



SIMPLE DETOX RECIPES

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SPICE WATER

Find your constitution at yogahealer.com/dosha.
Then, explore food for your constitution.



Better Digestion Water (VPK)

1 quart boiling water
1/3 tsp. fennel seeds
1/3 tsp. cumin seeds
1/3 tsp. cardamom seeds

No More Bloating Water

1 quart boiling water
1/2 tsp. fennel seeds
1/4 tsp. cardamom seeds
Pinch hing (asafoetida)
Pinch black salt

Sweet Emotions Water

1 quart boiling water
1/2 tsp. fennel seeds
1/4 tsp. cardamom seeds

Cooling Water

1 quart room temperature water
8 slices cucumber
1 tbsp cilantro leaves
squeeze lime juice

Spicy Mucus Buster Water

1 tsp. shredded fresh ginger root
pinch of cayenne
pinch of cloves

Morning Shocker Water

1 tsp. shredded fresh ginger root
A few slices of jalapeño pepper

SPICE WATER MEDICINE

* if your constitution is Pitta, eat more foods from the Pitta list.



Best seeds & herbs for vata teas:

Licorice root, fennel seed, cardamom seed, alfalfa leaf, cumin seed, fenugreek seed, cinnamon, ginger, jasmine flowers, oat straw, tulsi, orange peel, blessed thistle, sweet herbal chai, rose hips

Fennel & Cardamom tea

add 1/2 tsp. fennel seeds and 1/2 tsp. cardamom seeds to a 1/2 liter thermos. Add boiling water.

Flax seed Tea

1 -2 tbsp. ground flax seeds (grind fresh in a coffee grinder)
1/4 tsp. of cinnamon or garam masala
1 c. hot water
1/2 tsp. raw honey. Stir and drink, or eat if it's thick!



Best seeds & herbs for Pitta teas:

licorice root, fennel seed, coriander seed, mint leaf, cardamom seed, alfalfa leaf, chamomile flowers, jasmine flowers, lavender flowers, rose buds, rose hips

Rose Coriander Tea

Add 1 tbsp. rose petals and 1/2 tsp. coriander seeds to 1/2 liter boiling water

Alfalfa Burdock Mint Tea

Steep alfalfa, burdock root and mint teas in hot water. Drink up to 3 cups a day.

Licorice Peppermint Tea



Best seeds & herbs for Kapha teas:

fenugreek seeds, cloves, black pepper, cardamom seeds, fennel seed, cardamom seed, alfalfa leaf, dried orange peel, lemon peel, cinnamon, ginger, green tea, tulsi, red raspberry leaf, rose hips

Caraway Fenugreek Tea

Add 1/2 tsp. caraway seeds and 1/2 tsp. fenugreek seeds to 1/2 liter thermos. Fill with boiling water.

Ginger, Cloves and Cinnamon Tea

Spicy Herbal Chai (without milk)

SIMPLE JUICE



Vata's Green Juice

1/2 fennel bulb
1/2 head celery
1 inch ginger root
1/2 lemon
1 apple
small bunch radish leaves

Carrot Cucumber Beet Lemon Cleansing Detox Juicer Recipe (VK-)

4 carrots
1/2 medium size cucumber
1/2 medium beet with greens
1/4 lemon

Very Orange Vegetable Juice (V-)

3 carrots
1 large orange
1/3 lime
1 inch ginger mint leaves
(adapted from *Eat, Taste, Heal*)

Sweet Elimination Juice (K-)

1 apple
6 stalks celery
2 beets
1 inch ginger
1/2 cucumber
1/2 c. parsley



Pitta Green Juice

1/2 head celery
1 inch turmeric root
1/2 lime
1 cucumber
1 apple
large bunch of leafy greens

Green Lemonade (PK-)

2 apples
1/2 bunch kale or collards or romaine
1/2 bunch celery
1 inch ginger
1/2 lemon (rind included)

Cucumber Apple Mint Ginger Juicer Detox Recipe (P-)

1 cucumber
2 large sweet apples
2 sprigs fresh mint leaves
1/2 inch ginger root

Super Green Juice (P-)

1 bunch kale
1 cucumber
1 inch ginger
1/2 lemon or lime
4 stalks celery

Liver Rejuve

2 c. dandelion greens
1 " turmeric root
2" burdock root
2 pears
1/2 lemon
1/2 bunch celery



Kapha Green Juice

1/2 head fennel or celery
1 inch turmeric root
1 inch ginger
1 pear
large bunch of mustard greens or bow
chop

Radish Carrot Beet Ginger Juice (pungent!) (K-)

1 large carrot
10 radishes, preferably with greens
1 apple, quartered
1/2 beet with greens
1/2 bunch parsley
1 inch ginger root
1/2 lemon
juice add water if desired.

Red Cabbage Apple Juice

1/2 head red cabbage
4 stalks celery
2 apples

Morning Shocker

1/4 jalapeño pepper
1/2 bunch kale
2 medium oranges
1 clove garlic
1" fresh ginger root
1/2 c. arugula

SOAKED or DRIED NUTS



Cashews
Flax Seeds
Sesame Seeds
Almonds
Hemp Seeds
Chia Seeds
Brazil Nuts
Macadamia Nuts
Walnuts



Almonds
Coconut
Flax Seeds
Chia Seeds
Pumpkin Seeds
Sunflower Seeds



Almonds
Pumpkin Seeds
Sunflower Seeds
Flax Seeds
Hemp Seeds
Raw Cacao
Chia Seeds
Sesame Seeds

DRIED NUTS RECIPE

Put 4 cups raw, organic nut or seed in a 1/2 gallon Mason jar.

Add 1 tablespoon of sea salt. Fill with water to the top of the jar. Swirl the water around to dissolve the salt.

Let the nuts/seeds sit in the jar sit overnight, or for at least 7 hours.

Drain the nuts/seeds. Rinsing is optional. Using a sprout screen with metal band really makes this easy.

Remove skins, if desired.

Spread the nuts/seeds in a single layer on a dehydrator tray*.

Dry at 95 to 100 degrees Fahrenheit until crispy. This usually takes about 24 hours, depending on dehydrator and other conditions.

Check by taste. Are they crunchy and free of moisture?

*If you don't have a dehydrator, you can use the sun during sunny months. Set out a tray full of soaked nuts/seeds in sunlight. Keep

it covered with a light cloth to keep out dust and bugs.

Or, you can also use an oven between 115 to 150 degrees Fahrenheit to dehydrate nuts and seeds after soaking. Keep the nuts and seeds in the oven for 12 to 24 hours, stirring occasionally, until completely dry. Unfortunately, this does kill enzymes -- but you will also have nuts and seeds free of enzyme inhibitors.

If you don't want to (or can't) do it yourself, buy sprouted nuts from your health food store.

CHIA + SOAKED NUT RECIPES

Soaked Nuts + Seeds

Soak overnight 1 cup of nuts or big seeds (sunflower or pumpkin). For the nuts, peel the skins off in the morning. Wrap in a paper towel and store in a jar or Tupperware in fridge. Add to recipes for more protein and fat.

Jar of Chia

I like to have a jar of soaked chia in my fridge. Fill a 1 quart jar with water. Leave an inch of room at the top. Add 1/2 cup chia seeds. Screw on lid. Shake. Rest the jar on its side. Shake again a few minutes later. Put in fridge.

Basic Chia Porridge

You can gently warm this in a saucepan or take it cold. Take a big scoop from your chia jar. I usually use 1/2 cup. If it's thick, add a little water and stir.

Add:

1/4 tsp. cinnamon
1/2 cup soaked almonds, chopped
Maple syrup
Rice or almond milk to taste.

Super Chia Porridge

1/4 cup dry chia (soaked)

1 Tbsp. hemp seeds

[2 tsp. maple syrup](#)

pinch of sea salt

1 tsp. coconut oil

1/2 tsp. cinnamon

Soak chia in 1 1/2 c. water for 20 minutes. Stir midway through soaking to break up any clumps. Blend all above in blender. Blend just enough to give desired texture. (Options - 1 Tbsp. maca powder, 1 Tbsp. Yacon powder, 1 tsp. vanilla powder)

Cherry Fig Cereal

2 tbsp. chia seeds

1/4 c. dried cherries, soaked

1 tbsp. goji berries, soaked

1 apple, grated

1 tbsp. coconut flakes

Soak the chia and dried fruits overnight. Stir in other ingredients. Warm on stovetop. Add nut milk and sweetener as desired.

BEST PLANT FOODS



Best Greens:

butter lettuce, fennel, beet greens, romaine, Swiss chard, baby kale leaves, sweet lettuces, lambs quarter, young nettle

Best other green veggies:

fennel bulb, peas, asparagus, celery, zucchini, red, orange, and yellow peppers

Best roots

beets, carrots, sweet potatoes, zucchini, parsnips, radishes, winter squashes, maca, turmeric root, ginger root

Best Sprouts:

sunflower sprouts
alfalfa sprouts, clover sprouts, radish sprouts

Best Fermented Foods:

All fermented foods are great for Vata. Live culture miso, kombucha, sauerkraut, kimchee

Best seeds/nuts/fats

sesame, sunflower, avocado, olives (ghee), chia, flax, almond, pine nuts, macadamias

Best fruits:

sweet & sour fruits: grapes, cherries, peaches, citrus, pineapples, bananas with seeds, tomatoes, cooked apples



Best Greens:

Kale, dandelion greens, collards, all lettuces, cilantro, cabbage, nettles, lambs quarter, thistle

Best other green veggies:

fennel, peas, asparagus, celery, zucchini, peas

Best roots:

burdock root, sweet potatoes, parsnips, carrots, jicama, turmeric root

Best Sprouts:

sunflower sprouts, alfalfa sprouts, clover sprouts, mung sprouts, lentil sprouts, broccoli sprouts

Best Fermented Foods:

Small amounts of homemade sauerkraut

Best seeds/nuts/fats

sunflower, coconut, avocado, (ghee), chia, flax, almond, hazelnuts

Best fruits:

sweet juicy fruits, peaches, apples, pears, berries, limes



Best Greens:

All greens in enormous amounts! parsley, beet greens, radish greens, kale, cabbage, Brussel sprouts, collards, mustard greens, nettles, dandelion

Best other green veggies:

fennel, broccoli, red, yellow and orange peppers, asparagus

Best roots

radishes, beets, turnips, ginger root, turmeric root, burdock root, daikon

Best Sprouts:

All sprouts! radish sprouts, onion sprouts, alfalfa sprouts, broccoli sprouts, fenugreek

Best Fermented Foods:

Small amounts of spicy ferments are best: kimchi, pickled limes,

Best seeds/nuts/fats

pumpkin seeds, chia, flax, corn oil, mustard oil

Best fruits:

astringent fruits: grapefruits, pomegranate, apples, pears, tomatoes, berries, cranberries, lemons, limes

SAUERKRAUT

Sauerkraut is amazing. Most modern humans need a healthier microbiome. If during your cleanse you do enemas, colonics or salt water flushes, you need to restore good bacteria into your digestive tract, as those techniques wipe out intestinal flora. Sauerkraut replaces them.



What you need:

- One 3 pound green cabbage
- 3 tablespoons kosher salt
1 tablespoons caraway seeds (optional, for flavor)
- 2-quart wide-mouth canning jar (or two-quart mason jars)
- Clean stones, or other weights for weighing the cabbage down
- Cloth for covering the jar
- Rubber band or twine for securing the cloth

What to do:

1. Slice the cabbage: Discard the wilted, limp outer leaves of the cabbage. Cut the cabbage into quarters and trim out the core. Slice each quarter down its length, making 8 wedges. Slice each wedge crosswise into very thin ribbons.
2. Put the cabbage in a big pot. Fill with water and salt. Put a plate inside the pot to submerge the cabbage. Soak overnight.
3. In the morning, drain, saving 2 cups of salt water. Massage and sample. If it isn't salty enough, add more salt.
4. Stuff in your jars, as tight as you can. Push all air out. It's fun. Once it's stuffed, put a clean rock on top to weight the cabbage down. cover with salt water. You want the cabbage submerged.
5. Cover the jar: Cover the mouth of the mason jar with a cloth and secure it with a rubber band or twine. Put your jar on a plate, as you cabbage is alive and will release liquid.
6. Twice a day, push the cabbage down. It will soften. Add extra salt water, if needed to keep your cabbage submerged. Keep up this dance for for 3 to 10 days: As it ferments, keep the sauerkraut away from direct sunlight and at a cool room temperature — ideally 65°F to 75°F.
7. Taste test after 3 days — when the sauerkraut tastes good to you, remove the weight, screw on the cap, and refrigerate. You know it's done when it taste good to you. If you see any mold, skim it off immediately and check. Check that your cabbage is fully submerged.
8. **Store sauerkraut for months:** Eat a little with eat meal, especially with cooked foods. If it tastes good, it's still good.
- 9.

DETOX BASICS

Basic Raw Blender Soup

1 Rapunzel veggie bouillon cube
1 small zucchini
1/2 a leek
1/2 c. sprouts of your choice
1 c. chopped asparagus
pinch of cayenne
2 dates
1 clove roasted garlic
1 tbsp. fresh lemon juice
1 tbsp. olive oil
1 Anaheim pepper
4 c. hot water

Blend all ingredients in a blender. Garnish:
1/2 c. chopped parsley. Add salt if your
bouillon or liquid aminos isn't salted.

Cooked apples: Breakfast or dessert

Chop 1-2 apples or pears. Heat a small saucepan. Add 1/4 c. water and 1/4 tsp. cinnamon. When water comes to a boil add apples, and a handful of raisins, figs, dates or chopped prunes. If you like oatmeal add a handful of oats and a little more water to the cooking process.

Marinated Salad

I assume you know how to make a raw green salad. Eat those too!

Make at least 30 minutes before eating. Or make in the morning for lunch or dinner!

4 cups thinly sliced raw greens (kale, collards, chard)
1/8 cup freshly squeezed lemon juice
1/8 cup extra virgin olive oil
1/2 teaspoon sea salt
1 cloves garlic, crushed or 1 " shredded ginger root

Options:

avocado
grated beets
grated carrots
parsley, sage, rosemary or thyme.
Or cilantro, dill, lemon balm!
pine nuts
sunflower seeds
pumpkin seeds
raw dried or fresh berries

COOKED SOUPS + BROTHS

Riff off of these recipes. Vary your vegetables for what is up in your 'hood, and for your bod. These are simple guidelines.

Cleansing Soup

- 1 large leek, chopped small
- 3 bay leaves
- 1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small
- 5 cups vegetable stock (or 5 cups water & 2 vegetable stock cube)
- 1" piece of ginger, minced
- 1" piece of turmeric, minced (or 1/2 tsp. dried)
- 1 zucchini, chopped small
- 2 cups minced kale
- a large handful of spinach, coarsely chopped juice of 1 lemon
- *fresh chopped parsley, flax oil
- *fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip or sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves, ginger, & turmeric. Simmer for 10 minutes. Add zucchini and kale and cook over medium--low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.

Simple Soup (one serving)

- 1 cup vegetables (celery, zucchini, carrots, turnips, rutabagas, sweet potatoes)
- one vegetable broth cube
- 2 cups water
- sea salt or coconut aminos to taste
- chopped parsley or cilantro, to garnish (optional)

Clean the vegetables and dice and slice attractively.

Heat ¼ c. water and ¼ of veggie cube in 2 qt pot on medium heat. Add veggies and sauté until



aromatic. Add remaining ingredients and simmer until vegetables are tender. Season with salt or aminos, and serve garnished with chopped parsley or cilantro.

Wellness Broth

- 4 cups water
- 1 celery stick
- 3 stalks kale or collards
- 1 cup fresh parsley
- 1 cup green beans
- 1" piece of fresh ginger lemon

Bring the water to a boil in a medium--sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

Kitchari:

- This is a great staple for those needing rejuvenation. Learn to cook it during the pre-cleanse.
- Experiment with the amount of spices. Don't be afraid to make it yellow (turmeric) and spicy (mustard seeds, ginger, cayenne).
- Use soaked whole mung beans, sprouted mung beans or split mung beans. See what you like best.
- Add your favorite vegetables towards the end of cooking to avoid over cooking.



Simple kitchari with vegetables, garnished with lime and cilantro.

Cooked or Living Soups

- Soups as stocks can be nourishing for any meal of the day.
- Try both raw and cooked soups to expand your repertoire.
- Add more fat (avocados, ghee, coconut oil, soaked almonds) if your hunger is intense, unless you want to lose weight.
- Use hot spices to make living soups warming. Ginger, cayenne, mustard seeds, cinnamon, etc.



Make a spicy leek and pepper soup if you have any congestion.

KITCHARI FOR A DAY

1/2 cup split yellow mung beans
(1 cups mung bean sprouted mung beans)
1/2 cup white basmati rice
1 tablespoon ghee
1 teaspoon each black mustard seeds
1 teaspoon cumin seeds
1/2 teaspoon minced fresh ginger
1/4 teaspoon ground turmeric
(optional: 1 pinch hing (asafetida)
1/4 teaspoon black pepper
4 cups water (more for soupier texture)
1 tsp sea salt
1 cup chopped cilantro
lemon slice or spoon of fresh yogurt

Soak rice and beans overnight, separately. Wash each until water runs clear. Heat a large pot on medium heat. Melt the ghee. Add the mustard and cumin seeds. Stir until popped. Add remaining spices and roast for a minute. Add dal and rice and stir again. Add water. Bring to a low simmer for 30 minutes, uncovered, stirring occasionally. Taste after 30 minutes for desired texture. Cook longer for mushier texture. Add salt to taste. Garnish with cilantro, lemon or yogurt. Add more water when you reheat it later in the day.

* For weak digestion, gas or bloating: Soak your beans overnight, or first par boil the split mung dal (cover with water and bring to boil), drain, and rinse of the bean scum Repeat 2-3 times + add more asafetida if you have major bloating issues.

* Use a pressure cooker to shorten cooking time. Add vegetables after rice + beans are cooked.

* When you are doing an Ayurvedic Kitchari cleanse, do not use ghee in the oleation phase. Dry roast your spices instead.

* If you can't find mung (moong) dhal locally - it's on [Amazon](https://www.amazon.com).

Why Kitchari:

Kitchari is the traditional detox food of Ayurveda. The philosophy is simple. The body detoxes when it is given the opportunity. Lighten up what you eat, and nourish the 6 tastes, and 5 senses at the same time, and voila, you've created the opportunity.

Kitchari is a considered a complete food in Ayurveda. You can eat it for weeks. Or do kitchari for a day. It's like baby food. Simple to cook and digest ... and then you don't have to worry about food for the day.



VEGETABLES?

This recipe is the most basic for detox or rejuvenation. Adding 2-3 cups of vegetables and additional water is a good idea:

ROOTS:

Add diced roots in the last 20 minutes of cooking: carrots, beets, turnips, parsnips, or sweet potato. Per cup of root vegetables add 1/3 cup of water.

HEARTY GREENS

Stir in greens when done cooking: kale, chard, collards, celery, or shredded fennel. Per cup of root vegetables add two tablespoons of water.

DELICATE GREENS + SPROUTS

Stir in delicate greens just before serving: spinach, arugula, alfalfa sprouts, sunflower sprouts.

When to eat Kitchari:

- You're stressed out or overwhelmed
- You're sick
- Your cravings are unhealthy
- You need a change of diet
- You need to give your body a break
- You're too busy to prepare other food and need deep nourishment

BONE BROTH

with help from www.wellnessmama.com blog

Bone broth is deeply Vata-pacifying, or calming to anxious or undernourished detoxers. Packed with high calcium, magnesium, and phosphorus and a little rich fat, broth boosts the immune system, improves digestion and elimination. Bone broth builds bones, teeth, joints, hair, skin, and nails due to its high collagen content. It may reduce cellulite as it builds smooth connective tissue.

Broth is very high in the amino acids proline and glycine which are vital for healthy connective tissue (ligaments, joints, around organs, etc).

Find the best bones you can afford - local, grass-fed or wild bones of beef, bison, lamb, poultry, or fish. Add vegetables and spices.

- 3 lbs of bones from a healthy source
- 2 chicken feet for extra gelatin (if you happen to have chicken feet)
- 1 onion
- 2 carrots
- 4 stalks of celery
- 2 tablespoons Apple Cider Vinegar
- 1 bunch of parsley, 1 Tbsp or more of sea salt, 1 tsp peppercorns, additional herbs or spices to taste.
- 2 cloves of garlic for the last 30 minutes of cooking.

Instructions

- If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. Place in a roasting pan and roast for 30 minutes at 350.

- Put bones in a large stock pot. Pour 12 cups (good) water over the bones and add the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.
- Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.
- Bring the broth to a boil. Boil for a few minutes, then, reduce to a simmer and simmer until done.
- Every 30 minutes, remove the gunk that floats to the surface. Do this for 2 hours.
- During the last 30 minutes, add the garlic and parsley, if using.
- Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

How long to simmer:

- ★ Beef broth/stock: 48 hours
- ★ Chicken or poultry broth/stock: 24 hours
- ★ Fish broth: 8 hours



LIVING SOUPS

A great way to start with raw soups is to add boiling hot water to the refrigerator cool vegetables. This renders a soup about 115° so the nutrients are mostly alive. I also like to add Rapunzel veggie broth cubes and fresh herbs for flavor. I use a high powered blender (Vitamix) for a creamy texture in my raw soups. A regular blender works, but renders a chunky texture. When using a regular blender you can finely chop or put veggies through a food processor first.

Raw Family Green Soup

3 leaves of chard
1 stalk of celery
Half a bunch fresh parsley
Juice of 1 lemon
1 large avocado
2 cups of hot water
Add water as needed and blend to desired consistency. We like to use dulse leaves, grated carrots, grated cauliflower, and sprouts to our bowl of soup.

From '[Green Smoothie Revolution](#)', recipe by [Victoria Boutenko](#)

Pumpkin seed & broccoli Soup

1 stalk celery
small handful pumpkin seeds
big slice lemon juice
1 tbsp. fresh thyme
2 cups broccoli, stalks are fine
1 veggie broth cube
salt & pepper
pinch of cayenne (for Vatas & Kaphas)
2-3 c. hot water

Bright red tomato soup

2 tomatoes
1 red bell pepper
2 stalks celery
5 sun-dried tomatoes
1 veggie broth cube
1 tbsp. olive oil
salt and pepper to taste

Fennel Pesto Soup

2 stalks fennel
handful cilantro
1 tbsp. olive oil
big slice lemon juice
1 tbsp. pesto or 1/4 c. fresh basil
1 stalk celery
1 cup green sprouts (alfalfa, sunflower, whatever)
1 veggie broth cube
salt & pepper
pinch of cayenne (for Vatas & Kaphas)
2-3 c. hot water

Green Goddess Soup

3 cups sunflower seeds, soaked
½ cup parsley
½ cup cilantro
2 tbsp dill weed
Juice of 3 lemons
Celtic salt to taste Blend and serve.

SIMPLE SALADS



Vata salads: sweet and warm greens and roots with a soft quality (not too cold and crunchy). Marinate your salads!

Best Vata Salad

1/2 c. fennel, shredded
1 c. diced chard (stalk is fine)
1 c. yellow pepper
1 c. sunflower sprouts
1/4 c. fresh basil or dill chopped
1 tbsp. lemon juice
2 tbsp. olive oil
1 tsp. raw honey
salt and pepper to taste.
Mix the wet ingredients and pour over the veggies. Marinate for 2+ hours at room temperature before eating. Adjust seasonings to taste.

Zen Kale Salad (V-)

2 cups green kale
1/4 cup sesame seeds
2 tbsp sesame oil
1 tsp lemon juice
1/2 tsp celtic salt

Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit from 1-12 hours. Add remaining ingredients and mix well.

Fennel, carrot & Jicama Salad (VPK-)

1/2 fennel bulb
1 large carrot
1 cut jicama

Cut all into thin strips. Add a light dressing of olive oil, lemon juice, salt and pepper.



Pitta salads: sweet and bitter greens and roots with plenty of color and sprouts.

Simple Pitta Salad

1 c. sunflower sprouts
2 c. lettuce greens
1 c. grated golden beet
1/2 avocado

Green bean coconut salad

1/2 lb. green beans, slices in half, & in 1" pieces
juice of 1 lime
1 tbsp. melted coconut oil
2 tbsp. minced fresh dill or mint
salt to taste

Toss and marinate at room temperature for 2+ hours.

Pitta Sprout Salad

1/2 c. lentil sprouts
1/2c. sunflower sprouts
1/2 c. alfalfa sprouts
1 c. lettuce or mixed greens
1/2 c. jicama

Fennel and Apple Salad

1 fennel bulb
2 apples
Grate 1/2 of each ingredient. Thinly slice the other 1/2. Mix and enjoy.



Kapha salads: primarily of spicy & bitter greens and sprouts

Simple Kapha Salad

1 bunch arugula
4 thinly sliced radishes
4 thinly sliced turnips
1/2 c. fenugreek sprouts

Daikon-Ginger Salad (K-)

1 daikon, grated
1/3 cup lemon juice
1/4 cup ginger, finely grated
1/4 tsp cayenne
Let the grated ginger marinate in lemon-cayenne juice for several hours. Pour the marinade over the daikon and serve.
(Daikon is unbalancing for P in large amounts.)

Mixed Greens and Sprout Salad (K-)

2 c. mixed greens
1/2 c. arugula
1/2 c. fenugreek sprouts
1/2 c. radish and onion sprouts
1/2 c. grated golden beet
2 tbsp. . pumpkin seeds

Fall Fennel Slaw:

2 apples, one chopped, one grated
1 fennel bulb, grated
1/2 lemon
1 carrots
1 c. green cabbage, grated
1 c. red cabbage, grated
1/2 cup dried cranberries
1/2 cup pumpkin seeds
Place apples in bowl. Squeeze the juice from 1/2 lemon over the apples and stir. Add the rest of ingredients and combine.

SIMPLE DRESSINGS



Vata Basic Detox Dressing

1/2 c. olive oil
Juice of 1 lemon
raw honey to taste
salt and pepper to taste

Orange Avocado Dill Dressing

(VP-)
1 cup fresh orange juice, with pulp
1/2 avocado
2 tbsp. fresh dill
pinch sea salt
Blend

Sesame Ginger Dressing

1/2 c. white sesame seeds
1 tbsp. sesame oil
1/2 c. water
1 inch chopped ginger
pinch of stevia

Lemon Miso Tahini Dressing

3 tablespoons sesame tahini
1 tablespoon lemon juice
2 tablespoons miso

Creamy Basil Dressing

1/2 cup hemp seeds
1/2 cup fresh basil
1/2 cup water
juice from 1 lemon
2 cloves roasted garlic
1 tbsp. nutritional yeast
1 tbsp. agave nectar
Whisk all ingredients together. Pour over slaw and mix well.



Pitta Basic Detox Dressing

1/2 c. sunflower oil
Juice of 1-2 lime
maple syrup to taste
salt and pepper to taste

Mint - Cilantro Dressing (P-)

1/4 c. mint leaves
1/2 c. cilantro leaves
1/2 c. sunflower oil
1 tbsp. dried coconut
1 tsp. raw honey or stevia
juice of 1 lime
a few tbsp. water to desired consistency

Pitta Dill Dressing

2/3 c. sunflower seeds, soaked
5 tbsp. sunflower oil
2 tbsp. lemon juice
1/2 c. chopped dill
1 tbsp. nama shoyu
5 tbsp. water



Kapha Basic Detox Dressing

1/2 c. flax oil
Juice of 1 lemon
raw honey to taste
pepper to taste

Flax Ginger Dressing (K-)

1/2 cup flax oil
Juice of 1 lemon
2 tsp. ginger juice
a few pinches cayenne
1 tsp. raw honey or liquid stevia

Spicy Mustard Dressing (K-)

juice of 1 lemon
2 tbsp. yellow mustard
1/4 cup organic corn oil
1/4 cup flax oil
2 dates
1 celery stalk
1 tsp. raw honey
pinch of cayenne

Tomato Chives dressing (K-)

1 tomato
2 tbsp. hemp seeds
2 tbsp. flax oil
3 tbsp. chives
2 tsp. raw honey
squeeze lemon juice
pinch of salt

LIVING SOUPS



Vata Soups: warm, savory and spicy as a general guideline

Basic Vata Green Soup

1 c. fennel
1/2 c. yellow pepper
1 avocado
1/4 c. fresh basil or dill chopped
1 tbsp. lemon juice
1/2 tsp. agave
1 veggie broth cube
dash of cayenne
salt and pepper to taste.
Blend with 4 c. boiling water.
Garnish with sunflower sprouts.

Basic Vata Red Soup

3 c. tomatoes
1 stick celery
5 brazil nuts
1 tbsp. olive oil
1 tsp lemon juice
2 tsp. Italian spice blend
1/2 tsp. agave
1 veggie broth cube

Blend with 4 c. boiling water.
Garnish with fresh basil.

Fun Vata Soup

1/2 fennel bulb
1 large carrot
1 cup jicama
1 avocado
1 veggie broth cube
Blend with 4 c. boiling water.
Garnish with sunflower sprouts.



Pitta Soups: sweet and hearty with plenty of color and sprouts

Basic Pitta Green Soup

1/2 an avocado
2. c. lettuce greens
sprigs of fresh dill or cilantro
1 1/2 c. zucchini
1 veggie broth cube
1/2 avocado

Blend with 4 c. boiling water.
Garnish with clover sprouts.

Minty Asparagus Soup

1 cup asparagus
juice of 1 lime
2 tbsp. unsweetened coconut flakes
1 c. cucumber
2 tbsp. mint
salt to taste
1 veggie broth cube

Blend with 4 c. boiling water. Stir in
1/2 an avocado, diced.

Garnish with sunflower sprouts

Curry Coconut Carrot Soup

1 c. chopped carrots
1 c. fresh carrot juice
1 c coconut water, or water
4" leek
1 1/2 tsp. yellow curry powder
1/2 c. unsweetened coconut flakes
2 dates, pitted
2 stalks celery
1 veggie broth cube
Blend with 4 c. boiling water.
Garnish with cilantro and sunflower sprouts.



Kapha Soups: spicy, pungent and light

Basic Kapha Soup

1 cup arugula
1/4 c. basil
1 turnip
1 cob corn (sliced off)
1 veggie broth cube
1 tbsp. flax oil
cayenne to taste
Blend with 4 c. boiling water.
Garnish with fenugreek sprouts.

Spicy Ginger Soup

1 daikon, grated
1 c. celery
1 big tomato
1 tbsp. cup lemon juice
2 tbsp. fresh lemongrass
2 tbsp. ginger, finely grated
2 tsp. thai curry paste
1 tbsp. toasted sesame oil
1 veggie broth cube
Blend with 4 c. boiling water.
Garnish with sunflower sprouts

Light Seaweed Broth

2 sheets nori, cut into strips
1 stalk celery, finely chopped
2 tbsp. miso paste
1 tsp. thai curry paste
1 tbsp. toasted sesame oil
1 veggie broth cube
Blend miso with 2 c. warm water.
Dissolve broth cube and curry paste with 2 c. hot water. Stir in remaining ingredients. Garnish with arugula.

LIVING SOUPS

Ginger Carrot Sprout Soup

1 cup fresh carrot juice
1 " shredded ginger
1 tbsp. sunflower oil
1 handful mixed sunflower, alfalfa, and clover sprouts
1 tsp masala of choice

Blend the oil, ginger and carrot juice until smooth. Mix in masala or try adding sea vegetables for a different taste. Garnish with sprouts and serve.

Sea Veggie Miso Soup

(Great for Vata imbalances)
1 handful dulse, alaria, kelp, or nori (or a mixture), soaked
1 tsp fresh ginger
½ tsp mellow miso
1 ½ cups water, heated to 115 degrees

Dissolve the miso in a quarter-cup of the heated water and mix back in. Stir in the sea veggies and ginger.

Serve
(Excellent for building digestive fire.)

Red Hot Tomato Soup

4 large tomatoes
1 red bell pepper
4 tsp cold pressed olive oil
1 tsp grated ginger root
4 green onions
1/8 tsp cayenne
dash of cinnamon
Add water or more tomatoes for desired consistency if needed. Blend in blender or Vitamix.

Sequoia's Calcium Soup

by David Wolfe

10 kale leaves
1 handful of parsley
2 cloves of garlic
1/3 of a red onion
2 lemons
1 avocado
1 tomato
2 yellow bell peppers
1 handful of dulse strips or Spirulina flakes
1/2 teaspoon sea salt
1 tablespoon of unpasteurized miso
3 tablespoons olive oil
20 pumpkin seeds.

Shave the outer skin off the lemons leaving the white pith intact. While blending all the ingredients, add distilled water to reach a thick, soupy consistency. This is a great raw soup for kids! An excellent way to introduce important heavy minerals and calcium into the diet.

LIVING SOUPS

Butternut Apple Soup

4 cups butternut squash, chopped
1 cup fresh apple juice or cider
1/3 cup orange juice
1/3 cup water
2 large stalks celery
1/2 a leek
1 tsp. curry paste
4 pitted and soaked dates
1 tsp sea salt
1 tsp. soy sauce or coconut aminos

Blend all in a high speed blender till smooth and creamy. **If you don't have a high speed blender, steam the squash and celery first. Then, blend. You can reheat on the stove post-blending.

Borscht adapted by Boutenkos

3 beets, peeled
1 small root ginger, sliced
3 to 4 cloves garlic, peeled
6 to 7 bay leaves
2 carrots, chopped
2 stalks celery
2 tablespoons apple cider vinegar (we use the water from our Italian olives instead!)
1 tablespoon honey 3 to 4 oranges, peeled, seeds removed (we use Agave nectar instead of honey!)
1 cup olive oil
Sea salt to taste
1/2 cup walnuts
1/4 head cabbage, diced or grated
1 to 2 carrots, diced or grated
1 bunch parsley, diced or grated

Directions:

Blend the beets, ginger, garlic, and bay leaves with 2 cups water in a blender or Vita-Mix. Pour the mixture into a big bowl.

Blend the carrots, celery, apple cider vinegar, oranges, honey, olive oil, and sea salt with 2 cups water about 30 seconds. Add the walnuts and blend on low speed very quickly, so they break into small pieces but do not blend. Pour in the same bowl and stir. Add the cabbage, carrots, and parsley to the blended mixture. Stir and serve.

GREEN SMOOTHIES



Vata Smoothie

1 cup spinach
1 peeled orange
1 c. fresh pineapple
1/2 inch ginger root
1/2-1 tsp. spirulina
1 + tsp. extra virgin coconut oil
1 cup water

Vata's superfood smoothie

1 tbsp. maca root
3 tbsp. soaked chia seeds
1 tbsp. goji berries
1/2 tsp. spirulina
3 dates
1 cup leafy greens
1 + tsp. extra virgin coconut oil
1 wheatgrass cube
1 cup mango or banana
1 cup water

Vata's Simple Smoothie:

1 cup kale
1 banana
6 dates
handful soaked almonds
1 cup water

Vata's Favorite Smoothie

1 banana
1 c. greens
1 c. pineapple
1 tbsp. coconut oil
1 c. water

* vata can also add avocado to smoothies for more fat!



Pitta Smoothie

1 cup leafy greens
1 cup sprouts
sliver turmeric root
1 oz. aloe juice
1 apple
1 cup water
stevia leaf for sweetness to taste (a pinch)
1 tsp. extra virgin coconut oil

Pitta's superfood smoothie

1 tbsp. maca
2 oz. aloe juice
2 cups leafy greens
2 tbsp. ground flax
1 orange
1 c. water
1 wheatgrass cube
stevia to taste

Pitta's Simple Smoothie:

2 stalks celery
1 cup greens
1 apple
1 + tsp. extra virgin coconut oil
stevia to taste
water

Pitta's Favorite Smoothie

1/2 cucumber
1/2 c. cilantro
1 c. greens
2 apple
1 cup water
stevia to taste



Kapha Smoothie

1 cup leafy greens
1/4 cup parsley
1 cup sprouts
1 cup wild blueberries
1 inch ginger
squeeze of fresh lemon
1 cup water
1 grapefruit

Kapha's superfood smoothie

3 tbsp. goji berries
1/2 c. blueberries
1 tsp. raw honey
2 cups leafy greens
2 oranges
1 c. water

Kapha's Simple Smoothie:

2 cups greens
1 pear (use grapefruit in winter)
1/2 tbsp. raw honey
2 c. water

Kapha's Favorite Smoothie

2 c. radish greens
2 radishes
2 apples (use grapefruit in winter)
1 cups water
stevia to taste

Kapha's Best Smoothie

1/2 c. basil
1 c. romaine
1 c. spinach
1 grapefruit with seeds
1 c. water
1/4 lemon
pinch of cayenne

How to make GUT SHOTS

Gut shots are a liquid fire starter for your digestion. Once you have your homemade gut shots stored in fancy glass jars in your fridge, you'll want to pour an ounce into a shot glass. This elixir you custom design to your tastes, to the season, and to your constitution.

Fermented foods breed themselves. Once you start making your own gut shots, you'll notice that you naturally use one batch to start the next. Experiment with these super nutritive fermented digestive boosters. Play with colors and flavors. Gut shots are a much healthier and equally sour alternative to kombucha. And remember, just a shot will do you.

Yields 6 cups of gut shots

½ head of a large cabbage (red or green)

7 cups water

1 tsp sea salt

Tools:

½ gallon glass jar

Fine mesh strainer or cheesecloth

Sterilized glass bottles for storage: (3) 16 oz. bottles with lids are preferable.



Chop the cabbage in chunks. Place cabbage in blender. Add salt. Blend on low speed for 1 minute.

Pour the liquid mix into ½ gallon glass jar. Place plastic wrap directly on the surface of the liquid mix.

Cover with a dish towel. Store in a cool dark place for 3 days. The longer it brews, the stronger it gets.

After 3 days, remove towel and plastic wrap. Scrape off and compost and browned material from the top. Pour through fine mesh strainer or cheesecloth into a bowl, preferably with a spout.

Pour through a funnel into glass jars. If you want the gut shots to be stronger, store in a cool dark place for another 2 days. Otherwise, store in the fridge. Keeps for many moons.

Tips

- For it to brew faster, add a few tablespoons of a starter liquid from sauerkraut
- Experiment with variations to create colorful healing brews.

GUT SHOTS RECIPES



Heal your Gut

(Deep red color for Autumn + Early Winter)

Vata's need more salt, spice and warming vegetables - like carrots and beets.

- 1/2 large red cabbage
- 7 cups water
- 2 tsp. sea salt
- 1/2 c. chopped beets
- 2 tbsp grated ginger
- 1 tbsp grated turmeric

Cooling Digestives

(Cool green color for Summer)

- 1/2 large green cabbage
- 7 cups water
- 1 tsp sea salt
- 1 cup cilantro
- 1 tbsp grated lemongrass
- 2 tbsp fresh mint leaves

Mucus Busters

(Golden fresh color and spicy flavor color for Late Winter and Early Spring)

- 1/2 large green cabbage
- 7 cups water
- 1/2 tsp sea salt
- 1 tbsp grated turmeric
- 2 tbsp fresh basil leaves
- 1/2 tbsp fresh jalapeño or another hot pepper

Or 2 tbsp of kimchi to your basic gut shot recipe.

Gourmet Gut Shot Recipe

3 cups mixed vegetables (cabbage, carrots, beets, dandelions, burdock, asparagus, celery)
 1-2 fresh spices (peppers, turmeric, ginger, chives, cilantro, basil, lemongrass)
 1-2 dried spices (caraway, cinnamon, bay leaf, cloves, peppers, turmeric, ginger, cardamom, fennel, etc.)
 Blender full of water
 Blend on low
 Store in 1/2 gallon glass jar with a loose plastic lid.

Invasive Weeds Gut Shot Recipe

2 cups cabbage
 1-2 invasive weeds (dandelion, thistle, chickweed)
 Blender full of water
 Blend on low
 Store in 1/2 gallon glass jar with a loose plastic lid.

Invasive weeds are nutrient dense. These gut shots taste are as deeply nutritive as bone broth
 Use young thistle greens, dandelion greens or roots , chickweed, or other invasives around your home that are not sprayed with petrochemicals. Add spices as desired according to constitution gut shots.

RAW DETOX BASICS

Big Smoothies

- Start your nutrient consumption with liquid green.
- For those with a huge appetite, make a huge smoothie in the morning.
- Chew your smoothies! Don't guzzle. Mix your saliva in for optimal digestion.
- Add fun wild foods or superfoods. I'm adding wild berries and wild greens to my garden kale and local apples.
- Make enough to share.



Simple Salads

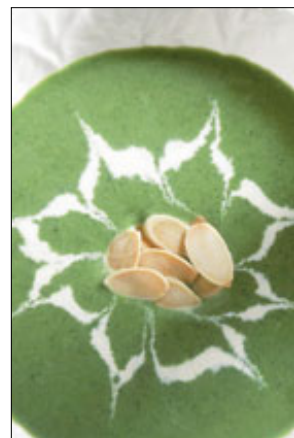
- Raw or marinated salads - vary your ingredients.
- For more calories add avocado, sunflower seeds, soaked almonds
- Make your own dressings one a week to minimize time and water waste.
- Incorporate some wild foods like berries, dandelion greens, or edible flowers. Wild foods have the most nutrients, energy, and immune boosters.



Marinated chard, shredded carrot, soaked almonds and shredded beets. Simple food.

Living Soups

- The best greens for fall/winter soups include kale, green beans, Swiss chard, celery, and fennel.
- Add fat to soups to make them yummy and if you need to slow the detox down.
- Not all soups need to be green! Make a corn chowder or a tomato-based soup for variety. An Asian miso seaweed soup is a great option for fall and winter, or a butternut, carrot, or beet - based soup for color and nutrients.



MORE DETOX SMOOTHIES

Pineapple-Papaya Smoothie

1 cup papaya, cubed
1 cup pineapple, cubed
1 medium banana, peeled
2 stalks of celery, chopped
1 cup of fresh Italian parsley

Apple-Pineapple Escarole Smoothie

1 cup water
2 apples, cored
2 cups pineapple, cubed
1 stalk celery
1 head escarole lettuce

Orange Pear Green Smoothie

1 orange
1 pear
1 head green leaf lettuce
5 sprigs of fresh dill
1 cup water

Cucumber & Grapefruit Smoothie

1 medium cucumber, chopped
1 grapefruit
1 orange
2 c. water

Lemon-Lime Detox Smoothie

1/2 medium lemon, peeled

1/2 medium lime, peeled
2 medium bananas
1 large orange
1-2 cups chopped dandelion greens or kale (optional)
1 cup water

Mango-Lime Detox Smoothie

1 mango, peeled and pitted
1 medium lime, peeled
1/2 cup cilantro
1/2 cup water

Kale Watermelon Smoothie

1 carrot, chopped
2 cups watermelon, chopped
1 banana
3 cups kale
1 orange
1 cup water

Strawberry-Orange Smoothie

2 small oranges
1 cup whole strawberries
1 small banana, peeled
1 head romaine lettuce, chopped
1 cup water

Grapefruit and Red Cabbage

1 grapefruit
1 cup red cabbage

1 banana
spring of parsley
1 cup water

Jazzy Kiwi-Pear Smoothie Recipe

4 kiwifruits, peeled
1 medium pear, cored
2 springs fresh basil
1 cup radish greens
1 medium banana
1 cup water

COOKED VEGETABLES

Baked Beets

(and/or turnips, parsnips, yams, carrots)

Scrub beets with a vegetable brush. Bake whole for best flavor and to prevent color from bleeding. Rub with ghee or oil or place in a baking dish with a little water. Sprinkle with salt & pepper. Cover and bake in a 350 F oven until tender, 1 hour or longer. Trim the root and stem ends, peel and slice.

Sautéed Turnips

2 medium turnips, cut and peeled (peeling is not necessary if turnips are fresh)
2 T toasted sesame oil
nama shoyu or coconut aminos
fresh parsley

Sauté turnips for 3 minutes in oil. Sprinkle with salt and cover. Simmer for an additional 10-15 minutes. The turnips will "sweat" and cook in their own juices (the salt draws the juice out) bringing out their sweetness. If needed, add a little water, cover and simmer until turnips are soft. Turn the heat off and drizzle nama shoyu over turnips. Place in a bowl and sprinkle with fresh parsley before serving.

Asian Ginger Greens

1 bunch of greens de-stemmed (chard, collards, kale, turnip greens, etc)
1 T fresh grated ginger
1 T toasted sesame oil
nama shoyu or coconut aminos to taste
1 t. lime juice
1 t. raw sugar

Boil a quart of water. Add greens & simmer gently until they are soft, but still vibrant green. Mix remaining ingredients. Drain greens and stir in sauce.

Lemon Green Beans

½ lb. green beans
1 tbsp. Ghee
½ lemon, juiced
sea salt + pepper to taste

Cut off the tough ends of the beans. Bring water to a boil, turn off heat, and allow to cool a moment. Place beans in a shallow pan and pour hot water over them. Allow to stand for 10 minutes or until the beans become tender. Drain and toss with the remaining ingredients. Allow to marinate at least 5 minutes.

Brown Rice

Soak 1 cup brown basmati rice overnight. Rinse.
Boil 2 c. water with ½ tsp. Sea salt, and 1 tsp. ghee. Add soaked rice and simmer, covered on low for 25 minutes. Remove from heat, and keep covered for 5 minutes. Remove cover and allow to rest for 5 minutes. Fluff with fork.

AYURVEDIC BASICS

Spiced Basmati Rice

3/4 cup basmati rice, soak overnight.
Rinse.

1 tablespoons ghee
1 (2 inch) piece cinnamon stick, or a pinch of cinnamon
2 pods green cardamom
2 whole cloves
1/2 tablespoon cumin seed
1/2 teaspoon salt, or to taste
1 1/4 cups water
1/2 small onion, thinly sliced

- Place rice into a bowl with enough water to cover. Set aside to soak for 20 minutes.
- Heat the ghee in a large pot or saucepan over medium heat. Add the cinnamon stick, cardamom pods, cloves, and cumin seed.
- Cook and stir for about a minute, then add the onion to the pot.
- Sauté the onion until a rich golden brown, about 10 minutes.
- Drain the water from the rice, and stir into the pot. Cook and stir the rice for a few minutes, until lightly toasted. Add salt and water to the pot, and bring to a boil.
- Cover, and reduce heat to low. Simmer for about 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes, then fluff with a fork before serving.

Spicy Chana Dal With Collards

3/4 cup split dried chana dal, soaked overnight (@health food store or Indian grocery, or use lentils)
1/4 tsp. hing
3 cups water
1 tsp. turmeric
1 tbsp. Grated fresh ginger
1 tsp. salt
1 tablespoon ghee
1 minced cloves garlic
1 tsp. garam masala
1 teaspoons cumin
1 teaspoons mustard powder
1/2 teaspoon red chili powder
3 tablespoons lime juice
black pepper to taste
additional ghee as needed
2 cups chopped collard greens.

- Put the dal, hing and water in a big pot . Boil the dal until tender - if split, about 45 minutes to an hour. Depending on the dal, it may take longer, and whole dal will take much longer - an hour and a half most likely.
- Once the dal is tender, reserve a half cup of any liquid remaining and drain the dal. Return it to the pot and add the collards. Add a little of the liquid back in, and cook over a low heat while you fry the spices. If the dal/spinach starts to dry out too much add more of the liquid back in.
- In a small skillet, melt the ghee and add the garlic. Sauté the garlic for about two minutes over medium heat. Add all the other

spices except the black pepper and red pepper and fry for about a minute, stirring vigorously. Add the red pepper, stir quickly, then take the skillet off the heat and dump the mix into the pot of spinach and dal.

- Stir well. Taste. Add the lime juice and the black pepper to taste, and if you feel it needs a bit more fat, add ghee to taste (but not TOO much). Salt to taste. If you eat the dal later in the day, you might need to add more water.

Steamed vegetables with Salad Dressing of your choice

Steam or roast vegetables of your choice

- Roots: turnips, beets, parsnips, carrot, sweet potatoes
- Greens: asparagus, green beans, Brussel sprouts.
- Steam until tender or
- Roast in a glass baking dish. Coat with olive oil or ghee. Bake at 325", an hour for dense roots, 25 minutes with greens. Partially covered.
- Add the above salad dressing if you need more fat or flavor.

CEREAL AND MILK

Hot Quinoa Cereal

1/4 cup quinoa - soak quinoa overnight, rinse in morning
4 dried apricots, or handful of raisins, soak overnight.
1/2 cup water
1/2 cup organic almond or rice milk
1/4 t ground ginger
1/4 t. cinnamon

Put the water and quinoa in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the quinoa is tender and the mixture thickens, about 20 minutes, add ginger, and cinnamon.. Warm the mixture over low heat.

Fresh Almond Milk

1 Part Almonds
4 Parts water

Start with whole almonds and soak them overnight in water. Next day, blanch the almonds (dip in boiling water) and remove the skins (they come right off). Puree in blender with water and maybe some sweetener and vanilla, raw honey or maple syrup if you like. Filter out the grit and you have almond milk.

*Add 1 tbsp. Non-alcohol vanilla extract and 3 pitted dates or 3 T raw honey or maple syrup for a sweeter flavor.

Almond Cashew Milk

1/3 cup soaked almonds
1 cup soaked cashews
4 cups water
pinch sea salt

Blend and strain. Refrigerate. Use with cooked grain breakfasts.

POST DETOX DESSERTS

Baked Apples

- 4 medium apples
- 3 tbsp. maple syrup
- 1/4 cup chopped walnuts or pecans
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Pinch ground cloves
- 1 tablespoon ghee or coconut butter (optional)

Preheat your oven to 375'. Core your apples. Mix everything else. Lube a baking pan or your toaster oven. Core your apples. Stuff with the mix. Place in pan. Pour water around apples. Cover loosely with foil. Bake for 20 minutes. Remove the foil. Bake another 20-30 minutes. Allow to cool.



Raw Chocolate Balls

- 1 cup unsweetened coconut flakes
- 1 cup of almonds
- 1/2 a dozen dates
- 4 Tbsp of cashew butter
- 2 Tbsp of raw cacao
- 1 Tbsp of coconut oil

Soak the dates overnight. Pit them in the morning. Blend all ingredients in a food processor. Roll into balls with wet hands. Roll in more cacao powder or dried coconut. Store in fridge.



Easy nut cookies

- 2 cups almond or cashew flour.
- 1/4 c. maple syrup
- 1 tsp. cardamom powder
- 2 tsp. water

Preheat oven to 325'. Grind nuts in coffee grinder until they become a powder. Mix all ingredients. Add more water if needed to make a cookie-like dough. Bake on buttered up cookie sheet at 325' until golden brown, about 15-20 minutes. Remove from pan immediately.

