes until tender. If the pan gets dry add a little more stock.
- Finish with the olive oil to flavor. Taste for salt and pepper.
- Serve

Dark Chocolate Gelatin Pudding

Gelatin is the protein formed after the slow simmering of skin, bones, and cartilage of animals. Gelatin containing broth has been used in healthy traditional cultures for thousands of years as a diet staple. Many clients I work with say they are too busy to make broth so I found a great [gelatin](#) that is flavorless from grass fed cows that is processed using low heat. I still think the homemade broth is best but [gelatin](#) can be good for busy times. This [kind of gelatin](#) is a very healthy product that can be used as a natural thickener for soups and smoothies. This recipe uses gelatin in a creamy delicious pudding which makes getting this super food fun and satisfying.

6 servings

1 Tb unflavored gelatin
1/4 cup warm water
2 oz unsweetened chocolate
1 1/2 cups almond milk
3/4 cup full fat coconut milk
1 tsp vanilla
10-12 drops of vanilla liquid stevia
Optional: 1/4 cup raw honey or maple syrup

- Melt the chocolate in a double boiler with the almond milk, coconut milk until melted and mixed thoroughly.
- Remove from heat and mix in the stevia and vanilla. Pour into a blender
- In a separate bowl, mix the gelatin with 1/4 cup of water until dissolved.
- Add the dissolved gelatin to the chocolate mixture and blend in the blender. Add additional sweetener to taste.
- Pour into 6 - 4oz bowls. Cover with plastic wrap and refrigerate until firm about 2 hours.
- If you are in a hurry, put it in the freezer for about 30 minutes.



Healing Blueberry Gummy Snacks

8 servings

2/3 cup lemon juice

1 cup blueberries, fresh or frozen and organic

4 Tb Unflavored Gelatin

12 drops stevia

Coconut oil to oil the pan

- Place lemon juice and blueberries into a heavy sauce pan, and heat over medium heat.
- Stir blueberries, and allow to cook until the liquid is steaming, and the blueberries are plump.
- Place lemon juice and blueberries into a blender and blend until smooth.
- Remove the lid, and allow the mixture to cool slightly.
- Add 4 tablespoons of Great Lakes Gelatin to the blender, and blend again until smooth.

- Very lightly oil a glass dish, or a 6 ½ x 8 ½ glass dish or candy molds. Pour into dish or molds and refrigerate for 30 minutes to an hour.
- Cut into 8 squares and take with you on the road for a quick snack.
- These will stay firm at room temperature. Store in the refrigerator for up to 1 week.

Cherry Garica Energy Bars

Makes 12 bars

2 cups almonds* (raw sprouted are best)
 ¼ cup golden flax seeds, ground into a meal in a spice grinder
 ¾ cup dried cherries
 ¼ cup cacao nibs*
 10-15 drops vanilla stevia
 2 -3 Tb water

- Put almonds, flax, cherries, cranberries and stevia in food processor
- Pulse until well ground, then pulse in water until the mixture begins to form a ball. Taste for sweetness, add more to taste.
- Lightly oil a 6 x 8 baking dish with coconut.
- Remove mixture from food processor and press into the prepared dish
- Slice into bars and refrigerate for up to 7 days
- You can also freeze and take out as needed. They take about 5 minutes to defrost.

*Note: You can use the pulp from making almond milk, it will be a little softer but still good.

Zucchini Hummus

A nutritional powerhouse, tahini contains all the essential amino acids, making it a high quality protein, plus it is rich in lecithin, vitamin E and calcium. It is easily digestible because its high alkaline mineral content neutralizes the acid end products of the protein

4 servings

¼ cup sesame seeds ground into a powder, if you don't have a spice grinder soak the sesame seeds for 4 hours in water and drain
 ½ -1 tsp Celtic sea salt (start with ½ you can always add more)
 2 cloves chopped garlic (2 tsp)

2 cups chopped zucchini
1/2 cup tahini
1/4 cup lemon juice
1 1/2 tsp ground cumin
2 Tb olive oil
Pinch cayenne

- Put sesame seeds, sea salt and garlic into a food processor.
- Process into small pieces.
- Add the rest of the ingredients and process until smooth.
- Serve with celery sticks, endive or flax crackers



Kale Chips

2 servings

1 head of kale
2 Tb olive oil
1tsp salt
1/4 tsp cayenne (optional if you like a little heat)

- Preheat oven to 425 degrees
- Wash kale dry thoroughly by spinning in a salad spinner or wrapping in a towel. Remove stems cut or tear into medium pieces
- Place a little olive oil in a bowl, dip your fingers and rub a very light coat of olive oil over the kale. Really rub so the entire leaf gets coated
- Sprinkle with salt and cayenne. Mix
- Place on a shallow baking sheet, no need to oil the pan

- Roast 4 minutes or until it starts to turn a tiny bit brown. Turn it over and roast with the other side up about 4 minutes more. Be careful it does not burn. They should be crispy.
- Serve immediately or put into a zip lock to take with you as a snack.



Instant Miso Soup

This is a great instant soup for breakfast, lunch or snack if you don't have the more complete version on hand. In Japan it is traditional to start the day with miso soup. A Japanese study has shown it to detoxify and eliminate pollutants from the body.

1 serving

1 ½ filtered cups water

1 ½ Tb barley miso or mellow white miso

1 tsp freshly grated ginger

½ cup carrot, zucchini or turnip shredded

1 tsp dulse flakes (ready to use sea vegetable, optional)

1 scallion thinly sliced (optional)

- In a small, pot boil water
- Turn off heat add miso, stir to dissolve
- Add ginger, shredded vegetables and dulse.
- Cover the pot and let sit for a few minutes.
- Pour into bowl
- Garnish with scallions
- Enjoy!



This is a healthy dessert made with coconut milk and coconut oil. Coconut oil is cholesterol free and may help maintain a healthy cholesterol profile. The reason is the coconut oil contains Medium Chain Fatty Acids which quickly burn as fuel and may not be stored as body fat. Coconut oil contains lauric acid which is a substance found only in breast milk and coconut. It is a potent antioxidant.

2 servings

½ cup canned organic full fat coconut milk (I like Native Forest brand)
¼ cup coconut oil
½ cup fresh raspberries (save 6 for the topping)
2 Tb coconut sugar or maple syrup
¼ tsp vanilla

- Gently melt the coconut oil.
- Blend with the raspberries and coconut milk, maple syrup and vanilla
- Strain to remove the seeds from the raspberries
- Pour into 2 small serving size bowls. Top with a few fresh raspberries
- Chill until solidified
- Enjoy

Basics

Below you will find directions and recipes for some of the basics you may need for this program.

Bone Broth

Bone broth has been used in every tradition for thousands of years. It is loaded with vitamins and minerals to build a healthy immune system. By taking bones and cooking them for a few hours in water you create a deeply mineralized stock for all sorts of food not just soup. Bone broth is great for your intestinal track because of its high mineral content.

Makes about 2 quarts

1-4 lb organic chicken or ask your butcher for 4 lbs necks and backs or use the left over bones from a roasted chicken
1 Tb apple cider vinegar
1 bay leaf
1 tsp thyme
3 garlic cloves whole or chopped
1 carrot, chopped
1 onion, chopped
2 stalks Celery, chopped
parsley stems or other herbs

Optional

1 Rishi mushroom or few goji berries to make it more medicinal
1" ginger chopped

- Put all ingredients into a soup pot
- Add water to cover the chicken by 3"
- Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
- Cover and bring to a boil.
- Turn down to low so it is just simmering. Keep covered. (You can also make it in a crock pot)
- During the first hour of simmering, remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. Grass-fed and healthy animals will produce much less of this than conventional animals.
- Simmer on low for 3-6 hours. Add more water if necessary to keep the chicken covered.
- Strain cool, skim fat.
- Freeze or use within a few days

Vegetable Stock

A wonderful, filling snack that will also provide you with many healing nutrients and alkalize your system, making it easier to detoxify, lose weight, and feel great. The recipe can be varied according to taste. You can make this with the basic ingredients and/or any of the optional ingredients. The more you add the more nutritious and flavorful it is

Basic Ingredients

1 large onion, chopped
2 carrots, sliced
2 celery stalks coarsely chopped
½ cup of sea weed: nori, dulse, wakame, kelp, or kombu
2 cloves of whole garlic (not chopped or crushed)
Sea salt, to taste

Optional Ingredients

1 cup of daikon or white radish root
1 cup of winter squash cut into large cubes
1 cup of root vegetables: turnips, parsnips, and rutabagas for sweetness
2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion,
cilantro or other greens
½ cup of cabbage
4 ½-inch slices of fresh ginger
1 cup dried shitake or maitake mushrooms (If available; these contain powerful immune boosting properties.)

- Put all ingredients into a large pot
- Add enough water to cover by 2 inches.
- Place on a low boil for approximately 2 hours.
- Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.
- Simply heat gently and drink up to 3–4 cups a day or use as needed in recipes
- This will keep in the refrigerator for about 5 days or you can freeze it.

Almond Milk

Almond milk is a good source of protein, fat & fiber. It contains several phytochemicals that can reduce risk of heart disease, is a good source of healthy mono-unsaturated fat and is high in calcium and minerals. The meal is going to have plenty of the calcium from the nuts, but the milk will have some too. The meal will have more fibre and more of the good fats and the milk may have more of the protein. Click link to see the short video <http://youtu.be/MRVzsqe0PJs>

Makes 3 cups

1 cup raw almonds
3 cups filtered water
1/2 tsp vanilla (optional)

- Soak the almonds in a glass jar or stainless steel bowl in enough water to cover by 2 inches overnight or for at least 6 hours.
- Drain the water from the almonds and discard.
- Blend the 3 cups of water with almonds until well blended and almost smooth.
- Strain the blended almond mixture using a cheesecloth or nut milk bag. Squeeze to extract all the milk.
- Add vanilla and store in a glass jar in the refrigerator
- Homemade raw almond milk will keep well in the refrigerator for three or four days. Store the pulp in the freezer to use in recipes.

How To Bake a Winter Squash

PREPARATION

Preheat oven to 350°F. Cut squash in half using a sharp knife. Scoop out the seeds and pulp. Place squash flesh side down in a baking pan and add about ¼-inch of water. Bake until tender. Small squash take up to 35 minutes and larger ones may take 45–90 minutes. Test by inserting a fork. It should slide in easily and feel soft.

My favorite is acorn squash as a side dish, or you can substitute spaghetti squash for pasta.

TYPES OF WINTER SQUASH:

Butternut – great for purées and soups

Spaghetti – great substitute for pasta, just add a little ghee or pasta sauce

Acorn – a sweeter squash, great as a side dish

Kabocha - also a wonderful side dish with a little butter or ghee, coconut oil, and a pinch of salt

How to Bake a Sweet Potato

Preheat oven to 350°F. Wash and dry a sweet potato. Pierce the skin with a fork in several places. Place on a baking sheet and bake for 45 minutes or until soft.

How To Cook Beans

6 Cups or 12 Servings

Preparing Dried Beans

- 2 cups large dried beans (e.g. garbanzo, black, pinto, navy, kidney, lima)
- In a large bowl, soak beans in double the volume of water (2 cups beans uses 4 cups water).
- Let stand for 8 hours. You could do this before going to bed and let them soak overnight.
Alternatively, you can bring the water to a boil, add beans, turn off the heat, cover, and soak for only 2 hours. Drain and rinse. Cook beans according to the recipe below.

Cooking Beans (soaked as above)

6 cups water

3-inch piece of kombu*, soaked 5 minutes in cold water

1 tsp Celtic sea salt

*Kombu is a seaweed that contains glutamic acid which acts as a natural bean tenderizer. It also adds vitamins and minerals to any dish and helps prevent flatulence.

- Place beans, fresh water, and kombu in a pot; bring to a boil.
- Lower heat and let simmer, covered, until beans are quite tender (55–60
- minutes).

- A well-cooked bean can be easily mashed in the roof of your mouth with your tongue. Add water during cooking if needed.
- Add salt to beans when finished cooking.

