



Nourishing Foods Cleanse

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

eatwellenjoylife.com

Winter –Menus & Recipes

“It is not virtuous in any way to put yourself down or to punish yourself because you do not feel you have lived up to your best behavior at any given time” Seth

After the busy holiday season, cleansing is your opportunity to slow down what is coming in to give your body a rest and to activate your systems of detoxification and elimination as well as nourish your supportive glands. Cleansing will ultimately result in the benefits you desire: clarity, focus, intention, and energy.

In Chinese medicine, winter is the time to support the kidneys, which are one of your major organs of detoxification and your adrenal glands, which help you manage your response to stress.

Supporting your adrenal glands helps you to cope with every day stress more effectively. Your adrenal glands are involved in the process of dealing with stress and recovery from stress. This affects your energy levels and endurance. The quality of your overall health depends on the optimum functioning of your adrenals. One of the most important things you can do to reduce stress in your body is keeping your blood sugar in balance. The menus and recipes are designed to help you accomplish this.

Winter is the perfect time to turn inward to focus on these parts of your body with gentle loving care. You boost your body’s ability to renew and regenerate for optimal health and longevity.

By cleansing your body regularly you shed years of built-up toxins and debris that are slowing you down, impacting your energy and your immunity



Develop a bedtime routine:

Wake up and go to sleep at the same time
each day

Do something relaxing before bed: Take a
bath, legs up the wall or alternate nostril
breathing

Turn off the TV or computer 30 minutes before
bed

Recover Daily Protocol

Do the “**Before Eating Breathing Process**” before each meal to wake up your digestion. A deep breathing practice before eating relaxes your nervous system, turns on your digestion and boosts your metabolism. Be present and enjoy your food and the people you are with. Taste, smell and experience your food to get more satisfaction. Remember to drink plenty of water, teas and broths throughout the day to keep your kidneys flushing.

Wake Up

Mirror affirmation
Brush teeth, scrape tongue
12 oz water ¼ cup aloe vera juice
Latte or Warm Beverage
Body brushing before shower
Meditation

Breakfast

2 capsules ashwaganda w/water
Morning Meal
1-2 probiotic

Late Morning Snack

Snack only if you are hungry
1 capsule Rhodiola with water

Lunch

Before Eating Breathing Process
Juice of ½ -1 lemon in 8-12 oz water
30 minutes before lunch
Lunch
1-4 Tb fermented vegetables
5 minute walk

Mid Afternoon Snack (2 hours after lunch)

snack only if you are hungry
1 capsule Rhodiola with water

Dinner (by 7pm)

Before Eating Breathing Process
1 Tb apple cider vinegar in 8 oz water
30 minutes before dinner
Dinner
1-2 probiotics
1-4 Tb fermented vegetables

Bed Time (10pm ideally)

Detox bath
Alternate nostril breathing
Protein snack if needed
1 cup Spring Dragon Longevity Tea

Sample Menu

Below you will find 5 days of meals. These are guidelines to show you what 5 days of your cleanse could look like. In this Sample Menu we are moving into lighter foods as the week progresses. You don't have to follow this menu exactly. Feel free to pick and choose recipes from each category, to create your own cleansing adventure. You decide what is best for your body. This Menu is here if you want to follow it exactly or use it to inspire your own individual plan. Most importantly enjoy it!

These recipes are written for 2-4 people. In this menu we cook once and eat twice so there is less cooking to do. The food is delicious, you can share it with your family even if they are not doing the cleanse with you. In this cleanse we are having lunch be the largest meal of the day. Dinner is soup and vegetable or salad. I have chosen a menu that is easy to prepare. I have not included any snacks in the prep. All the snacks written are bought. Skip the snacks if you don't need them or prepare one of the snacks from the list.



Sample Menu – Winter 2017

Day 1

Wake up: White Chocolate Matcha Latte
Breakfast: Vanilla Chia Pudding
Lunch: Kitchari
(optional steamed vegetables)
1 Tb fermented vegetable
Snack: (optional) Handful of Nuts
Dinner: Mushroom Spinach Soup
mixed green salad
2 Tb fermented vegetable

Day 2

Wake up: White Chocolate Matcha Latte
Breakfast: Sweet Potato Pudding
Lunch: Kitchari
(optional steamed vegetables)
2 Tb fermented vegetable
Snack: (optional) Kale Chips
Dinner: Cream of Broccoli Soup
mixed green salad
2 Tb fermented vegetable

Day 3

Wake up: White Chocolate Matcha Latte
Breakfast: Vanilla Chia Pudding
Lunch: Herb Roasted Vegetables
with beans
2 Tb fermented vegetable
Snack: (optional) Handful of nuts
Dinner: left over Spinach Mushroom
Soup, mixed green salad
2 Tb fermented vegetable

Day 4

Wake up: White Chocolate Matcha Latte
Breakfast: Sweet Potato Pudding
Lunch: left over Roasted Vegetables
2 Tb fermented vegetable
Snack: Kale Chips
Dinner: Zucchini Leek Soup
mixed green salad
2 Tb fermented vegetable

Day 5

Wake up: White Chocolate Matcha Latte
Breakfast: Sweet Potato Breakfast Pudding
or Chia Pudding
1 oz fermented vegetable
Lunch: Left over Broccoli Soup
(optional) steamed vegetables
Dinner: Left over Zucchini Leek Soup
Water Sautéed Spinach (optional)
1 oz fermented vegetable

*Steamed or raw vegetables
dipped in dressing can
be had as a snack any time



“Fear keeps us focused on the past or
worried about the future.
If we can acknowledge our fear,
we can realize that
right now we are okay.

Right now, today, we are still alive,
and our bodies are working marvelously.
Our eyes can still see the beautiful sky.
Our ears can still hear
the voices of our loved ones.”

Thich Nhat Hanh

Breakfast

Start your morning with fresh water to hydrate your body and to help your kidneys detoxify anything they have processed overnight. Since it is winter you may want to have a warm beverage too. It is nice to start your day with a latte full of good fat to stabilize your blood sugar. Stabilizing your blood sugar is how you can best support your adrenals. Next will be your “break(the)fast” with protein and fat to fuel your brain and body. All the recipe suggestions have protein and fat as part of the morning meal. These are essential for energy and renewal. Having protein and fat in the morning tells your body it is safe, there is fuel but without the sugar spike. If you can eat enough breakfast to make it to lunch great, but if you can’t, that is ok, listen to your body. The next day eat a bigger breakfast. The goal is to train your body to burn fat and at the same time to keep the blood sugar balanced.

Beverages

[White Chocolate Matcha Latte](#)

[Red Rooibos Latte](#)

[Cacao Maca “Latte”](#)

[Dandy Hazelnut Latte](#)

[Easy Hot Chocolate](#)

[Ginger Tea](#)

Breakfast Recipes

[Warming Grain Free Breakfast Cereal](#)

[Vanilla Chia Pudding](#)

[Blueberry Coconut Green Smoothie](#)

[Just Greens High Protein Smoothie](#)

[Sweet Potato Breakfast Pudding](#)

[Amaranth Porridge](#)

Store Bought Breakfast Choices

Raw Gluten Free Granola (from
health food store) w/almond milk
Quinoa Flakes (Ancient Harvest Brand)

Herbal Infusions

Pao D Arco
Nettles
Spring Dragon Longevity Tea

Lunch

By lunch your body is ready for more food. Your metabolism has been increasing since breakfast and is reaching its peak. Your cortisol levels are naturally beginning to drop. Your body needs fuel at this point to keep you going and to maintain your energy throughout the afternoon. Lunch should be the bigger meal of the day, if possible, and eaten in a relaxed fashion. Take time to sit down and savor your midday meal. As you digest this meal feel the nourishment it provides for your body. Getting outside for a walk after lunch will boost your digestion and provide you with energy all afternoon.

Main Meals

[One-Pot Winter Vegetable Lentils](#)

[Kitchari](#)

[Herb Roasted Vegetables](#)

[Tandoori Cauliflower with Sautéed Greens](#)

[Easy Cannellini Bean Stew with Swiss Chard and Tomatoes](#)

[Black Bean Edamame Burgers with Ginger and Lime](#)

[Braised Tempeh with Butternut Squash and Kale](#)

Vegetables

[Sautéed Brussels Sprouts with Apples](#)

[Cauliflower Rice](#)

[Sautéed Swiss Chard with Onions](#)

[Pan Steamed Broccoli with Garlic](#)

[Sautéed Spinach with Cumin and Fennel Seeds](#)

[Roasted Sweet Potatoes](#)

Dinner

It is not just what you eat but when you eat also makes a huge difference in how you feel and function. As the sun goes down the body's metabolic hormones begin to slow down. For this reason eating dinner by 7pm to will support not only your detoxification but also your inner balance. The recipes can be enjoyed by your family but keep to a smaller dinner for yourself. Sit down and enjoy your meals, eating slowly with appreciation and gratitude. Be mindful as you chew your food fully savoring the taste, texture and smell of each bite. The day is coming to an end. Welcome the opportunity for some quiet.

Soups

[Mushroom-Spinach Soup with Middle Eastern Spices](#)

[Cream of Broccoli Soup](#)

[Curried Butternut Squash Soup](#)

[Zucchini Leek Soup](#)

[Energizing Kale Soup](#)

[Chunky Vegetable Soup](#)

[Detoxifying Adzuki Bean Soup](#)

Salads

[Kale Slaw with Tahini Ginger Dressing](#)

[Arugula and Pear Salad with Walnuts and Pomegranate Seeds](#)

[Mixed Green Salad](#)

Dressings

[Creamy Miso Dressing](#)

[Creamy Dill Hemp Dressing](#)

[Honey Dijon Almond Butter Dressing](#)

[Mustard Shallot Vinaigrette](#)

[Tahini Ranch Dressing](#)

Snacks & Basics

One of the most important principles for supporting your adrenals is maintaining your blood sugar. Until your body starts burning fat as its primary source of food you may need to snack every 2 -4 hours to keep your blood sugar levels in balance. If this is the case make sure those snacks are small and of high quality to fuel your energy. They should contain protein, fat and fiber. Be present as you chew your snack so you enjoy the taste and your brain registers the food taken in. Stay hydrated to keep your energy level up. Listen to your body, if you need the snack, have it, enjoy it. The lattes and smoothies in the breakfast section can also be used for snacks.

Snacks

[Cumin Spiced Mixed Nuts](#)

[Chocolate Hemp Maca Energy Bites](#)

[Flax Power Protein Bars](#)

[Instant Miso Soup](#)

[Steamed Vegetables](#)

Store Bought Snacks

Sea Tangle Nori Snacks

Raw Sprouted Nuts

Hummus with celery

Nuts and Seeds

Raw Kale Chips

Basics

[Almond Milk](#)

[Herb Garlic Lentils](#)

[Garlicky Black Beans](#)

[Quinoa or Millet](#)

[Hemp Milk](#)

[Vegetable Broth](#)

[Bone Broth](#)

[Baked Sweet Potato](#)

Recipes



Beverages



White Chocolate Matcha Latte

Adapted from Dawson Church

This drink came about as a variation on the popular bulletproof coffee from Dave Asprey's Book the Bulletproof Diet. The fat and protein rev up your metabolism creating energy and a sharp, focused mind.

1 large serving or 2 small servings

1 tsp [Matcha Green Tea](#)

½ Tb [cacao butter or coconut oil](#)

12 oz hot water

¼ cup nut milk, hemp, almond or coconut

stevia to taste (optional)

Optional:

¼ tsp vanilla

1 scoop [collagen](#)

¼ tsp cinnamon

- Heat the water.
- Place Matcha powder, cacao butter and collagen if using into a blender.
- Pour in the hot water, nut milk and vanilla if using, blend until smooth and frothy.
- Add stevia to taste
- Sprinkle with cinnamon if using. Enjoy

Nutrition Information

Matcha Green Tea; A Magnificent Metabolic Booster

Matcha green tea is a super-potent form of green tea, found only in Japan, that's got 3x the antioxidant power. It's got 137 times more of the antioxidant EGCG, which improves virtually every part of your metabolism - accelerating body fat breakdown, preventing fat accumulation and speeding up metabolism itself.

Cacao Butter: The World's Most Powerful Antioxidant

This metabolic rock star is what gives chocolate its melt-in-your mouth, satisfying quality. Infused with relaxing minerals like magnesium and potassium, **cacao butter** also has the antioxidants epicatechin and resveratrol that cools the inflammation that stress your adrenals. And it's loaded with super-healthy fats that keep your appetite down and your energy up, plus saturated fats like palmitic acid that strengthen your brain and heart. The cacao bean contains the highest antioxidant power of any food in the world - 10x more than blueberries and 20x more than spinach.

Cinnamon: A Potent Blood Sugar Blocker

Want to add a little Christmas deliciousness to your morning metabolic boost? Just add some **cinnamon** - a powerful blood sugar reducer that lowers insulin, your #1 fat-making hormone. Cinnamon's power comes from, MCHP a compound that mimics insulin, meaning less insulin is needed and more fat burning occurs! It also lowers "bad" cholesterol (LDL) while having no effect on good (HDL) cholesterol.

Vanilla: The Ultimate Brain Booster

This scrumptious ingredient has over 200 organic components that create an irresistible flavor and delicious aroma. Used by the Aztecs who added this to their favorite chocolate drink, **vanilla extract** is loaded with vanilloids, powerful compounds that reduce brain inflammation, sharpening your mind and speeding thinking.

Red Rooibos Latte

1 serving

12 oz hot rooibos tea

1 tsp [cacao butter](#) or [virgin coconut oil](#)

½ tsp [maca powder](#) (optional)

¼ cup nut milk

4-6 drops liquid stevia or 1 tsp raw honey

- Brew rooibos tea and keep hot on a low flame
- Place cacao butter and optional maca in a blender.
- Add nut milk, hot rooibos tea and stevia.
- Blend until smooth. Add more stevia if desired

Nutrition Information

- Naturally CALMING and naturally REDUCES STRESS - Rooibos helps soothe the central nervous system, reducing production of the stress hormone Cortisol.
- SUPPORTS YOUR IMMUNE SYSTEM. Rooibos tea is rich in anti-oxidants. Helping to reduce effects of cell damage within the body, it may boost overall immunity to help combat lifestyle diseases.
- Naturally helps MAINTAIN HEALTHY SKIN AND BONES - With essential minerals such as Iron, Potassium, Calcium, Zinc and Magnesium, Rooibos tea helps strengthen your teeth and bones.

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. [Cinnamon](#) helps reduce the risk factors associated with diabetes and heart disease

1 serving

1 Tb raw cacao powder

1 tsp maca

½ cup water

½ cup almond milk

7–12 drops vanilla crème or plain liquid stevia or 1 tsp. raw honey

¼ - ½ tsp cinnamon

- Place cacao powder and maca 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



Dandy Hazelnut 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 alternative.

1 large serving

1 Tb Dandy blend

1 ¼ cup boiling water

1/3 cup [hazelnut milk](#)*

1 tsp cacao butter or coconut oil

8-10 drops liquid stevia

- Put dandy blend cacao butter and hazelnut milk into a blender
- Bring water to a boil and pour into the blender.
- Blend until frothy. Also can be made using a [hand held milk frother](#), process until frothy
- Pour into the mug.
- Top with cinnamon.

*Note: This can be made with almond milk or hemp milk but you won't get the hazelnut flavor.

Easy Hot Chocolate

1 serving

1 Tb raw organic cacao powder

Pinch sea salt

¼ tsp cinnamon

Pinch cayenne pepper (optional)

8-12 ounces hot water

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

¼ cup nut milk (almond, hemp, coconut)

- Place cacao powder, sea salt, cinnamon, and optional cayenne in a large cup
- Pour in hot water, mix thoroughly with a small whisk or fork to dissolve the cacao powder
- Add stevia or raw honey and nut milk.
- Whisk again until frothy
- Alternately put all ingredients into a blender and blend until frothy





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. Double the recipe and keep in a thermos to drink throughout the day.

1 serving

1-2 Tb grated or sliced 1" unpeeled organic ginger

2 cups filtered water

Lemon optional

Stevia or honey optional

- Grate ginger with a zester or slice it thin
- Bring water to a boil add ginger, turn down and simmer 2 minutes.
- Let steep for at least 10 minutes or more
- Strain or leave the ginger in, it will just get stronger. You can let the ginger settle at the bottom of the cup.
- Add lemon or honey if desired
- Enjoy!

Herbal Infusions

Barks (Pau D Arco):

Place one ounce (a big handful) of cut-up bark in a mason jar. Fill the jar to the top with boiling water. Put the lid on and let sit at room temperature for eight hours. Strain infusion into another mason jar and use this as a base to any tea, elixir, or smoothie, or mix one cup with a little hot water and drink as is.

Leaves (Nettle):

Place one ounce (two handfuls of cut up or three handfuls of whole) leaves in a quart jar. Fill the jar to the top with boiling water. Put the lid on and let steep at room temperature for four hours. Store in refrigerator in a glass jar.

Spring Dragon Longevity Tea:

Steep one Spring Dragon Longevity Tea tea bag in 3 cups of near-boiling water for at least 3 to 5 minutes. Let it cool down to room temperature. Store in refrigerator in a glass jar and heat up as needed.

Breakfast

Warming Grain Free Breakfast Cereal

2 servings

1 Tb ground flaxseeds

1 Tb pumpkin seeds

2 Tb shredded coconut

2 tsp chia seeds

1/4 tsp cinnamon

Pinch Celtic sea salt

Hot water

7 drops liquid stevia, or 1/2–1 tsp. sweetener of choice

1/4 tsp vanilla

1/2 Bosc pear, chopped

coconut milk

- Grind flaxseeds into a fine meal and set aside (Note: you may grind a cup of flaxseeds ahead of time and store in an airtight container in the refrigerator for future use.)
- Using a food processor or blender process pumpkin seeds, coconut, chia, cinnamon, sea salt, until finely ground.
- Add hot water to cover.
- Add stevia or sweetener of choice and vanilla. Mix well.
- Top with pear, and a drizzle of coconut milk.

Vanilla Chia Pudding

4 servings

$\frac{3}{4}$ cup chia seeds
4 cups almond milk
2 tsp vanilla extract
12 drops stevia or 2 Tb maple syrup

- Add nut milk, vanilla and maple syrup to the blender and blend.
- Put the chia seeds into a bowl and pour the nut milk mixture over them. Stir thoroughly with a whisk or a fork. Let rest for five minutes, and stir again. Ten minutes later, stir again. Refrigerate and let sit overnight or at least 2 hours.
- In the morning, give it a stir and check texture. If it's too thick, simply add more almond milk; I like my pudding thick, you can thin it out to the consistency you like.
- Check the sweetness. Add stevia for additional sweetness.
- Top with berries.
- Great for breakfast or snack.



Blueberry Coconut Green Smoothie

2 servings

2 Tb organic ground flax seeds
1/4 cup canned full fat coconut milk
3 cups spinach or other leafy greens
2 stalks of celery
1 cup frozen wild or organic blueberries
1 scoop vegan protein powder (optional)
1/4 tsp cinnamon
8 ounces filtered water

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



Just Greens Protein Smoothie

The avocado will fill you up keeping you satisfied for many hours.

2 servings

1/2 granny smith organic apple, washed, cored but with skin on if organic
2 stalks organic celery, chopped
1 cup chopped organic romaine lettuce or other dark greens
1/2 cucumber with skin if organic, peel if not organic
1/2 of a medium Haas avocado
2 tsp maca (optional) Handful of parsley
2 Tb ground flax seed
1 Tb protein powder (hemp or sun warrior)
1 cup filtered water
Juice of 1 lemon
Pinch of stevia (optional)

- Chop vegetables into 1 inch pieces for easy blending.
- Add all ingredients into blender except water.
- Fill blender with approximately 1 cups filtered water
- Puree till smooth or desired consistency (add more or less water depending on how thick you desire your shake).
- Taste and a little stevia if you want it to be sweeter

If you take this to work with you, put in a sealed container, it will stay in the refrigerator for a few hours. It is surprisingly delicious, creamy and a little tart.

Sweet Potato Breakfast Pudding

This is a great breakfast for the colder months, warm and satisfying. Sweet potatoes are full of nutrients and antioxidants. They're also high in fibre! They've got lots of C and B vitamins. The orange color from the carotenoids provides Vitamin A and enhances the function of your immune system. It can be served warm or cold.

1 large serving

2 Tb ground flax seeds

1 cup sweet potato or butternut squash, cut into chunks

$\frac{3}{4}$ -1 cup almond, coconut or hemp milk

1 tsp pumpkin pie spice

1 scoop collagen or vegan protein powder

stevia drops, to taste

- Peel and cut sweet potato. Steam until soft. Alternately use already cooked sweet potato. If you steam it in the morning your pudding will be warm when you make it.
- Put sweet potato, flax seed, $\frac{3}{4}$ cup almond milk, pumpkin pie spice and protein powder into the blender.
- Blend until smooth. Taste for sweetness, add stevia if desired. Add additional almond milk to desired consistency.
- If you want it warm, put into a pot to heat through.
- Spoon into a bowl.
- Enjoy.

The pudding will keep 3 days in the refrigerator for if you want to make up a double batch to save time.

Amaranth Porridge

Stabilizing sugar levels is important for supporting your adrenals and thyroid. A great starting point is to make your breakfast full of protein, fat and fiber, and not many carbohydrates. This amaranth porridge fits the bill.

Amaranth is high in minerals, such as calcium, iron, phosphorous, and carotenoids. It has truly remarkable protein content: 1 cup = 28.1 grams of protein compared to the 26.3 grams in oats and 13.1 grams in rice. Amaranth is a great source of lysine, an important amino acid with protein content comparable to that of milk, and more easily digested.

2 servings

½ cup of amaranth

1 cup water

1/2 tsp Celtic sea salt

1/2 cup coconut, almond or hemp milk (more to taste)

1 Tb maple syrup

Celtic sea salt

- Combine the amaranth and water in a small saucepan, and bring to a boil.
- Reduce the heat to low, cover and simmer 20 minutes. Stir every once in a while, as the amaranth may stick to the bottom of the pan.
- Most of the water should be absorbed. Take care at the end of the cooking time, because it may get too dry and burn. You should still see the individual grains of amaranth, although they will stick together a little. Overcooking will turn the amaranth to mush.
- Stir in the milk, syrup, and a pinch of salt. Stir vigorously until the porridge is creamy. Remove from heat and serve.



Main Dishes

One-Pot Winter Vegetables Lentils

6 servings

1 cup French green lentils
 2 tablespoons apple cider vinegar
 1 tablespoon ghee or coconut oil (olive oil is ok but keep temperature low)
 1 medium yellow onion, chopped
 2 stalks celery chopped
 1 celeriac, peeled and chopped into 1/2" dice, about 3/4 pound
 1 turnip, peeled and chopped into 1/2" dice
 3/4 pound carrots, peeled and chopped into 1/2 " dice (4 carrots)
 1/2 pound parsnips, peeled and chopped into 1/2-inch dice (3 parsnips)
 1 teaspoon Celtic sea salt
 5 cups chicken broth or vegetable broth
 1 chipotle chili pepper
 1 bay leaf
 2 sprigs fresh thyme or 1/2 teaspoon dried
 1 bunch hearty greens trimmed and sliced very thin (kale, mustard greens, collards), about 5 cups
 extra virgin olive oil, to serve

- Pour the lentils into a large mixing bowl, cover with warm water by 2 inches, and stir in vinegar. Cover the bowl loosely with a kitchen towel and leave in a warm spot in the kitchen for 8 to 12 hours. Drain the lentils and rinse well.
- Melt the ghee in a heavy-bottomed stock pot over medium heat. Add onions and cook until fragrant and translucent, 5 minutes, stirring frequently to prevent burning.
- Stir in celeriac, turnips, carrots, and parsnips. Sprinkle the vegetables with salt, cover the pot, and sauté for 6 to 8 minutes, stirring occasionally.
- Stir in lentils, chicken stock, chili pepper, bay leaf and thyme. Simmer, uncovered, for 30 to 35 minutes until lentils are tender. Remove and discard the chili pepper, thyme and bay leaves.
- Turn off the heat, and stir in the greens. Cover and allow the greens to wilt in the residual heat of the lentils for about 5 minutes.
- Taste to adjust salt.
- Serve with a drizzle of olive oil.



Kitchari

6 servings

- 1/2 cup [split yellow mung beans](#), or red lentils soaked overnight
- 1/2 cup white basmati rice, rinsed
- 1 Tb ghee or coconut oil
- 1/2 tsp black mustard seeds
- 1 tsp whole fennel seeds
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp ground coriander
- 1/4 tsp ground black pepper
- 1 Tb fresh ginger, minced
- 4 cups water
- 1 bay leaf
- 2 cardamom pods (optional)
- 1/2 cinnamon stick or pinch of ground cinnamon
- 1/2 tsp Celtic sea salt
- 1/4 cup chopped cilantro per servings
- Optional: 2 cups chopped spinach, chard or other leafy green vegetable

Have all your ingredients ready before you begin. You want to work quickly so you don't burn the seeds and spices.

- Drain and rinse soaked mung beans, until water runs clear.
- Rinse rice in a strainer until water runs clear.
- In a small bowl, mix the mustard and fennel seed
- In a separate bowl, measure the cumin, turmeric, coriander and black pepper.
- Chop the ginger. Have the bay leaf, cardamom (if using), and cinnamon on hand.
- Heat ghee in large pot on medium. Once it is hot add mustard and fennel seeds. Sauté until you hear the seeds 30-60 seconds.
- Quickly add the second bowl of spices and ginger. Stir.
- Immediately add the rice and beans so you don't burn the spices. Stir to coat the rice and beans with the spices.
- Add water, bay leaf, cardamom and cinnamon. Bring to a boil
- Turn heat to low, cover pot and cook until dal and rice become soft and porridge like (about 30-40 minutes), stirring occasionally.
- Add salt. Stir.
- Add additional water if you like it thinner.
- Serve topped with cilantro
- Optional: Add chopped leafy green vegetables like spinach or chard to your kitchari once it is cooked. Let sit until wilted
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Herb Roasted Vegetables

4 servings

1 medium butternut squash, cut into $\frac{3}{4}$ " inch cubes (about 5 cups)
2 whole carrots cut into $\frac{1}{2}$ " circles on the diagonal (about 1 cup)
2 small white turnips, peeled and cut into $\frac{3}{4}$ " cubes (2 cups)*
1 medium yellow onion, sliced into $\frac{1}{2}$ " wide wedges
1 teaspoon fresh rosemary, coarsely chopped or $\frac{1}{2}$ tsp dried
2 teaspoons fresh thyme leaves, or 1 tsp dried
 $\frac{3}{4}$ tsp Celtic sea salt, divided
fresh cracked pepper, to taste
4 tablespoons extra virgin olive oil, divided
8 ounces Brussels sprouts (about 2 cups)
2 cloves garlic chopped
1 Tb apple cider vinegar

- Preheat oven to 400°. Lightly grease 2 large rimmed baking pans
- Place squash, carrots, turnips and onions in a large bowl.
- Sprinkle the rosemary, thyme, 3 tablespoons of olive oil, $\frac{1}{2}$ teaspoon salt and pepper onto the squash mixture, toss to coat.
- Transfer the vegetables to one of the baking sheets. Roast 30-45minutes, stirring occasionally so they brown evenly.
- Remove from the oven once brown and tender.
- In the meantime, cut off the ends of the Brussels sprouts and pull off any yellow outer leaves.
- Place trimmed Brussels sprouts into the same bowl used for the vegetables.
- Season Brussels sprouts with remaining 1 Tb of olive oil, $\frac{1}{4}$ tsp salt and pepper Toss to coat
- Transfer Brussels to the second rimmed baking sheet. Bake 20 minutes until beginning to brown.
- Add garlic and toss. Continue roasting another 15 minute until brown on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.
- Combine both trays of vegetables
- Drizzle with vinegar, taste to adjust seasoning
- Serve on a platter

***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.

Tandoori Cauliflower & Sautéed Greens

4 servings

For the Tandoori Cauliflower:

- 6 cups cauliflower, cut into 1" florets (1 large cauliflower)
- 1/3 cup tahini
- 1 tablespoon curry powder
- 1/2 teaspoon Celtic sea salt depending on the salt in your curry powder
- Dash cayenne
- 6 tablespoons water
- 2 tablespoons freshly squeezed lime juice

For the Greens

- 2 bunch greens (chard, collards, kale or mustard) or 2-5 ounce containers of organic power greens or baby kale
- 2 tablespoon ghee or olive oil
- 2 cloves garlic, thinly sliced
- Few pinches red pepper flakes
- 2 teaspoons cider vinegar
- 1/2 teaspoon Celtic sea salt, plus more to taste
- 1 - 15 ounce can chickpeas, drained and rinsed (optional)

Prepare the Cauliflower

Preheat oven to 400F.

Whisk together the tahini, curry powder, salt, cayenne, water, and lime juice. Stir until thick.

Place the cauliflower pieces in a large mixing bowl. Pour the sauce over the florets and mix everything well.

Transfer the cauliflower (and any sauce in the bottom of the mixing bowl) to a parchment lined baking sheet.

Bake for 15 minutes. Gently stir the pieces so they brown evenly.

Bake 15 more minutes or until the cauliflower is tender and a lightly browned

Prepare greens while cauliflower is cooking

Rinse greens well. Tear or cut leaves away from stems and discard stems.

Coarsely chop. (skip this step if buying washed and prepared greens)

Heat a large skillet over medium low heat. Add oil. Add garlic and red pepper flakes, and sauté briefly about 30 seconds.

Add greens, a few handfuls at a time, stirring in between, turn the heat up to medium high.

Stir in vinegar, salt and chickpeas if using. Cover. Cook until just tender, 2-10 minutes, depending on the type of greens and your preference. Add a few drops of water if the pan gets dry before the greens are tender.

Taste to adjust salt.

To serve: Divide greens into 4 serving dishes and top each with the cauliflower Enjoy!



Easy Cannellini Bean Stew w/Swiss Chard & Tomatoes

4 servings

2 bunches Swiss chard, large stems and leaves separated

1/4 cup extra-virgin olive oil

3 garlic cloves, thinly sliced

1/4 teaspoon crushed red pepper

1 cup canned tomatoes, chopped

One 16-ounce can cannellini beans, drained and rinsed

Celtic sea salt and fresh pepper to taste

Apple cider vinegar

- One at a time, grasp the stems in one hand and strip the leaves off with the other.
- Cut the stems into thin 2" pieces
- Cut the leaves crosswise into 2" strips
- Bring a saucepan of water to a boil. Add the stems and simmer over moderate heat 3 minutes. Add the leaves and simmer 2 minutes more until tender.
- Drain the greens and gently press out excess water.
- In a large deep sauté pan, heat the oil on medium low. Add the garlic and crushed red pepper and cook until the garlic is golden, 1 minute.
- Add the tomatoes and bring to a boil. Add the beans and simmer over moderately high heat for 3 minutes.
- Add the chard and simmer over moderate heat until the flavors meld, and chard is tender, 2 minutes.
- Season the stew with salt and pepper.
- Serve with a splash of apple cider vinegar.



Black Bean Edamame Burgers with Ginger & Lime

These burgers are high in protein, with lots of anti-viral and anti-bacterial properties from the cilantro. They taste wonderful a little spicy and tangy.

Makes 6 Burgers

- 1 cup shelled, frozen edamame beans
 - 1 cup small red onion chopped
 - 2 Tb fresh ginger, peeled and chopped
 - 1 Serrano or Jalapeno pepper, seeded and chopped
 - 2 cloves garlic, chopped
 - 1 Tb coconut oil
 - 1 cup cooked black beans
 - 1/3 cup [quinoa flakes](#)
 - 2 heaping tablespoons ground flax seed
 - 2-3 Tb lime juice (to taste)
 - 3 Tb wheat free tamari
 - 1/2 cup fresh cilantro, chopped
 - 1/4 tsp cayenne pepper (optional)
- Sauté onion, ginger and serrano pepper in coconut oil (till soft and fragrant (about 5 minutes). Add garlic and edamame, stir.
 - Place the onion mixture in a food processor and add the black beans, quinoa flakes, flax seed, lime juice, cilantro, tamari, and cayenne
 - Pulse to combine, then add the cilantro. Run the motor until consistency is very thick but easy to mold.
 - Mold into 6 patties. Place on a lightly oiled baking sheet
 - Bake at 350 degrees for about 30 minutes
 - Serve on Arugula topped with guacamole or sliced avocado.

Braised Tempeh with Butternut Squash and Kale

4 servings

One 8-ounce package of tempeh, cut into 24 pieces (1" cubes)

2 Tb wheat free tamari

1 medium butternut squash, peeled and cut into cubes (about 3 cups)*

½ cup vegetable or bone broth, more if needed

1 Tb Dijon mustard

2 cups yellow onion, diced

4 cups kale or Swiss chard, stems removed, chopped

2 Tb coconut oil

1 tsp turmeric

2 tsp smoked paprika (or to taste)

¼ tsp red pepper flakes (optional)

4 cups kale or Swiss chard, stems removed, chopped

- Peel and cut the butternut squash into ½" cubes. In a saucepan fitted with a steamer, steam for 5-7 minutes until almost tender. If you don't have a steamer simmer in 1" of water in a covered sauté pan. Remove from steamer and set aside to cool.
- In a small bowl mix together the broth and mustard
- Pour the tamari onto a plate. Add tempeh and turn to coat each piece. Let it sit while you prepare the other ingredients.
- Cut up the onions and kale.
- Heat the coconut oil in a large sauté pan over medium high heat. Add the onion and tempeh. Sauté until the onions are soft and the tempeh cubes are golden brown, about 7-8 minutes. Stir frequently and be careful to not burn the onions.
- Add squash, turmeric, smoked paprika and red pepper flakes (if using). Stir to coat tempeh and vegetables with the spices.
- Pour the broth mustard mixture over the tempeh and vegetables.
- Add half the kale and stir until it wilts. Add the rest of the kale.
- Sauté 2-3 minutes until the kale is tender. Add more stock if necessary to keep the vegetables moist.
- Taste to adjust seasonings. Serve.

*Can also be made with left over cooked sweet potatoes.

Vegetables

Sautéed Brussels Sprouts with Apples

In this dish the sprouts are thinly sliced and sautéed with cubes of sweet apples. The apples create a sweet counterpart to the slightly bitter Brussels sprouts.

4 servings

2 tablespoons ghee or coconut oil

1 large Golden Delicious apple, cored and cut into 1/4-inch cubes

1 pounds Brussels sprouts, trimmed and very thinly sliced

½ teaspoon Celtic sea salt, more as needed

black pepper

- Heat ghee in a skillet over medium-high heat until lightly smoking.
- Add apples and cook, barely moving, until lightly colored, about 5 minutes.
- Stir in Brussels sprouts and continue cooking, stirring occasionally, until tender and golden, 5-6 minutes.
- Season with salt and pepper.



Cauliflower Rice

This is a great stand in for rice if you want something lighter or eat a paleo diet. While it doesn't really taste exactly like rice, the look and texture is close. It has a delicious savory taste.

4 servings

3 tablespoons olive oil

1 medium onion, finely chopped (1 cup)

¼ teaspoon Celtic sea salt

2-3 stalks celery finely chopped (1 cup)

1 head cauliflower, stems trimmed and coarsely chopped (about 5 cups)

¼ cup parsley or cilantro chopped

- Heat oil in a large sauté pan over medium low heat.
- Sauté onion for 5 minutes, until soft.
- Add salt and celery, sauté for 5 minutes until tender.
- Put cauliflower into a food processor and pulse until it is the texture of rice
- Add cauliflower to the sauté pan. Cover and cook for 15-20 minutes, on low heat, stirring occasionally until soft.
- Stir in parsley
- Adjust seasonings and serve

Sautéed Swiss Chard with Onions

2 servings

1 bunch Swiss chard
2 Tb olive oil
1 large onion, sliced
2 or 3 large cloves of garlic, minced
½ tsp Celtic sea salt
¼ tsp freshly ground black pepper

- Wash the chard and trim the stalks at the cut ends. Strip the leaves downwards from where the stems are about 3/16 inch in diameter. Cut the stems into pieces about an inch long and set them aside in a bowl. Roll or pile the leaves and cut them into one inch strips. Set these aside in another bowl.
- Heat olive oil over low heat in a large skillet or frying pan. Add the onion, ¼ tsp of salt and a few grinds of black pepper. Stir well to mix the salt and oil with the onion. Cover the pan and cook the onion for about eight minutes, stirring it occasionally.
- Turn the heat up to medium-low and stir in the chopped stems and remaining salt. Cover and cook for another eight minutes, again stirring the mixture occasionally. If the pan appears dry, add a couple of teaspoons of water.
- Add the chopped leaves and the garlic. If the pan is big enough, just stir them in all at once. If you have too many leaves to put in the pan at once, add them in batches, stir them a few seconds until they wilt, then add more until you have them all in the pan. Finish the chard by cooking another 4 or 5 minutes.
- Taste to adjust salt and pepper.

Pan Steamed Broccoli with Garlic

2 servings

1 head broccoli about 1 to 1 ½ lbs

1/3 cup water

Pinch of sea salt

1 clove garlic finely minced

2 Tb extra virgin olive oil (optional for added flavor)

- Cut the florets into 1" pieces. Peel the stalk and cut in half crosswise and then into 1/8" sticks lengthwise.
- Heat a medium sauté pan, add water, salt and broccoli stems.
- Bring to a boil
- Add the broccoli florets.
- Cover, raise heat to medium and cook for 3-5 minutes until crisp tender.
- Add garlic simmer 1 minute
- Remove from the heat.
- Drizzle with 2 Tb extra virgin olive oil. Serve



Sautéed Spinach with Cumin and Fennel Seeds

This is an easy variation on the usual Sautéed Spinach with Garlic. Fennel seeds and cumin seeds along with garlic and coconut oil add a surprisingly delicious flavor to spinach. The seed provide a slightly crunchy texture.

Fennel seeds can stimulate **digestion** and relieve symptoms of bloating and stomach pains. They also serve as an excellent natural breath freshener. Fennel symbolizes longevity, courage, and strength.

Cumin seeds have been shown to be of benefit to the digestive system. Cumin seeds are an excellent source of iron a mineral that supports good red blood cells, providing energy.

Spinach is one of the top 5 alkaline vegetables. It is a potent alkalizer with an abundance of nutrients. It is high in Vitamin K, Vitamin A, folate, iron, vitamin C, calcium, potassium and fiber. I like it because you can buy organic spinach already washed ready to go. I always keep a pack of spinach in my refrigerator.

2 servings

1 Tb coconut oil
5 oz prewashed baby spinach
2 cloves garlic, minced
1 tsp cumin seed
½ tsp fennel seeds
¼ tsp Celtic sea salt

- Heat a large sauté pan. Add coconut oil. Once the oil is melted add cumin and fennel seeds.
- Sauté 1 minute on medium-low until seeds begin to get brown.
- Sauté on medium low 1 minute until the garlic is soft but not brown.
- Add spinach turn with tongs to wilt. Depending on the size of your pan, you may have to add the spinach in batches.
- Keep stirring the spinach with the tongs until it is completely wilted 2-3 minutes.
- Season with salt and serve



Roast Sweet Potatoes

I eat these frequently for dinner with a large salad mixed with avocado. It is filling, satisfying and nutritious. I like it especially when I am tired and don't want to cook much.

2-4 servings

2 organic sweet potatoes

Olive oil

Celtic Sea Salt & fresh pepper

- Preheat oven to 425.
- Place a rimmed baking sheet in the oven for 5-10 minutes while you prepare the sweet potatoes, you want the pan to be very hot.
- Prepare the potatoes: If they are organic you can wash them thoroughly and leave the skin on. If not peel them.
- Cut the sweet potatoes into 2" chunks.
- In a large bowl toss sweet potatoes with just enough oil to coat.
- Sprinkle with salt and pepper
- Take the pans out of the oven
- Spread sweet potatoes in single layer on the hot baking sheet, being sure not to overcrowd.
- Bake until sweet potatoes are tender and golden brown, turning so they brown on both sides, about 30 minutes.

A few more things...Smoked Paprika sprinkled on and tossed with the oil makes a nice roasted flavor.

Soups



Mushroom-Spinach Soup w/Middle Eastern Spices

Adapted from Melissa Clark

This is a hearty, chunky soup filled with bits of browned mushroom and silky baby spinach. A combination of sweet and savory spices – cinnamon, coriander and cumin – gives it a deep, earthy richness. To get the best flavor, use several kinds of mushrooms and cook them until they are dark golden brown and well caramelized.

4 servings

6 tablespoons ghee or extra-virgin olive oil

1 ¼ pounds mixed mushrooms (such as cremini, oyster, chanterelles and shitake), chopped, (8 cups)

½ pound shallots, finely diced (2 cups)

1 tablespoon tomato paste

2 teaspoons chopped fresh thyme leaves

1 ½ teaspoons ground cumin

1 teaspoon ground coriander

½ teaspoon ground cinnamon

Pinch ground allspice

1 ½ teaspoons Celtic sea salt, more to taste

1/2 teaspoon black pepper

5 ounces baby spinach, coarsely chopped

- Heat 3 tablespoons ghee or oil in a large pot over medium-high heat. Add half the mushrooms and half the shallots; cook, stirring occasionally, until most of the liquid has evaporated and the mushrooms are well browned, 10 to 12 minutes. Transfer mushrooms to a bowl and repeat with remaining ghee, mushrooms and shallots.
- Return all mushrooms to the pot and stir in tomato paste, thyme, cumin, coriander, cinnamon and allspice; cook until fragrant, about 1 minute.
- **Stir in 5 cups water**, the salt and the black pepper. Bring mixture to a simmer over medium heat and cook gently for 20 minutes.
- Stir in baby spinach and let cook until just wilted, 1 to 2 minutes.
- Using an immersion blender or food processor, coarsely purée soup. Thin with water, as needed. Taste and adjust seasoning, if necessary.
- Serve and enjoy.



Cream of Broccoli Soup

This vegan cream of broccoli soup is made with a little bit of cashews to give it a rich creamy taste. It is paleo, gluten-free, grain-free, dairy-free!

Serves: 4

1/4 cup cashews, soaked for 4 hours if possible

1 Tb ghee or coconut oil

1 medium yellow onion, sliced

2 cloves garlic, chopped

1/2 tsp Celtic sea salt

Freshly ground pepper, to taste

2 cups cauliflower, chopped

6 cups vegetable or chicken broth

4 cups broccoli, stems trimmed, chopped

Fresh ground pepper

1 cup broccoli florets cut into 1" pieces, steamed for garnish (optional)

- Heat oil in a soup pot on medium heat.
- Add onion and sprinkle with salt. Sauté on medium heat for 5 minutes without browning
- Add garlic, cauliflower and stock. Cover and bring to a boil. Reduce heat and simmer for 5 minutes,
- Add the broccoli. Simmer for 5 more minutes or until broccoli is tender.
- Drain and rinse the cashews.
- Add the soup and cashews to your blender. Puree until smooth. Return to pot. You can do it in batches if your blender is small.
- Taste to adjust salt and pepper
- Steam the 1 cup of broccoli florets, if using.
- Serve garnished with a few broccoli florets



Curried Butternut Squash Soup

4 servings

1 Tb coconut oil
 1 large onion, coarsely chopped
 1 Tb fresh ginger, chopped
 1 Tb curry powder
 1 medium butternut squash, peeled and cut into chunks
 4 -5 cups stock vegetable or chicken, or enough to cover the vegetables
 1 cup full fat coconut milk
 Celtic sea salt

- Heat oil in soup pot.
- Add onions and ginger.
- Sauté on medium until soft about 5 minutes. Stir frequently so the onions don't brown.
- Add the curry powder and stir to coat the onions.
- Add the butternut squash and mix to combine evenly.
- Add just enough stock to cover.
- Bring to a boil, cover and turn down to a simmer.
- Simmer 10-15 minutes or until the butternut squash is tender.
- Turn off the flame and let cool a few minutes.
- Blend the soup in a blender, be careful if it is hot that it doesn't explode the top off of you blender. Do it in batches if necessary.
- Blend in the coconut milk.
- Return to the pot and heat. Taste to adjust salt.
- Serve garnished with a few chopped pumpkin seeds

Creamy Zucchini Leek Soup

4 servings

2 Tb, ghee, coconut oil or olive oil
2 leeks white and light green parts only, sliced
3 garlic cloves, minced
½ tsp Celtic sea salt
5 cups zucchini, cut into cubes (3-4 zucchini)
4 cups vegetable or chicken broth
½ cup full fat coconut milk
¼ cup chopped fresh dill, chopped
fresh pepper

- Cut leeks down so no dark green remains. Slice long ways down the center and rinse to remove any dirt.
- Heat a large pot, add oil and leeks. Season with salt.
- Sauté the leeks over medium-low heat until softened about 7 minutes.
- Add the garlic cloves and sauté briefly until fragrant, 1 minutes
- Add the zucchini and stir. Pour in the broth
- Bring to a boil, reduce heat to low, and partially cover. Simmer for 20 minutes, until zucchini is tender.
- Add fresh dill and coconut milk. Puree until smooth using a blender or an immersion blender.
- Season with fresh pepper, taste to adjust seasonings.



Energizing Kale Soup

4-6 servings

1 Tb coconut oil
 1 medium onion, chopped
 1 cup diced celery
 4 cloves garlic, chopped
 5 cups broth vegetable, chicken or bone
 2 tsp dried thyme
 1 tsp dried rosemary
 ½-1 tsp Celtic sea salt to taste, use less if your stock has salt
 2 red potatoes, diced into ½-inch cubes (about 1½ cups)
 1 medium carrot, diced into ¼-inch cubes (about 1 cup)
 4 cups lightly packed kale, stems removed and finely chopped
 Fresh pepper

- Chop garlic and onions and let sit for 5 minutes to bring out their health benefits.
- Heat 1 tablespoon oil in a medium soup pot.
- Sauté onion and celery over medium heat for about 5 minutes stirring frequently.
- Add garlic and continue to sauté for another minute.
- Add broth, thyme, rosemary, salt and potatoes and bring to a boil on high heat.
- Once it comes to a boil, reduce heat to a simmer and cook for 5 minutes.
- Add carrots and cook until vegetables are tender, about 15 minutes.
- Add kale, and cook another 5 minutes until the kale is tender.
- Season with fresh pepper, taste to adjust salt.



Chunky Vegetable Soup

4-6 servings

2 Tb extra virgin olive oil
 1 large onion chopped
 2 stalks celery diced
 ½ tsp Celtic sea salt
 2 garlic cloves, minced
 1 tsp Italian seasoning
 3 cups white or baby bella mushrooms, sliced
 14.5 ounce canned crushed tomatoes
 1 cup carrots, cut into chunks (2 carrots)
 1 cup string beans cut, into 1 inch pieces
 1/8 tsp fresh coarse ground black pepper
 4 cups stock, vegetable or bone
 1 cup frozen organic peas
 2 cups coarsely chopped spinach

- Heat oil in a large heavy bottomed saucepan over medium-low heat.
 - Add olive oil, chopped onion celery and salt. Sauté for 4 minutes on medium low until translucent.
 - Add, garlic, Italian seasoning and mushrooms
 - Sauté on low for 5 minutes without browning.
 - Add canned tomatoes, sauté 2 minutes.
 - Add stock, carrots, string beans and pepper. Bring to boil reduce heat, cover and simmer on medium-low heat for 20 minutes, stirring occasionally, until string beans are tender.
 - Add spinach and peas cover and cook an additional 3 minutes until spinach is wilted.
 - Taste to adjust spices and salt.
- Optional:** For additional protein add 1-14oz can navy or cannellini beans when you add the carrots and string beans.

Detoxifying Adzuki Bean Soup

Here is one of my favorite recipes that will cleanse your kidneys and improve your skin. Adzuki beans are used in Asia as a kidney cleanser. They are high in fiber and a good source of vegetarian protein. 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. They are a great source of fiber, potassium, niacin, thiamine, riboflavin and other B vitamins. They are also rich in manganese, zinc and iron; all of which are incredibly good for you.

4 servings

1 cup Adzuki beans, soaked in water 4 hours or overnight
1 piece of kombu
1 bay leaf
1 1/2 cups water

1 Tb coconut oil
1 large onion, chopped
2 carrots, chopped
1 stalk celery, chopped
3 garlic cloves, chopped
1 Tb freshly grated ginger
4 cups vegetable stock, chicken stock or water
1 tsp cumin
Celtic sea salt
Fresh pepper
2 cups chopped spinach
2 Tb lemon juice
2 scallions thinly sliced

- Drain the beans, place the beans, kombu, bay leaf and 1 1/2 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 oil over medium-low heat. Add the onions, carrots, celery, and sauté until tender, about 5 minutes.
- Add the garlic and ginger and cook 1 minute.
- Add the cooked beans with their liquid, stock, and cumin.
- Simmer an additional 25 minutes or until beans are tender, stirring occasionally.
- Add salt and pepper
- Add in the chopped spinach. Simmer 2 minutes to wilt the spinach.
- Add in lemon. Taste to adjust seasoning.
- Serve garnished with scallio

Salads



Kale-Slaw with Tahini Ginger Dressing

2 servings

3 cups lacinato kale, stems removed and thinly sliced
 2 cups green or red cabbage shredded or finely chopped
 1 cup julienned or shredded carrots
 ¼ cup raw sauerkraut or kim chi (optional)

Tahini Ginger Dressing

1/2 cup raw tahini (you can use roasted, if you can't get the raw)
 1 tsp fresh ginger grated
 2 Tb lemon juice
 1 Tb raw honey or 12 drops stevia
 2 Tb wheat-free tamari
 1 clove garlic, minced
 1/2 cup filtered water, more or less for desired thickness.

- Place the kale, cabbage, carrots and sauerkraut into a large bowl. Toss with a pinch of salt.
- Put all the ingredients for the dressing except the water in the blender.
- Add ¼ cup water and start blending. Blend until well combined and beginning to get smooth
- Add the rest of the water while blending to desired consistency.
- Blend until very smooth and creamy
- Spoon about 1/3 cup of dressing onto the kale – cabbage mixture. Mix to combine. Massage it with your hands
- Add more dressing as needed to get a nice creamy slaw. Save the rest of the dressing for salads or as a dip for crudité

Arugula and Pear Salad with Walnuts and Pomegranates

4 servings

½ cup walnuts

5 oz arugula

1 ripe Bosc or Anjou pear, thinly sliced

1 lemon

4 Tb olive oil

Celtic sea salt and fresh pepper

1 cup pomegranate seeds

- Toast nuts in a small pan over medium heat until fragrant.
- Combine arugula pear and nuts in a bowl.
- Dress with lemon, olive oil, salt and pepper. You can do it directly onto the salad. Taste for balance.
- Top with pomegranate seeds.
- Serve

Mixed Green Salad

Mixed organic greens or baby arugula

Carrots shredded, sprouts, cucumber, daikon anything you like

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

Simple Dressing

2 servings for side salad

1 Tb apple cider vinegar

3 Tb extra virgin, cold pressed olive oil

¼- ½ tsp celtic sea salt

- Put the arugula, cucumbers and tomatoes into a bowl. Toss with the dressing.
- Grind some fresh pepper on top and serve

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 to 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 Miso Dressing

Makes 1 cup

3 tablespoons unpasteurized organic white miso
4 tablespoons unseasoned rice vinegar
1 tablespoon raw honey
4 tablespoons water
1 teaspoon chopped, peeled fresh ginger
1 small clove garlic, peeled and chopped
½ cup cold pressed, extra virgin olive oil

- Blend all ingredients in a blender until smooth.
- Store in the refrigerator for up to 7 days.

Honey Dijon Almond Butter Dressing

Makes about ½ cup

1/4 cup unsweetened almond butter
1 Tb olive oil
1 small shallot, very finely minced – about 1 tablespoon
1 Tb dijon mustard
1/3 cup fresh orange juice (1 orange)
1 tsp orange zest
3 tsp honey (or maple syrup)
1/4 tsp Celtic sea salt
freshly ground pepper

- Add all of these ingredients to a medium sized bowl.
- With a fork or a whisk, whisk the dressing very well, until smooth and creamy. This can also be made in a blender if you'd like

Tahini Ranch Dressing

Makes 2 cups

1 cup tahini
½ cup lemon juice
½ cup water
½ teaspoon garlic powder
1 tablespoons maple syrup
1 tablespoon olive oil
1 teaspoon Celtic sea salt
¼ teaspoon fresh ground black pepper
¼ cup dill
¼ cup scallions or chives
¼ cup parsley

- In a medium size bowl, mix the tahini with the lemon juice and water
- Keep mixing until the tahini turns pale, smooth and creamy
- Add garlic powder, maple syrup, olive oil, salt and pepper.
- Mix in the herbs.
- Add more water if you want it a little thinner
- Set aside in the fridge to let the flavors come together or if you can't wait use immediately. It will even better the next day.
- It will last for 5 days in the refrigerator.



Creamy Dill & Hemp Seed Dressing

Makes 2 cups

1 cup hemp seeds
1/2 cup water
1/2 cup olive oil
Pinch cayenne, or to taste
6 Tb lemon juice
1 Tb nutritional yeast
2 cloves garlic
4 drops stevia or 2 tsp raw honey
2 Tb wheat free tamari
1/4 tsp sea salt
1/4 tsp black pepper
1/2 cup fresh dill

- Place all ingredients except dill in a high-speed blender and blend until smooth. Add more water if you want it thinner.
- Add dill and blend until you see flakes of green. Do not over blend. You want to see the dill leaves.

Mustard Shallot Vinaigrette

Makes about 1 1/4 cup

1 shallot, minced
2 Tb apple cider vinegar
3 tsp Dijon mustard
1/4 tsp Celtic sea salt
1/2 tsp coarse ground black pepper
1 cup extra virgin olive oil

- In a mason jar with a tight lid, combine the shallot, vinegar and mustard.
- Close the lid and shake well to mix.
- Add the salt and pepper and shake again.
- Add olive oil 1/3 cup at a time, shaking very well after each addition, until smooth and emulsified.
- Use immediately or refrigerate up to 3 weeks. Remove from the refrigerator for 30 minutes before using to allow it to liquefy. Shake well before serving

Snacks

Cumin Spiced Mixed Nuts

I have chosen walnuts and pecans because they hold the spices in their nooks and crannies and almonds for their good protein. Any nuts will work.

- 1 Tb melted coconut oil
- 1 Tb local honey
- 1 tsp smoked paprika
- 1 tsp cumin
- ¼ - ½ tsp cayenne pepper, depending on how hot you like it
- 1 tsp Celtic sea salt
- 1/2 cup walnuts
- 1/2 cup pecans
- 1/2 cup almonds

- Preheat oven to 300 degrees.
- Combine coconut oil, honey, smoked paprika, cumin, cayenne and salt in a large bowl and stir until well mixed. Add nuts and toss until well combined.
- Pour onto rimmed baking sheet lined with parchment paper and bake 15 - 20 minutes until fragrant and just lightly browned.
- Store in a glass jar in the refrigerator.



Chocolate Hemp Maca Energy Balls

28 little balls

These little balls are will fill you up and give you energy. The protein and fat in the walnuts and hemp balance out the sweetness from the dates. The magnesium in the cacao improves your mood and the maca gives you energy. Can be made without maca if you don't have it.

¼ cup walnuts
 ½ cup hemp seeds
 ¼ cup shredded coconut
 pinch of Celtic sea salt
 ½ cup chopped Medjool dates (6-8)
 3 Tb raw cacao powder
 2 Tb melted coconut oil
 3 Tb maca powder
 ½ tsp vanilla
 ¼ cup hemp seeds or coconut

- In a food processor, process the walnuts, ½ cup hemp seeds, coconut and a pinch of sea salt until fine.
- Add the dates, cacao, coconut oil, maca and vanilla.
- Process until the mixture holds together well
- Scoop out a rounded teaspoon of the dough then roll in your palm to form a ball. Roll in hemp seeds or coconut.
- Repeat to use up all the dough. You will get about 28 little balls.

Store in the refrigerator for up to a week or freeze for up to 2 month

Flax Power Protein Bars

Adapted from Andrea Nakayama

Yield: 12-16 bars

1 cup sprouted almonds or macadamia nuts coarsely chopped
1 cup walnuts coarsely chopped
1/2 cup shredded coconut
1/2 cup ground flax seeds
1/4 teaspoon Celtic sea salt
1/2 cup almond butter or nut butter of choice,
1/2 cup cacao butter or coconut oil, melted (with coconut oil the bars will be very soft at room temperature, you can also use a mix)
1/2 cup raisins, dates, or other dried fruit, chopped
1 Tb maca powder (optional)
1 tablespoon vanilla extract
1 1/2 tablespoon raw honey or 6-10 drops stevia extract to taste

- Pulse nuts, ground flaxseeds, coconut, and salt in a food processor until coarsely ground
- Gently melt the cacao butter or coconut oil in the jar placed in heated water
- Add the cacao butter or coconut oil to the food processor along with the remaining ingredients.
- Pulse to create a course and pasty mixture. Taste to see if you need more stevia for sweetness.
- Press the mixture into an 8 x 8 glass container.
- Place in fridge. Chill for 1 hour or until mixture firms up.
- Cut into 12-16 squares for a snack to take on the go or as a bedtime nightcap.

Instant Miso Soup

This is a great instant soup for breakfast, lunch or snack. 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 Tb miso

1 tsp freshly grated ginger

½ cup carrot, zucchini or turnip shredded

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

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, if using.
- Cover the pot and let sit for a few minutes.
- Pour into bowl
- Garnish with scallions
- Enjoy!

Steamed Vegetables

Broccoli, carrots, cauliflower, turnips, Brussels sprouts, Celeriac, parsnips any vegetables , greens are ok too you decide.

- Use a steamer if you have one. If you don't have a steamer, get a big pasta pot, fill it about two inches high with water, and bring it to a boil. Take a colander just place it on top of the water (you want your colander to be wide enough so that it is not touching the bottom of the pan or the boiling water...this is important!).
- Add vegetables with the heartier ones on the bottom, greens on top.
- Cover the vegetables.
- Steam the vegetables until crisp tender.
- Serve topped with Cosmic Hempini Gravy or drizzle with olive oil salt and pepper or wheat free tamari.

Basics

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

Herb Garlic Lentils

4 servings

1 cup dried green, brown, or French lentils
2 cups water
1 bay leaf
1 garlic clove
1 tsp dried thyme or 3 sprigs fresh thyme
1/4 - 3/4 teaspoon salt

Any amount of lentils can be cooked in this manner. Just maintain the 2:1 ratio of water to lentils described below.

- Measure the lentils into a strainer or colander. Pick over and remove any shriveled lentils, debris, or rocks. Thoroughly rinse under running water.
- Transfer the rinsed lentils to a saucepan and pour in the water. Add any seasonings being used, reserving the salt.
- Bring the water to a rapid simmer over medium-high heat, then reduce the heat to maintain a very gentle simmer. Cook, covered, for 20-30 minutes. Add water as needed to make sure the lentils are just barely covered.
- Lentils are cooked as soon as they are tender and no longer crunchy. Older lentils may take longer to cook and shed their outer skins as they cook. Strain the lentils and remove the bay leaf and thyme sprigs. Return the lentils to the pan and stir in 1/4 teaspoon of salt. Taste and add additional salt as needed.
- Cooked lentils will keep refrigerated for about a week. Season them with olive oil, lemon juice, vinegar, parsley or cilantro. You can eat them with sautéed or steamed vegetables. They are a great tossed into a salad.

Garlicky Black Beans 6 cups (12 servings)

2 cups dried black beans
6 cups water
2 cloves garlic, peeled and minced
3-inch piece of kombu, soaked for 5 minutes in cold water
1 tsp Celtic sea salt

- 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.
- Place beans, fresh water, garlic, and kombu in a pot. Bring to a boil. Lower heat and let simmer, covered, until beans are tender, 55–60 minutes.
- A well-cooked bean can be mashed easily on the roof of your mouth with your tongue. Add water during cooking if needed. Salt to taste.

*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.

Quinoa – makes 3 cups cooked quinoa

1 cup quinoa
2 cups water

- Rinse quinoa well with cool water in a fine mesh strainer.
- Combine quinoa and water in a saucepan. Cover and bring to a boil.
- Reduce heat to a simmer and continue to cook covered for 15 minutes or until all water has been absorbed.
- Remove from heat and let stand for 5 minutes covered; fluff with a fork.
- Season as you like. You can sauté 1 chopped onion and 1 clove garlic in 1 Tb olive oil. Add half the quinoa Celtic sea salt and pepper.

Millet makes 3 ½ - 4 cups cooked millet

1 cups millet

2 cups water or stock

Pinch of sea salt

- Rinse millet with cool water in a strainer and place in a sauté pan over medium heat. Gently stir the millet until it starts to give off a nutty aroma and the grains start jumping around. Be sure it doesn't burn. If it starts to burn remove it from the heat and stir, return to the heat on a lower flame. The reason we toast the millet is so the outside of the grain will not turn to mush before the insides cook enough to lose their crunch
- Add the 2 cups of boiling water or stock and salt.
- Return to a boil, reduce heat and cover the pot.
- Simmer for 25-30 minutes until all the liquid has been absorbed.
- Turn off heat and let stand covered for 5 minutes.

Almond Milk - 3 cups

1 cup raw almonds

Water for soaking the nuts

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 filtered water with almonds until well blended and almost smooth 3 minutes in a high speed blender
- Strain the blended almond mixture using a cheesecloth or nut milk bag
- Homemade raw almond milk will keep well in the refrigerator for three or four days.

Hemp Milk

[Hemp is a super food](#). Hemp seeds are bursting with Omega-6 and Omega-3, essential fatty acids that are good for your heart and have anti inflammatory benefits.

1 cup shelled [hemp seeds](#)

3 cups water

- Blend for 3 minutes in a Vitamix, 5 minutes in a regular blender.
- Refrigerate for up to 5 days.

Vegetable Broth

A wonderful broth that will 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.

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, ½ cup of cabbage
cilantro or parsley
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.

Bone Broth

Makes about 3 quarts

6 lb organic chicken bones, necks and backs or chicken parts, or left over carcasses from roast chicken

2 Tb apple cider vinegar

Optional Ingredients (for better flavor but not necessary)

1 bay leaf

1 tsp thyme

4 garlic cloves whole, I use the small ones I don't like to peel

1 carrot, chopped

1 onion, chopped

2 stalks celery, chopped

- Put all chicken, ACV and any other ingredients you are using into a soup pot
- Add water to cover the chicken by 3"
- Let sit for 20-30 minutes in the cool water. The acid from the ACV extracts the minerals from the bones.
- 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

Baked Sweet Potatoes

Preheat the oven to 400° F (you can also do this in the toaster oven). Pierce the potatoes a few times with a fork and place on a baking sheet. Bake for 35 to 45 minutes, or until tender but not mushy