

# WINTER RECIPES

excerpted from The Decadent Detox

**BY TESS MASTERS AND KAREN KIPP**

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the **decadent detox**

[#thedecadentdetox](#)

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# winter

week one	day 1	day 2	day 3
breakfast	Blueberry Pear Passion <a href="#">(p.126)</a>	Tropical Trip <a href="#">(p.130)</a>	Peach Cardamom Abundance Bowl <a href="#">(p.137)</a>
lunch	Beet Carrot Cleanser <a href="#">(p.158)</a> 1 medium avocado, peeled, pitted and sliced	Ginger Shiitake Fried Rice <i>(leftovers)</i>	Rustic Italian Soup <i>(leftovers)</i> Raw Cauliflower Tabouli <a href="#">(p.144)</a>
dinner	Ginger Shiitake Fried Rice <a href="#">(p.191)</a>	Beet Carrot Cleanser <i>(leftovers)</i> Rustic Italian Soup <a href="#">(p.167)</a>	Roasted Vegetables with Lemon Tahini Sauce <a href="#">(p.200)</a> Raw Cauliflower Tabouli <i>(leftovers)</i>
dessert	Ginger Cinnamon Spiced Truffles <a href="#">(p.208)</a>	Ginger Cinnamon Spiced Truffles <a href="#">(p.208)</a>	Ginger Cinnamon Spiced Truffles <a href="#">(p.208)</a>
prep/notes			

day 4	day 5	day 6 all raw	day 7 all raw
<p>Citrus Fennel Flurry <a href="#">(p.131)</a></p>	<p>Dark Chocolate Chia Pudding <a href="#">(p.142)</a></p>	<p>Avocado Ice Cream <a href="#">(p.122)</a></p>	<p>Tomato Gazpacho <a href="#">(p.135)</a></p>
<p>Roasted Vegetables with Lemon Tahini Sauce <i>(leftovers)</i></p>	<p>Coconut Carrot Soup <i>(leftovers)</i></p> <p>Classic Sauteed Cabbage <i>(leftovers)</i></p>	<p>Grapefruit, Fennel, and Arugula Salad <a href="#">(p.155)</a></p>	<p>Raw Alfredo <i>(leftovers)</i></p> <p>1 medium avocado, peeled, pitted and sliced</p>
<p>Coconut Carrot Soup <a href="#">(p.163)</a></p> <p>Classic Sauteed Cabbage <a href="#">(p.199)</a></p>	<p>African Stew <a href="#">(p.174)</a></p>	<p>Raw Alfredo <a href="#">(p.179)</a></p> <p>Grapefruit, Fennel, and Arugula Salad <i>(leftovers)</i></p>	<p>Raw Tacos <a href="#">(p.185)</a></p>
<p>Ginger Cinnamon Spiced Truffles <a href="#">(p.208)</a></p>	<p>Ginger Cinnamon Spiced Truffles <a href="#">(p.208)</a></p>	<p>Ginger Cinnamon Spiced Truffles <a href="#">(p.208)</a></p>	
<p><i>Make Dark Chocolate Chia Pudding for breakfast <a href="#">(p.142)</a></i></p>	<p><i>Make Grapefruit Salad, freeze African Stew leftovers, shop for Days 6 to 10</i></p>		<p><i>Make broth <a href="#">(p.106)</a> and popsicles <a href="#">(p.109)</a> for juice fasting</i></p>

# winter

week two	day 8 juice fasting	day 9 juice fasting	day 10 juice fasting
breakfast	Lean, Clean & Green <a href="#">(p.83)</a>	Oh My Darling Clementine <a href="#">(p.86)</a>	Morning Melonade <a href="#">(p.91)</a>
lunch	Ruby Rush <a href="#">(p.84)</a>	Ravishing Radish <a href="#">(p.88)</a>	Carrot Cake <a href="#">(p.92)</a>
dinner	Peaceful Potion <a href="#">(p.85)</a>	Serene Greens <a href="#">(p.89)</a>	Probiotic Pickle <a href="#">(p.93)</a>
dessert			
prep/notes			<i>Shop for Days 11 to 14</i>

day 11 break-fast stage 1	day 12 stage 1 (am) & 2 (pm)	day 13 break-fast stage 2	day 14 break-fast stage 3
Honeydew Basil Break-Fast Salad <a href="#">(p.116)</a>	Basil Berry Blitz <a href="#">(p.132)</a>	Basil Melonade <a href="#">(p.121)</a>	Winter Fruit Salad <a href="#">(p.118)</a>
Cucumber Delight <a href="#">(p.148)</a>  Miso Soup <a href="#">(p.160)</a>	Cucumber Delight <i>(leftovers)</i> Kale Guacamole with Veggies <a href="#">(p.183)</a> Miso Soup <a href="#">(p.160)</a>	Red Cabbage Rave <a href="#">(p.147)</a>  1 medium avocado, peeled, pitted and sliced	Souper Broccoli and Almond Soup <i>(leftovers)</i>  1 baked sweet potato
Miso Soup <a href="#">(p.160)</a>  fermented sauerkraut <i>(on shopping list)</i>  any raw veggies	Divine Detox <a href="#">(p.152)</a>  fermented sauerkraut <i>(on shopping list)</i>	Souper Broccoli and Almond Soup <a href="#">(p.171)</a>  1 baked sweet potato	African Stew <i>(leftovers)</i>  1 medium avocado, peeled, pitted and sliced
			Ginger Cinnamon Spiced Truffles <i>(leftovers)</i>
	<p><i>Make Red Cabbage Rave for lunch <a href="#">(p.147)</a> and bake sweet potato for dinner</i></p>	<p><i>Defrost African Stew for dinner and bake sweet potato for lunch</i></p>	

# blueberry pear passion

2 SERVINGS

Blueberries, pears, and cinnamon blend up in this combo for a divine detox, colon-cleansing crusader, and weight-loss superstar. Blueberries and pears scour away toxins in the digestive tract, and help reduce belly fat. Cinnamon revs up metabolism, making this smoothie fantastic for weight loss. This sensational spice also amps up antibacterial and antifungal power, increases circulation, and stimulates the lymphatic system to dial up detox.

**1 cup raw coconut water  
or filtered water**

**2 ripe pears, cored and  
roughly chopped**

**1 green apple, cored  
and chopped**

**½ teaspoon ground  
cinnamon, plus more to  
taste**

**½ teaspoon probiotic  
powder (optional)**

**5 drops alcohol-free liquid  
stevia, plus more to taste**

**2 cups frozen blueberries**

**1.** Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak cinnamon and stevia to taste.

## **nutritional facts (per serving)**

calories 577 kcal | fat 48 g | saturated fat 42 g | sodium 40 mg | carbs 42 g | fiber 4.7 g | sugars 25 g | protein 6.7 g | calcium 118 mg | iron 7.5 mg

# beet carrot cleanser

2 SERVINGS

Raw beets? For some, the concept is gag-worthy, but these righteous roots have won over many an unbeliever. Beets and their brilliant amino acid, betaine, move the bowels, flush out the liver, oxygenate the blood, aid brain function, and support optimal digestion. Carrots boost the production of white blood cells for immunity; help lower cholesterol and clear respiratory congestion; calm inflammation; and provide the magical antioxidant glutathione, which combats free radicals and supports cell integrity and renewal. The zesty orange dressing lifts the earthy veggies, brings in more vitamin C and antioxidants, and adds a sweet and tangy back-end kick that may make you batty for beets!

## dressing

½ teaspoon finely grated orange zest, plus more to taste

½ cup freshly squeezed orange juice

2 pitted dates, roughly chopped

2 tablespoons finely chopped green onion (white and green parts)

1 tablespoon extra-virgin olive oil

1 tablespoon fresh lemon juice

½ teaspoon apple cider vinegar

1 tablespoon minced ginger, plus more to taste

1 teaspoon Celtic sea salt, plus more to taste

## salad

3 medium carrots, shredded or spiralized (about 3 cups)

1 medium raw red beet, peeled and shredded or spiralized (about 1 cup)

¼ cup blanched slivered almonds

3 tablespoons finely chopped mint

Celtic sea salt and freshly ground black pepper, to taste

1. To make the dressing, throw all of the dressing ingredients into your blender and blast on high for about 30 seconds until well combined. Set aside.
2. To make the salad, toss the beet, carrot, almonds, and mint together until well combined. Add the dressing, and toss until evenly coated.
3. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

## nutritional facts (per serving)

calories 307 kcal | fat 13.2 g | saturated fat 1.5 g | sodium 1331 mg | carbs 46 g | fiber 9.9 g | sugars 30 g | protein 6.2 g | calcium 130mg | iron 2.1 mg

# ginger shiitake fried rice

2 SERVINGS

Cauliflower rice, truly a gift from the grain-free gods, makes detox “fried rice” possible, and you can work around this recipe’s basic principle with any veggies you have on hand. Not to cramp your creativity or toot our own horn, however: This combination rocks just about everyone’s world. A dish that makes for a gourmet dinner, this will have you saying, “Cleanse? What cleanse?”

1 head cauliflower  
 2 tablespoons extra-virgin olive oil  
 2 tablespoons toasted sesame oil  
 1 small green chile, finely chopped, seeds and rib removed  
 2 tablespoons minced ginger  
 4 teaspoons minced garlic (4 cloves)  
 6 green onions finely chopped (white and green parts)  
 4 cups of chopped shiitake or crimini brown mushrooms  
 2 tablespoons Bragg liquid aminos, plus more to taste  
 ½ cup finely chopped cilantro (1 bunch)  
 2 teaspoons fresh lime juice, plus more to taste  
 ½ teaspoon Celtic sea salt

1. To make the cauliflower rice, roughly chop the cauliflower into florets, and discard the leaves and the tough middle core. Throw the cauliflower pieces into a food processor fitted with the S blade, and pulse a few seconds until the cauliflower is the consistency of rice. You should end up with about 5 to 6 cups of cauliflower “rice”.  
 2. In a wok or deep skillet, heat the oil on medium-high heat, and sauté the chile, ginger, garlic, green onions, and mushrooms with ¼ teaspoon of salt for about 5 minutes, until soft and well combined. Throw in the cauliflower rice and liquid aminos, and sauté for a further 5 minutes, until softened. Stir in the cilantro, lime juice, and remaining ¼ teaspoon of salt, and tweak flavors to taste. Serve out half of the rice, and transfer the remaining rice to a sealed container in the fridge.

## nutritional facts (per serving)

calories 421 kcal | fat 29 g | saturated fat 4.4 g | sodium 158 mg | carbs 37 g | fiber 13.5 g | sugars 12.6 g | protein 12.6 g | calcium 147 mg | iron 3.4 mg

# tropical trip

2 SERVINGS

This sweet immunity treat will transport you to a tropical island where you'll loll in a hammock, sipping away, and forget you're detoxing! Coconut water and coconut butter add an energizing quality, increasing your metabolic rate to promote weight loss. Enzymes and vitamins A, C, and E in mango cleanse the liver and aid digestion. Chlorophyll-rich spinach alkalizes and oxygenates the blood, while its prebiotic potential promotes healthy digestion. We highly recommend the wheatgrass powder boost, to help neutralize acids and expel waste, adding to the cleansing clout of this shake.

**2 cups raw coconut water or filtered water**

**2 cups baby spinach**

**1 medium sliced banana**

**1 tablespoon coconut butter or 1-inch piece creamed coconut, plus more to taste**

**1 teaspoon wheatgrass powder (optional)**

**½ teaspoon probiotic powder (optional)**

**⅛ teaspoon finely grated lime zest, plus more to taste (optional)**

**2 cups frozen mango**

1. Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. You may have to stop the machine and reposition the ingredients to get the mixture to blend, or add the frozen mango in stages. Tweak coconut and lime zest to taste.

## **nutritional facts (per serving)**

calories 208 kcal | fat 6.7 g | saturated fat 3.9 g | sodium 36mg | carbs 39 g | fiber 4.8 g | sugars 30 g | protein 2.9 g | calcium 59 mg | iron 1.2 mg

# rustic italian soup

2 SERVINGS

The simple things are often the best, and this so-easy soup is seriously simple and simply scrumptious. Mineral-rich alkalizing veggies and flavorful herbs combine for cleansing comfort food, taming the toxins while they soothe the soul.

**2 tablespoons grapeseed oil or extra-virgin olive oil**

**1 cup roughly chopped red onion (½ medium)**

**2 teaspoons minced garlic (2 cloves)**

**1 cup chopped carrots**

**½ cup chopped celery**

**2 teaspoon fresh thyme or 1 teaspoon dried**

**1 teaspoon fresh rosemary or ½ teaspoon dried**

**¾ teaspoon Celtic sea salt, plus more to taste**

**1 cup chopped zucchini**

**1 cup roughly chopped tomato**

**½ cup roughly chopped Jerusalem artichoke (optional)**

**4 cups vegetable broth**

**1 bay leaf**

**2 cups shredded Dino kale leaves**

**1 teaspoon fresh lemon juice, plus more to taste**

**⅛ teaspoon freshly ground black pepper, plus more to taste**

**1 tablespoon finely chopped flat-leaf parsley, to garnish**

1. In a large saucepan over medium heat, sauté the oil, onion, garlic, carrots, celery, thyme, rosemary, and ¼ teaspoon of salt for about 5 minutes, until the onion is soft and translucent. Add the zucchini, tomato, Jerusalem artichoke, broth, bay leaf, and remaining ½ teaspoon of salt. Increase the heat to high, bring the soup to a boil, and then lower the heat to medium-high and cook at a lively simmer for 10 to 15 minutes more, until the vegetables are just cooked.
2. Remove the soup from the heat, and stir in the kale. Stir in the lemon juice and pepper to taste.
3. Ladle out your desired portion, and garnish with parsley. Store the remaining soup in a sealed container in the fridge.

## nutritional facts (per serving)

calories 245 kcal | fat 15.2 g | saturated fat 1.6 g | sodium 177 mg | carbs 26 g | fiber 7.6 g | sugars 11.3 g | protein 6.2 g | calcium 195 mg | iron 2.3 mg

# ginger cinnamon spiced truffles

MAKES ABOUT 20 BALLS

These flavor fireworks, a fabulous energizing snack any time of the year, are a great way to commemorate the conclusion of your cleanse. Easy to put together, they'll keep in a sealed container, in the pantry or fridge, for a month or more. Yeah...right.

¼ cup raisins  
4 fresh pitted dates,  
roughly chopped  
1 cup raw walnuts or  
pecans  
1 cup raw almonds  
½ tablespoon ground  
cinnamon, plus more to  
taste  
½ tablespoon minced  
ginger, plus more to taste  
½ teaspoon ground  
nutmeg  
¼ teaspoon natural  
vanilla extract  
⅛ teaspoon Celtic sea salt,  
plus more to taste  
Pinch of ground cloves  
⅓ cup unsweetened  
shredded dried coconut

1. In a bowl, pour just enough boiled water over the raisins and dates to cover them. Allow the fruit to soak for about 10 minutes until softened and plumped. Drain the water off, and set the fruit aside.
2. Throw the nuts into a food processor fitted with the S blade and process until finely ground. Add the cinnamon, ginger, nutmeg, vanilla, salt, and cloves, and process for just a few seconds until well combined. Add the drained dates and raisins, and process again for about 1 minute until well combined and starting to form a ball.
3. With a tablespoon measurer scoop out the mixture, and with the palms of your hands roll the mixture into even round balls. Roll each ball in dried coconut until evenly coated.
4. Transfer to a sealed container, and store in a cool pantry or chill in the fridge.

## nutritional facts (per serving)

calories 90 kcal | fat 7 g | saturated fat 1.4 g | sodium 1.2 mg | carbs 6.3 g | fiber 1.6 g | sugars 3.8 g | protein 2.1 g | calcium 23.7 mg | iron 0.5 mg

# peach cardamom abundance bowl

1 SERVING

The melded flavors of peach and cardamom makes us weak at the knees, and the combo is one powerful cleanse collaboration. Dive into dessert for breakfast while the vitamin C in the peaches and oranges and glutathione in the cardamom scavenges free radicals. Cardamom also stimulates metabolism, to aid weight loss and digestion.

## base

**¾ cup unsweetened almond milk, plus more if needed to blend**  
**1 medium orange, peeled and quartered**  
**½ teaspoon probiotic powder (optional)**  
**⅛ teaspoon ground cardamom, plus more to taste**  
**2 cups frozen peach slices**

## toppings

**½ cup fresh blueberries**  
**1 tablespoon raw sliced almonds**  
**1 teaspoon unsweetened shredded coconut**  
**1 teaspoon hemp seeds**

1. Throw the almond milk, orange, probiotic powder, cardamom, and peaches into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. Tweak cardamom to taste.
2. Transfer the smoothie to a bowl while it's still thick, and top with blueberries, sliced almonds, coconut, and hemp seeds. Enjoy immediately.

## nutritional facts (per serving)

calories 382 kcal | fat 13 g | saturated fat 1.5 g | sodium 37 mg | carbs 66 g | fiber 13.5 g | sugars 51 g | protein 10 g | calcium 170 mg | iron 2.2 mg

# raw cauliflower tabouli

2 TO 4 SERVINGS

We're both obsessed with this salad for its fantastic flavor and amazing health benefits. Jam-packed with alkalizing, prebiotic, mineral-rich, antioxidant, anti-inflammatory, and hydrating heroes of the food world, this detox dish delivers in every fork full! Chlorophyll-rich parsley contains high levels of calcium, iron, copper, magnesium, potassium, zinc and phosphorus. This happy herb is also an excellent source of vitamins A (in the form of beta-carotene), C and K, which all work to flush out toxins. Cauliflower rice steps in for grain, making this a completely raw dish rich in live enzymes to aid digestion and regeneration. For the cleanse we've kept this take on tabouli simple, but feel free to jazz it up with olives, cultured vegetables, or pickles.

**½ large head of cauliflower, chopped into florets (remove stalks)**

**8 medium tomatoes, halved, flesh scooped out, and diced**

**3 large bunches flat-leaf parsley, finely chopped**

**1 bunch green onions, finely chopped (white and green parts)**

**½ English cucumber, peeled, seeds scooped out, and diced**

**2 tablespoons finely chopped fresh mint, plus more to taste**

**⅓ cup extra-virgin olive oil, plus more to taste**

**3 tablespoons fresh lemon juice, plus more to taste**

**½ teaspoon Celtic sea salt, plus more to taste**

**⅛ teaspoon freshly ground black pepper, plus more to taste**

1. Throw the cauliflower florets into a food processor fitted with the S blade, and pulse until the consistency of rice.
2. In a large bowl, toss the cauliflower "rice", tomatoes, parsley, green onions, cucumber, and mint with the olive oil, lemon juice, salt, and pepper. Tweak oil, lemon juice, salt, and pepper to taste.
3. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

## **nutritional facts (per serving)**

calories 534 kcal | fat 39 g | saturated fat 5.6 g | sodium 175 mg | carbs 45 g | fiber 16 g | sugars 20 g | protein 13g | calcium 306 mg | iron 10.7 mg

# roasted vegetables with lemon tahini sauce

2 SERVINGS

Roasted veggies with cream sauce? Uh, yeah! Who's not in? The effect of the sauce here on this hearty roasted dish is surprisingly different from the lighter tang it gives the steamed version. If you're going for greater depth of flavor, tweak up the tahini, lemon juice, garlic, and cayenne. If your sauce comes out too thick, thin it with half-teaspoons of filtered water till you get it juuust creamy-right.

## vegetables

2 tablespoons coconut oil or extra-virgin olive oil

1 medium yellow onion

2 medium carrots

1 large sweet potato

3 medium red beets

8 brussels sprouts

¼ teaspoon Celtic sea salt

⅛ teaspoon freshly ground black pepper

## lemon tahini sauce

¼ cup + 1 tablespoon filtered water

¼ cup extra-virgin olive oil

¼ cup tahini

2 tablespoons fresh lemon juice

1 teaspoon minced garlic (1 clove)

¼ teaspoon Celtic sea salt

## Pinch of cayenne pepper (optional)

1. Preheat the oven to 450°F (240°C).

2. Peel the carrots, beet, and sweet potato. Cut off the bitter bottom bit of the Brussels sprouts and cut them in half. Cut the other vegetables into uniform sticks or cubes.

3. Transfer the veggies to a large roasting dish or baking tray lined with a non-stick sheet or parchment paper. Toss the vegetables in the oil, and spread them out in a single layer on the tray.

4. Roast for about 30 minutes until starting to brown. Remove the tray from the oven, and stir the vegetables so that they cook evenly. Return to the tray to the oven,

and roast the vegetables for another 20 to 30 minutes, or until cooked through.

5. To make the lemon tahini sauce, throw all of the sauce ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy. Add water to thin out the sauce, if desired.

6. Dish up half of the vegetables, and serve with half of the sauce, and transfer the remaining vegetables to a sealed container in the fridge. Store the remaining sauce in a separate container in the fridge.

## nutritional facts (per serving)

383 calories | 55 g fat | 7.2 g saturated fat | 67 g carbohydrates | 25 g fiber | 26 g sugar | 16 g protein | 307 mg calcium | 6 mg iron

# citrus fennel flurry

2 SERVINGS

This exquisite combo is a deluxe detox in a glass. Rich in vitamin C, potassium, and antioxidants, citrus and fennel boost immunity, aid digestion, cleanse the colon, encourage detoxification, and regulate blood pressure and cholesterol. This blend is also an anti-inflammatory avenger. If you're taking medication that interacts with grapefruit, substitute the grapefruit with two more oranges.

**½ cup filtered water**

**1 medium red grapefruit, peeled, pith removed, and seeded**

**1 medium orange, peeled and segmented**

**1 small lemon, peeled and seeded**

**1 cup baby spinach**

**½ small bulb fennel, cored, trimmed of stalks, and chopped**

**¼ small avocado, peeled and pitted**

**½ teaspoon probiotic powder (optional)**

**10 drops alcohol-free liquid stevia, plus more to taste**

**1 cup ice, plus more to taste**

**1.** Throw all of the ingredients into the blender and blast on high for 30 to 60 seconds until smooth. Tweak stevia and ice to taste.

## nutritional facts (per serving)

calories 145 kcal | fat 3.1 g | saturated fat 0.5 g | sodium 42 mg | carbs 32 g | fiber 7.5 g | sugars 19 g | protein 3.3 g | calcium 112mg | iron 1.1 mg

# coconut carrot soup

2 SERVINGS

An anti-inflammatory ace, this delicious warming blend of antioxidant-rich foods heats the body and encourages sweating and detoxification while comforting the soul. Carrots and squash contain high levels of beta-carotenes and minerals that fuel the production of white blood cells, boosting immunity. Ginger and turmeric stimulate the lymphatic system, tone and repair the digestive tract, and cleanse the colon.

**1 tablespoon grapeseed oil  
or extra-virgin olive oil**

**2 teaspoons minced  
garlic (2 cloves)**

**½ cup diced yellow onion**

**1 teaspoon minced ginger**

**½ teaspoon ground  
turmeric**

**¼ teaspoon  
ground coriander**

**1 teaspoon Celtic sea salt,  
plus more to taste**

**2 cups diced carrot**

**1 ½ cups diced  
butternut squash**

**2 cups vegetable broth**

**½ cup full-fat canned  
coconut milk (shake,  
then pour)**

**1 teaspoon fresh lime  
juice, plus more to taste**

**⅛ teaspoon freshly ground  
black pepper, plus more  
to taste**

1. In a large pot, over medium-high heat, sauté the oil, garlic, onion, ginger, turmeric, and coriander with ¼ teaspoon salt for about 5 minutes until the onion is soft and translucent.
2. Add the carrots, butternut squash, and ½ teaspoon salt, and sauté for about 3 minutes until sweated.
3. Add the broth, and bring the soup to a boil. Reduce the heat to medium-high, and simmer for about 20 minutes until the vegetables are cooked through. Stir in the coconut milk, lime juice, pepper, and remaining ¼ teaspoon of salt, and simmer for a further 5 minutes.
4. Remove the soup from the stove, and allow the pot to cool somewhat, and then blast in batches in your blender for 30 to 60 seconds until smooth and creamy.
5. Add salt, pepper, and lime juice to taste.
6. Serve out one portion of soup, and transfer remaining soup to a sealed container in the fridge.

## nutritional facts (per serving)

calories 285 kcal | fat 19.4 g | saturated fat 11.4 g | sodium 1286 mg | carbs 29 g | fiber 6 g | sugars 8.8 g | protein 3.9 g | calcium 122 mg | iron 3.5 mg

# classic sautéed cabbage

2 SERVINGS

Karen's Slovenian grandmother made this simple dish a staple, and it always received raves. We've taken some detox liberties with her recipe. (Not a lot of coco palms there north of the Balkans.) Cabbage is a cleanse champ, providing sulforaphane to help the body combat inflammation and kick oxidants to the curb. Lauric, capric, caprylic, and stearic acid in the coconut oil kill bacteria and viruses and boost immunity; and cayenne pepper livens up the lymph to dial up the detox. Quick and easy, this is a sublime side any time.

**2 teaspoons coconut oil**

**½ medium red onion,  
sliced in thin half circles**

**¼ teaspoon Celtic sea salt,  
plus more to taste**

**2 cups sliced green  
cabbage**

**Pinch of cayenne pepper,  
plus more to taste**

**⅛ teaspoon freshly ground  
black pepper, to taste**

**1.** In a skillet over medium-high heat melt the coconut oil, and sauté the onion with ¼ teaspoon of salt for 7 to 10 minutes until the onion is translucent and lightly browned.

**2.** Reduce the heat to medium, add the cabbage and cayenne pepper, and sauté for about 10 minutes until cooked through. Season with salt, pepper and cayenne, to taste. Serve out one portion of the cabbage, and transfer the remaining portion to a sealed container in the fridge.

## nutritional facts (per serving)

calories 68 kcal | fat 4.6 g | saturated fat 4 g | sodium 304 mg | carbs 6.9 g | fiber 2.3 g | sugars 3.4 g | protein 1.2 g | calcium 35 mg | iron 0.4 mg

# dark chocolate chia pudding

1 SERVING

Chocolate for breakfast? Oh, yes please! Raw cacao powder, the most nutrient-dense form of chocolate, is an anti-aging, antioxidant, and anti-inflammatory rock star. Cacao is a stimulant to the central nervous system – it increases the circulation of serotonin in the brain, and contains powerful neurotransmitters like dopamine and anandamide. Chia also helps elevate mood, and even just a whiff of cinnamon can increase brain activity and cognitive function. Chia, cacao, and cinnamon, a powerful feel-good trio, work well together in other ways, too. Cacao contains a ton of magnesium, which aids the absorption of the calcium in chia seeds. Pumpkin seeds add an awesome crunchy texture, as well as helping to paralyze parasites that may be lurking in your digestive tract. Just 2 dates make this pudding deliver the character of dark chocolate; a couple more will give you a sweeter chocolate flavor. Cacao *does* contain a bit of caffeine, so avoid scoffing the leftovers before bed.

**2 to 3 chopped  
pitted dates**

**1 cup unsweetened  
almond milk**

**2 tablespoons raw  
cacao powder**

**½ teaspoon probiotic  
powder (optional)**

**½ teaspoon natural  
vanilla extract**

**⅛ teaspoon ground  
cinnamon, plus more  
to taste**

**3 to 5 drops alcohol-free  
liquid stevia, plus more  
to taste**

**⅛ teaspoon Celtic  
sea salt**

**2 ½ tablespoons chia seeds**

**2 tablespoons raw  
pumpkin seeds**

1. In a small bowl, soak the dates with just enough boiled water to cover them. Allow them to soak for 10 minutes, and then drain the water off. Throw the almond milk, soaked dates, cacao powder, probiotic powder, vanilla extract, cinnamon, stevia, and salt into the blender, and blast on high for 20 to 30 seconds until smooth and creamy.
2. Whisk in the chia seeds until well incorporated, and stir through the pumpkin seeds.
3. Transfer to a bowl, and chill in the fridge for at least 2 hours (or overnight) to thicken.

## **nutritional facts (per serving)**

calories 431 kcal | fat 33 g | saturated fat 4 g | sodium 59 mg | carbs 26 g | fiber 16.5 g | sugars 18 g | protein 19 g | calcium 268 mg | iron 6.4 mg

# african stew

2 SERVINGS

It's hard to believe something so simple can be so sublime. Aaaaand so healthy! Top tip: almond butter is your detox dynamo ace in the hole! Call it cleanse ketchup, and let it make all kinds of things taste amaaaazing. In this stew, it'll get you voracious for veggies.

**1 tablespoon grapeseed oil or extra-virgin olive oil**

**½ onion (yellow or brown), roughly chopped**

**1 teaspoon minced garlic (1 clove)**

**½ teaspoon Celtic sea salt, plus more to taste**

**1 medium orange or white sweet potato, peeled and cut into chunks**

**2 teaspoons minced ginger, plus more to taste**

**¼ teaspoon red pepper flakes, plus more to taste**

**1½ cups vegetable broth, plus more as needed**

**1 cup diced chopped tomatoes**

**1 cup curly kale leaves (ribs removed), chiffonaded**

**2 tablespoons almond butter**

**¼ cup finely chopped cilantro**

1. In a large pot over medium heat, sauté the oil, onion, garlic, and ¼ teaspoon of salt for about 5 minutes until the onions are soft and translucent. Add in the sweet potato, ginger, and red pepper flakes, and stir well to combine. Pour in the vegetable broth, tomatoes, and remaining ¼ teaspoon of salt, and bring the mixture to a boil. Reduce the heat to medium/low, and simmer for 15 to 20 minutes partially covered until the sweet potato is just tender, stirring periodically. You may have to add a bit more broth. Stir through the kale and almond butter, and simmer for another 5 minutes until just wilted. The vegetable broth should be absorbed but not dry, and you should have a creamy vegetable dish. Stir through the cilantro, and season with salt and pepper to taste.

2. Serve out one portion, and transfer the remaining portion to a sealed container in the fridge.

## **nutritional facts (per serving)**

calories 264 kcal | fat 16.4 g | saturated fat 1.4 g | sodium 86 mg | carbs 26 g | fiber 6.6 g | sugars 7.7 g | protein 7 g | calcium 154 mg | iron 1.9 mg

# avocado ice cream

2 SERVINGS

Dessert with benefits! This delish delight capitalizes the double D in dynamic detox. Rich in vitamins and minerals, avocados deliver a complete protein with health promoting fats that energize and cleanse the body. Avocado also contains antioxidants, including glutathione, that repair tissue damage, calm inflammation, and regulate metabolism. Banana adds fiber to assist with the elimination of wastes. For back-up on fiber, we've called in the dates; vary the quantity to your preferred level of sweetness.

**2 cups unsweetened almond milk**

**1 small avocado, peeled and pitted**

**1 large banana**

**3 to 4 pitted dates, chopped, plus more to taste**

**1 teaspoon natural vanilla extract**

**½ teaspoon probiotic powder (optional)**

**2 cups ice cubes**

**1.** Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak dates to taste.

## **nutritional facts (per serving)**

calories 307 kcal | fat 21.5 g | saturated fat 1.6 g | sodium 61mg | carbs 27 g | fiber 9.2 g | sugars 10 g | protein 6.8 g | calcium 113 mg | iron 1.4 mg

# grapefruit, fennel and arugula salad

2 SERVINGS

This cleanse combo of grapefruit, fennel and arugula sends us into a swoon. Grapefruit and fennel are both rich in vitamin C, antioxidants, and potassium that helps calm inflammation, neutralize free radicals, regulate blood pressure and cholesterol, aid digestion, and cleanse the colon. Arugula, a detox superstar, cleanses the liver, flushes out heavy metals and environmental pollutants; supports optimal enzymatic, metabolic, and cellular function; and acts as a natural antibacterial agent. To take the flavor profile to a divine dimension, add the orange, lemon, mustard and vinegar. We love this salad any time of the year. During a cleanse, it's like a gourmet dining experience at a favorite restaurant, sans the glass of bubbly.

## dressing

¼ cup freshly squeezed orange juice  
 1 tablespoon extra-virgin olive oil  
 2 teaspoons minced ginger, plus more to taste  
 1 teaspoon fresh lemon juice  
 1 teaspoon apple cider vinegar  
 1 teaspoon Dijon mustard  
 1 teaspoon minced garlic (1 clove)  
 ¼ teaspoon Celtic sea salt  
 ⅛ teaspoon freshly ground black pepper

## salad

4 cups baby spinach or arugula  
 1 medium red grapefruit, peeled, segmented, and sliced  
 ⅓ cup thinly sliced fennel  
 ⅛ cup thinly sliced red onion  
 ¼ cup sliced raw almonds  
 1 medium avocado  
 1 teaspoon fresh lemon juice  
 Celtic sea salt and freshly ground black pepper, to taste

1. To make the dressing, throw all of the dressing ingredients into your blender and blast on high for about 30 seconds until smooth and creamy.
2. To assemble the salad, lay the spinach in a bowl and top with grapefruit, fennel, onion, and almonds.
3. Slice open the avocado leaving the pit in place in one half. Drizzle the fresh lemon juice on the half with the pit, and place in a sealed container in the fridge for tomorrow. Peel and slice the other of the avocado, and add to the portioned salad.
4. Pour half of the dressing onto the portioned salad and toss well to combine. Season with salt and pepper to taste, and enjoy immediately. Transfer the remaining dressing into a sealed glass jar, and chill in the fridge.

## nutritional facts (per serving)

calories 381 kcal | fat 28 g | saturated fat 3.6 g | sodium 96 mg | carbs 33 g | fiber 12 g | sugars 14 g | protein 7.9 g | calcium 148 mg | iron 3 mg

# raw alfredo

2 SERVINGS

When you're deep in a cleanse and dreaming of decadence, spiralized zucchini descends like an angel dispatched from on high! Hydrating and so much more forgiving on the waistline than conventional pasta, raw veggie noodles go down a treat with this rich creamy sunflower sauce. This righteous raw rendition is so celestially good, you may never weep for wheat again. And speaking of things in the higher spheres, whoever discovered that nutritional yeast and miso replicate cheeze in raw dishes should be up for sainthood!

## sauce

¾ cup filtered water

¼ cup fresh lemon juice

1 tablespoon extra-virgin olive oil

1 cup raw sunflower seeds

1 teaspoon minced garlic

2 teaspoons white miso paste

1 teaspoon nutritional yeast

1 teaspoon Celtic sea salt

Pinch of freshly ground black pepper, to taste

Pinch of cayenne pepper (optional)

## vegetables

2 medium zucchinis, spiralized

2 cups finely chopped broccoli florets

2 tablespoons finely chopped flat leaf parsley

2 tablespoons finely chopped green onions (white and green parts)

Celtic sea salt and freshly ground black pepper to taste

1. To make the alfredo, throw the sauce ingredients into your blender and blast on high for 30 to 60 seconds until well combined. Set aside.
2. To make the noodles, cut off the end of one of the zucchinis, and using a spiralizer turn one zucchini into noodles. Alternatively, shave the zucchini into flat noodles with a vegetable peeler.
3. In a bowl, toss half of the sauce through the one batch of zucchini noodles with 1 cup of the broccoli, 1 tablespoon of the parsley, and 1 tablespoon of the green onions. Season with salt and pepper to taste. Transfer the remaining alfredo and the remaining zucchini, broccoli, parsley, and green onions into two separate sealed containers and store in the fridge. When ready to serve the second portion, spiralize the second zucchini into noodles, and toss with the alfredo sauce and remaining broccoli, green onions, and parsley. Season with salt and pepper, to taste.

## nutritional facts (per serving)

calories 528 kcal | fat 40 g | saturated fat 4.6 g | sodium 1435 mg | carbs 33 g | fiber 13 g | sugars 9.8 g | protein 20 g | calcium 142 mg | iron 4.6 mg

# tomato gazpacho

2 SERVINGS

This spicy sensation may help you to be open to savory, vegetable-based smoothies. This is basically a delicious gazpacho in a glass. Bursting with cleansing power, the mineral-rich combination of lime, tomato, avocado, garlic, and cilantro is also incredibly alkalizing. Furthermore, blending avocado and tomato heightens the bio-availability of their nutrients. Bottoms up!

**2 cups chopped tomato (about 2 to 3 tomatoes)**  
**1 cup baby spinach**  
**½ English cucumber, roughly chopped**  
**1 lime, peeled and halved**  
**1 cup firmly packed cilantro leaves (1 bunch)**  
**1 medium avocado, peeled and pitted**  
**1 ½ teaspoons finely chopped red onion, plus more to taste**  
**1 teaspoon minced garlic (1 clove), plus more to taste**  
**2 teaspoons finely chopped serrano chile, plus more to taste**  
**1 teaspoon Celtic sea salt, plus more to taste**  
**1 teaspoon extra-virgin olive oil**  
**½ teaspoon probiotic powder (optional)**  
**2 cups ice cubes**

1. Throw all of the ingredients into the blender and blast on high for 30 to 60 seconds until smooth and creamy. Tweak onion, garlic, chile, and salt to taste.

## nutritional facts (per serving)

calories 272 kcal | fat 17.8 g | saturated fat 2.6 g | sodium 55 mg | carbs 30 g | fiber 12.5 g | sugars 10 g | protein 6.1 g | calcium 110 mg | iron 2.5 mg

# raw tacos

1 SERVING

This combination of nuts and spices is so easy to throw together, and brilliantly mimics the meaty Mexican classic. As chock full of nutrients as they are with satisfaction, these lettuce cups may fool you into thinking you're enjoying something cooked during a high-raw cleanse.

**4 romaine lettuce leaves**

## filling

**¼ cup raw pumpkin seeds**

**¼ cup raw walnuts or raw almonds**

**½ small carrot, peeled and roughly chopped**

**1 green onion finely chopped (white and green parts)**

**1 teaspoon Bragg liquid aminos or filtered water**

**1 teaspoon chili powder**

**½ teaspoon ground cumin**

**¼ teaspoon dried oregano**

**¼ teaspoon smoked paprika**

**¼ teaspoon Celtic sea salt, plus more to taste**

**⅛ teaspoon red pepper flakes, plus more to taste**

## toppings

**½ avocado, peeled and sliced**

**½ cup diced tomatoes**

**2 teaspoons finely chopped green onion (white and green part)**

**1 teaspoon finely chopped jalapeños**

1. To make the filling, throw the nuts into a food processor fitted with the S blade and pulse a few times until coarsely chopped. Throw the remaining filling ingredients in and pulse until the mixture is well combined and resembles the texture of taco meat. Tweak salt and red pepper flakes to taste.
2. Divide the filling and toppings between the four lettuce cups, and enjoy immediately.

## nutritional facts (per serving)

calories 580 kcal | fat 50 g | saturated fat 6.7 g | sodium 124 mg | carbs 29 g | fiber 16 g | sugars 7 g | protein 18 g | calcium 138 mg | iron 6.5 mg

# vegetable broth

YIELDS APPROXIMATELY 5 CUPS

This alkalizing restorative broth is one you can consume throughout the juice fast, and a comforting way to start the day. It's easy to throw together, packed with minerals like calcium, potassium, magnesium, and sodium, and has a nice neutral flavor. We highly recommend making this broth before the first day of the fast to help stave off hunger and keep warm, particularly during the colder months when that feeling of chill and damp can set in. Since we rely heavily on this broth while fasting, and make a batch every couple of days, we've kept this recipe simple. If you're up for a bit more complexity, cayenne pepper, a squeeze of lemon juice, and some fresh herbs ramp up the flavors.

**2 cups mixed greens:**  
kale, beet greens, chard,  
spinach (any combination)

**1 cup roughly chopped red  
beets (½ medium)**

**1 cup roughly chopped  
carrots (3 medium)**

**1 cup roughly chopped  
celery (3 ribs and  
their leaves)**

**1 cup chopped cabbage**

**½ bunch flat-leaf parsley  
(leaves and stalks)**

**2 teaspoons Celtic sea salt**

**1-inch piece ginger, sliced**

**2 tablespoons chopped  
fresh thyme or oregano (or  
2 teaspoons dried)**

**6 cups filtered water**

**Fresh lemon juice, to  
taste (optional)**

**Pinch of cayenne pepper,  
plus more to taste  
(optional)**

1. Throw all of the ingredients into a large stock pot, and bring to a boil. Reduce the heat to medium, and simmer partially covered for about an hour. Remove the pot from the heat, and allow the broth to cool for about 30 minutes. Strain the mixture through a colander into a large bowl or pot. Tweak salt to taste.
2. Transfer the broth to a sealed container in the fridge. Gently warm small amounts of broth in a small saucepan on low heat as needed, and add lemon juice and cayenne pepper to taste.

## nutritional facts (per serving)

calories 2 kcal | fat 0.02 g | saturated fat 0 g | sodium 16.9 mg | carbs 0.4 g | fiber 0.14 g | sugars 0.17 g | protein 0.1 g | calcium 10.4 mg | iron 0.05 mg

# winter apple pie popsicles

MAKES 4 TO 6 POPSICLES

**4 green apples, cored and roughly chopped**

**½ lemon, peeled**

**½-inch piece ginger, plus more to taste**

**¼ teaspoon ground cinnamon, plus more to taste**

**⅛ teaspoon natural vanilla extract**

**3 drops of alcohol-free liquid stevia, plus more to taste (optional)**

**Pinch of Celtic sea salt**

1. Toss the apple, lemon, and ginger with the cinnamon. Push the spiced produce through your juicer. Strain any pulp.
2. Stir in the vanilla, stevia, and salt.
3. Pour the mixture into popsicle molds, and place in the freezer. Alternatively, freeze the juice in mason jars, partially defrost, and enjoy as slushies.

## **nutritional facts (per serving)**

calories 101 kcal | fat 0.4 g | saturated fat 0.06 g | sodium 5.5 mg | carbs 26.7 g | fiber 4.7 g | sugars 19.2 g | protein 0.6 g | calcium 15 mg | iron 0.3 mg

# lean, clean & green

1 SERVING

This cleansing powerhouse is a great way to kick-start a winter fast. You can't go wrong with the hydrating nutrients of cucumber, the colon regulating and cleansing effects of apple, the green alkalizing punch from the spinach, and the zing and toxin-dissolving power of the lemon. Zowie! Not only is this combo packed with benefits, it's a delicious flavor-enhanced lemonade that's universally loved. Add the cayenne booster to warm the body and stimulate the lymph, ginger to aid digestion and calm inflammation, and apple cider vinegar for additional cleansing power.

2 cups baby spinach  
 1 green apple, cored  
 ½ English cucumber  
 ½ lemon, peeled  
 ½ cup filtered water

## optional boosters

½-inch piece ginger, plus  
 more to taste  
 ¼ teaspoon apple  
 cider vinegar  
 Pinch of cayenne pepper

1. Push the spinach, apple, cucumber, lemon, ginger booster, and water through your juicer. Strain any pulp. Stir in the apple cider vinegar and cayenne boosters, if using.

## nutritional facts (per serving)

calories 139 kcal - the profile will vary based on your produce and juicer.

# ruby rush

1 SERVING

This rockin' redhead is a liver-cleansing star. Beets optimize red blood cells' utilization of oxygen and stimulate lymph activity to flush out toxins. Grapefruit loosens the liver and encourages detoxification with powerful antioxidants, as well as providing potassium electrolyte, important for cell integrity. If you're taking medication that interacts with grapefruit, substitute two oranges. Cucumber pitches in to hydrate and, along with the ginger, reduce inflammation. Boost with Jerusalem artichoke to rid the body of excess fluids, add the fennel to aid digestion and to add a nice anise flavor, and work in the probiotics to maintain eco-balance in the gut.

**1 red grapefruit, peeled**

**½ medium raw red beet, scrubbed**

**½ English cucumber**

**½ green apple, cored**

**½-inch piece ginger**

**½ cup filtered water**

**5 drops alcohol-free liquid stevia, plus more to taste**

## optional boosters

**¼ cup chopped fennel bulb**

**1 square-inch piece Jerusalem artichoke**

**¼ teaspoon probiotic powder**

1. Push the grapefruit, beet, cucumber, apple, ginger, and water through your juicer with the fennel and Jerusalem artichoke boosters, if using. Strain any pulp.
2. Stir in the probiotic powder boosters, if using.

## nutritional facts (per serving)

calories 184 kcal - the profile will vary based on your produce and juicer.

# peaceful potion

1 SERVING

Prepare the body for rest with this mineral-laden juice. Filled with the calming effect of romaine and celery, the tangy zing and anti-inflammatory vitamin C of lemon, and colon-scouring power and a touch of sweetness from the pear, it's bound to set you adrift to dreamland! Boost with turmeric to aid sleep and calm inflammation, ginger to stimulate digestion, and mint to cleanse the blood and bowels.

**1 ripe pear, cored**  
**1 rib celery**  
**½ romaine heart**  
**½ lemon, peeled**  
**¼ cup chopped fennel bulb**  
**½ cup filtered water**  
**3 drops alcohol-free liquid stevia, plus more to taste**

## optional boosters

**¼ cup mint leaves, plus more to taste**  
**½-inch piece ginger, plus more to taste**  
**½-inch piece turmeric**

1. Push the pear, celery, romaine, lemon, fennel, and water through your juicer with the mint, ginger, and turmeric boosters, if using. Strain any pulp, and add stevia to taste.

## nutritional facts (per serving)

calories 144 kcal - the profile will vary based on your produce and juicer.

# oh my darling clementine

1 SERVING

This mocktail with moxie, pairing citrus with a subtle hit of rosemary, will make you cuckoo for cleansing. Boost with a pinch of mineral-rich salt to bring out even more of those aromas and flavor. Loaded with antioxidant vitamins A and C, this blend helps keep mucus membranes healthy. The cucumber alkalizes and balances the sugar in the citrus and hydrates the body for glowing skin. Rosemary is a committed cleanse crusader, aiding liver detoxification, stimulating circulation, and delivering fabulous antibacterial and anti-inflammatory properties. It's also a mild diuretic, great for reducing bloating and fluid retention to assist with kidney health. Boost with turmeric to increase the anti-inflammatory power, and add the probiotic powder to amp up the beneficial bacteria for digestive health.

**2 medium clementines, mandarins, or tangerines, peeled**

**½ orange, peeled**

**½ English cucumber**

**½ sprig of rosemary, plus more to taste**

**½ cup filtered water**

**optional boosters**

**½-inch piece turmeric**

**¼ teaspoon probiotic powder**

**Pinch of Celtic sea salt**

1. Push the clementines, orange, cucumber, rosemary, turmeric booster, and water through your juicer. Strain any pulp.
2. Stir in the probiotic powder and salt boosters, if using.

**nutritional facts (per serving)**

calories 138 kcal - the profile will vary based on your produce and juicer.

# ravishing radish

1 SERVING

Radishes are a natural cleansing agent for the digestive system, helping to break down toxins in the colon. Since they can be sharp on the palette, we've mellowed their bite with green apple which also sweeps out your system. Lemon and chard flush out the liver and alkalize the blood, and cucumber hydrates cells and provides restorative mineral salts. Boost with celery for sodium and potassium to replace electrolytes and balance fluid retention; boost with apple cider vinegar for probiotic support; and boost with cayenne to stimulate the lymphatic system and warm the body.

**1 large leaf Swiss chard**  
**1 green apple, cored**  
**1 lemon, peeled**  
**½ English cucumber**  
**1 to 2 red radishes**  
**½ cup filtered water**

## optional boosters

**1 rib celery**  
**¼ teaspoon apple  
cider vinegar**  
**Pinch of cayenne pepper**

1. Push the chard, apple, lemon, cucumber, radishes, celery booster, and water through your juicer. Strain any pulp.
2. Stir in the apple cider vinegar and cayenne boosters, if using.

## nutritional facts (per serving)

calories 149 kcal - the profile will vary based on your produce and juicer.

# serene greens

1 SERVING

This mellow green juice is fantastic for rebuilding the body and preparing it for sleep. Kale and parsley alkalize and purify the blood and provide minerals, romaine calms the nervous system, and cucumber hydrates cells and tissues. Apple and lemon sweeten and brighten the greens and aid digestion and detox. Boost with ginger to warm the body, stimulate the lymph, and ease digestion; turmeric to calm inflammation; and probiotic powder to replenish stores of friendly bacteria which boosts immunity and overall health.

**2 stalks kale**

**1 small handful  
flat-leaf parsley**

**1 lemon, peeled**

**½ romaine heart**

**½ English cucumber**

**½ green apple, cored**

**½ cup filtered water**

## optional boosters

**½-inch piece ginger**

**½-inch piece turmeric**

**¼ teaspoon  
probiotic powder**

1. Push the kale, parsley, lemon, romaine, cucumber, apple, and water through your juicer with the ginger and turmeric boosters, if using. Strain any pulp.
2. Stir in the probiotic powder booster, if using.

## nutritional facts (per serving)

calories 308 kcal - the profile will vary based on your produce and juicer.

# morning melonade

1 SERVING

This delicious combo contains a truckload of antioxidants and alkalizing minerals and is hyper hydrating for happy cells! Chlorophyll-rich spinach helps clean out the colon and build the blood, while lemon detoxifies the liver. Boost with mint for clean flavor, to ease respiratory congestion, and clear bacteria from the mouth. We always add the probiotic powder to maintain balance in the gut. Don't miss the hit of cayenne to heighten the effect of those probiotics and boost metabolism.

**2 cups baby spinach**

**½ English cucumber**

**½ lemon, peeled**

**¼ medium  
cantaloupe, peeled**

**½ cup filtered water**

**⅛ teaspoon  
Celtic sea salt**

## optional boosters

**1 small handful mint leaves**

**¼ teaspoon  
probiotic powder**

**Pinch cayenne pepper**

1. Push the spinach, cucumber, lemon, cantaloupe, mint booster, and water through your juicer. Strain any pulp.
2. Stir in the probiotic powder and cayenne boosters, if using.

## nutritional facts (per serving)

calories 69 kcal - the profile will vary based on your produce and juicer.

# carrot cake

1 SERVING

This is a dessert working undercover as a detox. Carrots and butternut squash are naturally sweet and loaded with vitamins A and C for immunity support and cell repair. Those lovely orange vegetables also contain the magical antioxidant glutathione, which reinforces cell integrity and helps the liver flush out environmental pollutants. Cinnamon adds delicious flavor, while it warms the body, helps balance blood sugar, and stimulates the lymphatic system. Boost with turmeric for added anti-inflammatory and digestive support, coconut water for energizing electrolytes, and vanilla to heighten the cake effect.

**3 medium carrots**  
**1 cup peeled and cubed butternut squash**  
**½ English cucumber**  
**½ green apple, cored**  
**½ cup filtered water**  
**⅛ teaspoon ground cinnamon, plus more to taste**  
**3 drops alcohol-free liquid stevia, plus more to taste**

## optional boosters

**½-inch piece turmeric**  
**¼ cup coconut water**  
**⅛ teaspoon natural vanilla extract**

1. In a bowl, toss the cinnamon and turmeric booster (if using) through the produce until evenly coated.
2. Push the carrot, squash, cucumber, apple, and water through your juicer. Strain any pulp.
3. Stir in the coconut water and vanilla boosters, if using. Add stevia to taste.

## nutritional facts (per serving)

calories 208 kcal - the profile will vary based on your produce and juicer.

# probiotic pickle

1 SERVING

If you like pickle juice, you'll love this blend, with a flavor like the liquid on your favorite cured cukes! If you're not a fan of pickle juice, you may want to repeat an evening juice from Day 1 or Day 2. But, if you skip this savory probiotic juice you're missing a cleansing superstar. Cabbage is a powerful prebiotic, encouraging proliferation of friendly bacteria in the gut, and its juice contains L-glutamine and gefarnate to cleanse and regenerate the digestive tract. Cucumber flushes out toxins, alleviates inflammation and swelling, hydrates cells, and delivers minerals that prepare the body for sleep. Green apple and lemon aid cleansing and digestion and take the edge off the cabbage; garlic adds antibacterial power; and apple cider vinegar adds a spectacular tang and beneficial prebiotics. Add the probiotic powder to take advantage of that. Boost with turmeric for anti-inflammatory benefits. Cayenne will encourage those probiotics, too, while stimulating the lymphatic system, warming the body, and bringing in a delicious back-end kick.

**1 English cucumber**

**1 cup shredded green cabbage**

**½ green apple, cored**

**½ lemon, peeled**

**1 clove garlic**

**½ cup filtered water**

**¼ teaspoon apple cider vinegar**

**⅛ teaspoon Celtic sea salt**

## optional boosters

**½-inch piece turmeric**

**½ teaspoon probiotic powder**

**Pinch of cayenne pepper**

**1.** Push the cucumber, cabbage, apple, lemon, garlic, turmeric booster, and water through your juicer. Strain any pulp.

**2.** Stir in the apple cider vinegar, salt, and probiotic powder and cayenne boosters, if using

## nutritional facts (per serving)

calories 123 kcal - the profile will vary based on your produce and juicer.

# honeydew basil break-fast

1 SERVING

This simple salad tastes like a gourmet delight, but is a powerful anti-inflammatory, anti-bacterial, detox and digestive aid. Lemon juice alkalizes and cleanses, and honeydew's water to potassium ratio, in concert with vitamin K from the basil, supports muscle and nerve function, and calms the nervous system. Basil also helps alleviate cramps and bloating. Ripe chilled melon with a pinch of high-quality salt will deliver the fullest flavor.

**½ medium honeydew melon, skin removed and cut into cubes**

**2 tablespoons fresh basil leaves, chiffonaded**

**1 teaspoon fresh lemon juice, plus more to taste**

**Pinch of Celtic sea salt, plus more to taste**

**1.** In a bowl, combine all of the ingredients, and tweak lemon juice, basil, and salt to taste.

## **nutritional facts (per serving)**

calories 243 kcal | fat 1.1 g | saturated fat 0.28 g | sodium 125mg | carbs 62 g | fiber 5.4 g | sugars 53 g | protein 3.8 g | calcium 51 mg | iron 1.3 mg

# cucumber delight

2 SERVINGS

This simple salad is one of our favorite break-fast recipes because it's light, gentle on the digestive system, intensely hydrating, and enlivening to all the senses. Ignite full flavor fever after three days on liquids! Cucumber is a master cleanser. It helps regulate body temperature, reduce inflammation and swelling, lower blood pressure, flush out toxins, hydrate cells, and plump up skin! Garlic chimes in with antibacterial support; apple cider vinegar adds prebiotic power; lime juices adds antioxidant vitamin C and alkalizing minerals; and cilantro kicks pollutants to the curb as it brings in crazy good flavor.

## dressing

2 tablespoons fresh  
lime juice

1 teaspoon minced  
garlic (1 clove)

½ teaspoon apple  
cider vinegar

½ teaspoon Celtic sea salt,  
plus more to taste

⅛ teaspoon red pepper  
flakes, plus more to taste

Freshly ground black  
pepper, to taste

3 drops alcohol-free liquid  
stevia, plus more to taste

## salad

2 cups diced or spiral-  
sliced, unpeeled English  
cucumber (1 cucumber)

1 ½ tablespoons diced  
red onion

¼ cup finely  
chopped cilantro

1. To make the dressing, throw the ingredients into a glass jar, secure the lid, and shake vigorously until well combined.
2. Toss the cucumber, onion, and cilantro together, and toss through the dressing. Add salt, red pepper flakes, and stevia to taste.
3. Consume immediately, or allow the salad to chill in the fridge for a couple of hours for the flavors to mesh.
4. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

## nutritional facts (per serving)

calories 26 kcal | fat 0.2 g | saturated fat 0.05 g | sodium 587 mg | carbs 6.8 g | fiber 1 g | sugars 2.3 g | protein 1 g | calcium 28 mg | iron 0.5 mg

# miso soup

1 SERVING

Humble miso soup is magic for breaking a fast. Gentle on the digestive system and loaded with nutrients, unpasteurized miso contains beneficial probiotics that help balance your inner ecosystem, aiding digestion and assimilation of nutrients, and boosting immunity. One of the richest plant-based sources of vitamin B12, miso is virtual one-stop shopping, providing lots of vitamins, minerals, live enzymes, protein, fiber and some tryptophan to ease sleep. Fermented soy is alkalizing and strengthening, and acts as a potent antiviral. Boost with the lemon juice and cayenne pepper to ramp up metabolism, stimulate the lymphatic system and detox the liver. When not breaking a fast, treat yourself to a more complex and filling soup by adding any combo of green onion, mushrooms, spinach, and carrot to this broth. We love this with garbanzo or brown rice miso paste. If you can't find those, organic soy white miso paste is great, too.

**1 cup filtered water**

**1 tablespoon miso paste,  
plus more to taste**

**Pinch of cayenne pepper,  
plus more to taste  
(optional)**

**Splash of fresh lemon  
juice, plus more to taste**

1. In a small saucepan, bring the water to a boil. Transfer the boiled water to a large mug or bowl. Allow the water to cool slightly, and then stir in the miso paste until dissolved. Add more to taste. (Do not boil the miso on the stove or you will destroy the probiotics and enzymes.) Add the cayenne and lemon juice to taste, and enjoy.

## **nutritional facts (per serving)**

calories 47 kcal | fat 1.2 g | saturated fat 0.22 g | sodium 660 mg | carbs 8.6 g | fiber 1.1 g | sugars 2.5 g | protein 2.2 g | calcium 20.5 mg | iron 0.5 mg

# basil berry blitz

2 SERVINGS

This berry bliss blend delivers a truckload of antioxidants that helps scavenge free radical damage and promote heart health and weight loss. Oranges sweeten the berries and make this an immunity idol. Throw basil into the mix and you've got a sensational sip that is also a powerful blood builder and anti-aging ace.

**1 cup filtered water, plus more if needed to blend**  
**2 medium oranges, peeled and quartered**  
**¼ cup firmly packed basil leaves**  
**½ teaspoon probiotic powder (optional)**  
**2 cups frozen mixed berries**

1. Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.

## **nutritional facts (per serving)**

calories 172 kcal | fat 0.8 g | saturated fat 0.07 g | sodium 6.5 mg | carbs 43 g | fiber 8 g | sugars 32 g | protein 3 g | calcium 97 mg | iron 0.8 mg

# kale guacamole with veggies

1 SERVING

Simple and spectacular with one mash of the fork! This zesty guac takes literally 2 minutes to make, and even less time to scarf up. Cleansing and alkalizing, loaded with antioxidants and anti-inflammatory agents, rich in health-promoting fats and strengthening minerals, and fortified with cleansing chlorophyll from the kale, avos and cukes rock the house in this up-tempo arrangement.

## guacamole

2 medium avocados,  
peeled and pitted

1 cup curly kale leaves (ribs  
removed), chiffonaded

2 tablespoons finely diced  
red onion, plus more to  
taste

2 tablespoons fresh lemon  
juice, plus more to taste

$\frac{3}{4}$  teaspoon ground cumin,  
plus more to taste

$\frac{3}{4}$  teaspoon chili powder,  
plus more to taste

$\frac{1}{2}$  teaspoon Celtic sea salt,  
plus more to taste

Pinch of cayenne pepper,  
plus more to taste

## veggies

$\frac{1}{2}$  English cucumber, cut  
into coins

1 small carrot, peeled and  
cut into coins

2 ribs celery, cut into sticks

1. In a bowl, mash all of the guacamole ingredients together.
2. Tweak onion, lemon juice, cumin, chili powder, salt, and cayenne pepper to taste.
3. Consume immediately with vegetable sticks.

## nutritional facts (per serving)

calories 755 kcal | fat 61 g | saturated fat 9 g | sodium 162 mg | carbs 58 g | fiber 33 g | sugars 12 g | protein 14 g | calcium 248 mg | iron 5.6 mg

# divine detox

1 SERVING

This salad is simple, but it's a stunner. We love its fresh flavor so much we both make it often, whether we're cleansing or not. In concert, these alkaline rockstars thrill the taste buds while they detox and remineralize the body. The creaminess and protein of avocado make this one a meal. Note to self: olive oil, lemon juice, mustard, salt, and pepper make a kick-ass 5-minute healthy dressing for just about any combo of vegetables or greens.

## dressing

¼ cup extra-virgin olive oil

2 tablespoons fresh  
lemon juice

¾ teaspoon sugar-free  
Dijon mustard

½ teaspoon Celtic sea salt

Freshly ground black pep-  
per, to taste

## salad

2 cups shredded romaine  
hearts (1 small heart)

½ cup diced tomato

½ medium avocado,  
peeled, pitted, and  
chopped

3 tablespoons finely  
chopped green onion  
(green part)

2 tablespoons diced  
red onion

2 teaspoons finely chopped  
flat-leaf parsley

4 chopped and pitted  
green olives (optional)

1. To make the dressing, throw the ingredients into a glass jar, secure the lid, and shake vigorously until well combined.

2. To make the salad, toss all of the ingredients together, and add the dressing gradually, to taste.

## nutritional facts (per serving)

calories 691 kcal | fat 70 g | saturated fat 10 g | sodium 1232 mg | carbs 20 g | fiber 11 g | sugars 5.8 g | protein 4.8 g | calcium 83 mg | iron 2.7 mg

# basil melonade

2 SERVINGS

Basil and melon, a dynamic duo, not only deliver crazy good flavor, they team up as a digestive and cleansing act, too. While they're at it, they help stabilize blood pressure, ease cramps and bloating, and calm the body. Spinach, lemon, and avocado, all alkaline angels, dial up the detox.

**½ teaspoon finely grated lemon zest**

**¼ cup fresh lemon juice, plus more to taste**

**4 cups honeydew melon (½ small melon)**

**1 cup baby spinach**

**½ medium avocado, peeled and pitted**

**¼ cup firmly packed basil leaves**

**½ teaspoon probiotic powder (optional)**

**⅛ teaspoon Celtic sea salt**

**10 drops alcohol-free liquid stevia, plus more to taste**

**1 cup ice cubes**

1. Throw everything into the blender (except the ice) and blast on high for about 30 seconds until smooth. Add the ice and blast for another 10 seconds until well combined. Tweak stevia to taste.

## nutritional facts (per serving)

calories 204 kcal | fat 8.2 g | saturated fat 1.3 g | sodium 80 mg | carbs 36 g | fiber 6.8 g | sugars 26 g | protein 4.5 g | calcium 67 mg | iron 1.6 mg

# red cabbage rave

2 TO 4 SERVINGS

Delicious, nutritious, inexpensive, and easy to make, this is one of the most popular recipes on [The Blender Girl site](#). Cabbage, the ultimate cleanse crusader, brings in amino acids (chiefly glutamine) to cleanse and heal the digestive system, purify the blood, and promote cell regeneration. Cabbage is also a prebiotic, encouraging the proliferation of friendly bacteria, and contains an impressive amount of vitamin C and other antioxidants, so it's an immunity idol. Along with other crucifers, it's high in antioxidants and anti-inflammatory agents, as well as the sulfur-containing compounds glucosinolates, which thwart abnormal cell activity, preventing disease. Parsley is a complete protein, containing all the essential amino acids, as well as cleansing chlorophyll and alkaline minerals. Now, forget all that and just enjoy the zesty, zippy, fabulous flavor.

**½ head red cabbage,  
roughly cut into 8 pieces**

**1 bunch flat-leaf parsley,  
finely chopped**

**1 small bunch green onions  
(white and green parts)  
chopped finely**

**¼ cup extra-virgin olive oil,  
plus more to taste**

**2 tablespoons fresh lemon  
juice, plus more to taste**

**½ teaspoon Celtic sea salt,  
plus more to taste**

**⅛ teaspoon freshly ground  
black pepper, plus more  
to taste**

1. Throw half of the cabbage pieces into a food processor fitted with the S blade, and pulse just a few times, until roughly shredded. (Don't process too much or your cabbage will be like rice.) Shred the remaining cabbage.
2. In a large bowl, toss the cabbage, parsley, and green onions with the olive oil, lemon juice, salt, and pepper. Tweak oil, lemon juice, salt, and pepper to taste.
3. Serve 1 portion, and place the remaining salad in a sealed container, and chill in the fridge.

## nutritional facts (per serving)

calories 347 kcal | fat 28 g | saturated fat 3.9 g | sodium 95 mg | carbs 26 g | fiber 7 g | sugars 12 g | protein 5 g | calcium 175 mg | iron 4.3 mg

# souper broccoli and almond soup

2 SERVINGS

We committed cruciferians go crazy over this delectable detox dish. Broccoli is a detox demon containing three glucosinolate phytonutrients - glucoraphanin, gluconasturtiian, and glucobrassicin in special combination to activate serious cleanse karma. This trio cooks up detox-regulating molecules called isothiocyanates that work to drive detox right down at the genetic level. If all of this techno talk is too much, just remember this simple arithmetic: Your body + broccoli = brilliant.

**1 tablespoon grapeseed oil  
or extra-virgin olive oil**

**1 cup diced yellow onion  
(½ medium)**

**2 teaspoons minced garlic  
(2 cloves)**

**1 teaspoon Celtic sea salt,  
plus more to taste**

**1 medium zucchini, diced**

**⅛ teaspoon red pepper  
flakes, plus more to taste**

**5 cups roughly chopped  
broccoli florets and stalks  
(about 3 heads)**

**5 cups vegetable broth**

**2 tablespoons almond  
butter**

**⅛ teaspoon freshly ground  
black pepper, to taste**

**2 tablespoons sliced raw  
almonds, to garnish**

1. In a large saucepan, heat the oil over medium heat and sauté the onion, garlic, and ¼ teaspoon salt for about 5 minutes until the onions are soft and translucent. Add the zucchini and red pepper flakes and sauté for another minute. Add the broccoli and stir well to combine. Add the vegetable broth and ½ teaspoon of salt, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer partially covered for about 10 minutes just till the broccoli is just tender, to hold onto those nutrients.
2. Remove the saucepan from the heat and allow the soup to cool slightly; stir in the almond butter. Pour the soup into your blender in batches and blast on high for 30 to 60 seconds, until smooth and creamy.
3. Return the soup to the saucepan and warm it over low heat. Season with the remaining ¼ teaspoon of salt and the pepper to taste.
4. To serve, ladle one portion of the soup into a bowl, and garnish with 1 tablespoon of sliced almonds. Transfer the remaining soup into a sealed container and chill in the fridge.

## nutritional facts (per serving)

calories 309 kcal | fat 17.4 g | saturated fat 1.6 g | sodium 206 mg | carbs 33 g | fiber 11.7 g | sugars 11 g | protein 14 g | calcium 251 mg | iron 3.4 mg

# winter fruit salad

1 SERVING

This simple fruit salad is a great way to put the fruit hanging out in your fridge to work as you double down on the detox. Add whatever other fruits you have on hand.

1 cup leftover berries  
1 green apple, cored and roughly chopped  
1 teaspoon fresh lime juice, plus more to taste  
1 teaspoon chopped mint, plus more to taste  
Pinch of Celtic sea salt, plus more to taste

1. In a bowl, combine all of the ingredients, and tweak lime juice, mint, and salt to taste.

## nutritional facts (per serving)

calories 180 kcal | fat 0.8 g | saturated fat 0.09 g | sodium 7.1 mg | carbs 47 g | fiber 8 g | sugars 34 g | protein 1.6 g | calcium 22 mg | iron 0.6 mg

# almond milk (not on Days 8, 9, 10, 11)

4 SERVINGS

Activated raw almonds rock. In a milk, they're incomparable. Alkalizing, creamy, satisfying, and delicious, this basic recipe is a wonderful way to stave off pangs and cravings during the cleanse. To keep things interesting, try the flavor variations. (We're nuts for "strawbalm" milk.) Enjoy your nut milk strained, or whole for a full-fiber fix. You can drink almond milk at any time during the cleanse except for fasting and Stage 1 of the transition out of the juice fast.

**1 cup raw almonds**  
**1/8 teaspoon Celtic sea salt**  
**1/8 teaspoon fresh lemon juice**  
**3 cups filtered water**  
**1/2 teaspoon natural vanilla extract**  
**5 drops alcohol-free liquid stevia, plus more to taste (optional)**

**flavor options to add to base recipe**

**rich almond milk: 1 to 2 tablespoons of raw almond butter and 1/4 teaspoon almond extract**

**chocolate milk: 50-60 drops Sweet Leaf alcohol-free chocolate stevia drops.**

**strawberry milk: 3 cups fresh strawberries and 10 drops alcohol-free liquid stevia.**

**turmeric milk: 1 to 2 tablespoons ground turmeric, 1 tablespoon almond butter, 1/2 teaspoon**

**natural vanilla extract and stevia to taste**

**alkaline green milk: 2 cups of spinach/ cucumber/ celery juice.**

1. Place the almonds in a glass or ceramic bowl and submerge them in just enough filtered water to cover them. Add the salt and lemon juice, cover the bowl with a breathable kitchen towel, and allow to soak for 8 hours. Drain the water, discard, and rinse the almonds thoroughly. Throw the rinsed almonds into your blender with 3 cups of filtered water, vanilla, stevia, and a pinch of salt. Blast on high for 30 to 60 seconds until the almonds are pulverized. For a rustic, fiber-rich milk, enjoy this unstrained mixture (shake before drinking).
2. For a smoother milk, strain

with a nut milk bag or a sheer piece of knee-high hosiery. To strain, place the filtration bag over a large container (a glass mason jar, jug, or bowl), pour the milk in, and gently twist and squeeze the bag until all the liquid has passed through.

3. Repurpose the pulp as a body scrub by mixing with some coconut oil (or other cold-pressed oil), add to smoothies to boost the protein and fiber content, or dehydrate for use in cookies, crusts, and crackers.
4. Transfer the strained milk to a sealed container in the fridge for two or three days. It's normal for homemade almond milk to separate when stored. That's how we know it's fresh! Just shake or blend again before using.
5. Freeze leftover milk in ice cube trays to boost the creaminess of smoothies.

**nutritional facts** (per serving)

calories 269 kcal | fat 23 g | saturated fat 1.8 g | sodium 21mg | carbs 10 g | fiber 5.8 g | sugars 2.1 g | protein 10 g | calcium 135 mg | iron 1.7 mg

# grape ginger lemonade (any day)

2 SERVINGS

The flavors of grape and ginger blend beautifully for a tangy treat. Ginger encourages sweating, gets the lymph moving, calms inflammation, and delivers crazy back-end kick! The lemon juice adds its own zing, and is great for flushing toxins out of the liver. You can add stevia to your preferred level of sweetness, and may find you don't need any at all.

**1 cup filtered water**  
**¼ cup fresh lemon juice**  
**2 cups green seedless grapes**  
**2 teaspoons minced ginger**  
**10 drops alcohol-free liquid stevia, plus more to taste**

**1.** Throw all of the ingredients into your blender and blast on high for 30 to 60 seconds until pulverized. Strain the mixture through a fine mesh sieve or filtration bag. Tweak stevia to taste, and chill in the fridge.

**nutritional facts (per serving):** calories 112 kcal | fat 0.3 g | saturated fat 0.1 g | sodium 8.3 mg | carbs 31 g | fiber 1.5 g | sugars 24.1 g | protein 1.2 g | calcium 20.8 mg | iron 0.6 mg

# strawberry mint lemonade (any day)

2 SERVINGS

This lemon berry hydrating helper is an alkalizing avenger with a terrific tart and tangy flavor. The combo of antioxidants and anti-inflammatory agents goes to work to flush out liver toxins. Mint adds its own accent and helps cleanse the blood and bowels. Depending on how sweet your berries are—or aren't, tweak the stevia up or down.

**1 cup filtered water**

**¼ cup fresh lemon juice**

**3 cups fresh strawberries, hulled**

**¼ cup firmly packed mint leaves**

**10 drops alcohol-free liquid stevia, plus more to taste**

**1.** Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until well combined. Strain the mixture through a fine mesh sieve or filtration bag. Tweak stevia to taste, and chill in the fridge.

**nutritional facts (per serving):** calories 78 kcal | fat 0.8 g | saturated fat 0.05 g | sodium | 8.2 mg | carbs 20.5 g | fiber 4.7 g | sugars 11.3 g | protein 1.7 g | calcium 48 mg | iron 1 mg

# coconut water kefir (any day)

8 SERVINGS

Like other varieties of kefir, tart and tangy, this healthy non-alcoholic spritzer is, for some, an acquired taste. A magic elixir loaded with potassium, sodium, calcium, and magnesium, coconut water kefir packs powerful probiotics (such as lactobacillus and bifidus), that assist with digestion, support gut health, and help white blood cells combat infection and disease. A rich source of vitamin B12, too, it cleanses the endocrine system; helps flush toxins from the liver; tones and cleanses the intestines; improves vision; and strengthens hair, skin and nails. It can even dry up moles and warts, and fade skin spots! With coconut water kefir, less is more. This stuff is potent, and really gets your digestive system moving. If you overdose on it you may be spending way too much time in the smallest room of the house. You can purchase coconut water kefir at health food stores, but it's much cheaper to make your own. We culture ours with kefir grains from [Cultures For Health](#).

**¼ cup water kefir grains**

**4 cups raw coconut water  
(from about 4 young Thai  
coconuts)**

1. Hydrate your kefir grains per the instructions on the pack.
2. Pour the raw coconut water into a large glass mason jar. With a non reactive wooden or plastic spoon stir in the prepared kefir grains. (Do not use a metal spoon as it will destroy the grains.) Seal the mason jar, and place the mixture in a dark, warm, dry place (at about 70°F /22°C) for about 48 hours until fermented. The mixture should be cloudy and fizzy. (Depending on the temperature in your space, you may have to leave the mixture out for another 24 hours.)
3. Using a plastic non reactive sieve (not metal) strain the liquid.
4. Transfer this strained liquid to a glass mason jar, and store in the fridge.
5. Save the kefir grains to make another batch of kefir. You can also make subsequent batches of kefir by adding in ¼ cup of the kefir to your next 4 cups of coconut water (about one gallon). Drink ¼ cup of this kefir in the morning and ¼ cup at night right before bed. While you're laying horizontal, the good bacteria will have a colonization party in your gut and colon.
6. You can also add ¼ cup to smoothies.

## **nutritional facts (per serving)**

calories 27 kcal | fat 0.5 g | saturated fat 0.4 g | sodium 130 mg | carbs 4.9 g | fiber 1.3 g | sugars 3.5 g | protein 1.1 g | calcium 38 mg | iron 0.4 mg

# cider water kefir (any day)

8 SERVINGS

We love water kefir. A small quantity of kefir grains can culture a number of batches, making this an economical fermented beverage option. Before dinner we favor water kefir cocktails—in shot glasses for more theatrical effect—and in a variety of flavors. Detox aperitif! (Maybe try a stemmed glass and throw in a twist of lemon peel.) However you serve and quaff it, this zesty drink is loaded with probiotics. The combination of apple, lemon, and ginger is a great digestive primer. Another good routine is 1/4 cup of kefir in the morning and 1/4 cup right before bed to let the critters have a slumber party!

**1 pack water kefir grains**

**4 cups filtered water**

**¼ cup sugar, plus more if needed**

**¼ cup fresh apple juice, plus more to taste**

**1 tablespoon fresh lemon juice, plus more to taste**

**1-inch piece ginger, peeled and sliced into sticks, plus more to taste**

**Alcohol-free liquid stevia, to taste**

**1.** To make the kefir water, hydrate your kefir grains per the instructions on the pack.

**2.** Pour 4 cups of filtered water and 4 to 6 tablespoons of your preferred sweetener (we prefer organic sucanat) into a large glass mason jar. Stir in the hydrated kefir grains with a non reactive wooden or plastic spoon. (Don't use a metal spoon or it will destroy the grains.)

**3.** Seal the mason jar, and place the mixture in a dark, warm, dry place (at about 70°F /22°C) for about 48 hours until fermented. The mixture should be cloudy and fizzy. (Depending on the temperature in your space, you may have to leave the mixture out for another 24 hours.) Using a plastic non reactive sieve (not metal) to strain the liquid.

Transfer the kefir grains to another jar to start your next batch. .

**4.** Transfer the strained kefir water to a glass mason jar, and add the apple juice, lemon juice, and ginger. Seal the jar and place the mixture in a dark, warm, dry place (at about 70°F /22°C) to ferment for 1 to 3 days until your desired level of carbonation. Place the sealed mason jar bottles in the refrigerator and serve chilled.

# beet kvass (any day)

8 SERVINGS

Kvass is a traditional beverage in Baltic and Slavic cultures, and a simple and inexpensive way to get the benefits of a cultured beverage. This fermented wonder delivers powerful probiotics to aid digestion and boost immunity, and is brilliant for cleansing the liver, and building the blood. If the ingredients make you skeptical, be brave and give it a go; the cultured mix is tangy and refreshing.

**2 medium or 3 small raw red beets, washed and roughly chopped**

**¼ cup juice from fermented sauerkraut (such as “Bubbies”)**

**2 teaspoons Celtic sea salt**

**Filtered water**

1. Place the beets in the bottom of half-gallon glass jar, add sauerkraut juice and salt (if you don't want to use sauerkraut juice, you can double the salt instead, though it may take longer to ferment). Fill the jar up to 1 inch from the top with filtered water. Cover with a towel or cheesecloth and leave on the counter at room temperature for 2-3 days to ferment. Transfer to fridge or cold storage. Consume as desired. We drink 2 to 4 ounces each morning and evening.

**nutritional facts (per serving):** calories 19 kcal | fat 0.09 g | saturated fat 0.02 g | sodium 270 mg | carbs 4.3 g | fiber 1.2 g | sugars 3.1 g | protein 0.8 g | calcium 11 mg | iron 0.5 mg