



Black Lotus

Cleanse-Friendly

**RECIPES**



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This **booklet** will get you started with cleanse-friendly recipes.

The majority of the recipes come from and have been endorsed by the Health Coach Institute (HCI). They represent a variety of great tasting food available during your cleanse.

Still, you should not limit yourself to these recipes alone. We encourage to you to follow your own path and pick nutritious foods and recipes that align with your unique tastes, sensibilities, and metabolism. Be brave, experiment with new foods and new recipes, and share them with the people you love and care about.

**Remember:** This is a whole foods cleanse, not a one-off starvation diet. Instead of counting calories, count chemicals. In other words, the cleanse is designed to provide pure, clean nutrition, so it is imperative that you buy organic and avoid processed foods throughout the cleanse. The best way to do this is to read food labels and choose wholesome ingredients. This will reset your body, improve your focus, and put you on a path of wellness and discovery.





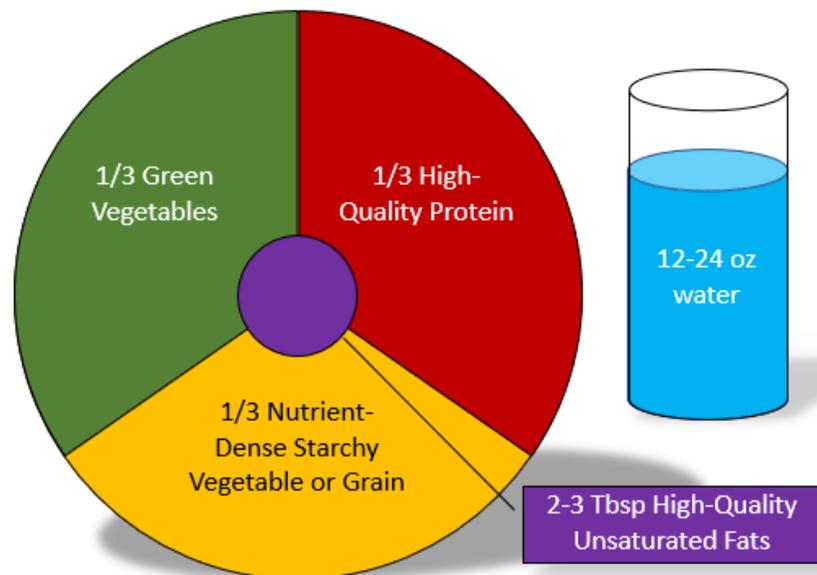
# Cleanse Basics

The recipes presented in this booklet are in keeping with a whole foods diet that avoids red meat and is caffeine-free, gluten-free, and dairy free. The recipes avoid or minimize other foods that also can prompt inflammation, food sensitivities, and health issues. These foods include sugar (in all its forms), saturated fats, and all processed, fried, and fast foods.

**The Balanced Plate:** When considering or preparing meals, we recommend using the “balanced plate concept.” Employing this method, you divide your meals in such a way that one third of every plate is made up vegetables, one third is protein (usually about 6 ounces per meal, or the size of your fist), and one third carbohydrates (preferably from starchy, fiber-rich vegetables, such as sweet potatoes or jicama, or whole grains, such as quinoa or brown rice). Each meal can contain 2-3 tablespoons of unsaturated fats. Water is the drink of choice, with whole fruits rounding out dessert.

The balanced plate is a simple, effective means to help you achieve adequate daily nutrition and manage swings in blood sugar, sustain energy levels, and even curb cravings throughout the day.

**Remember:** You have a lot of choices to enjoy great-tasting meals that can help reset your body, balance your blood sugar, and give you new options for managing your nutrition.



# Shakes & Smoothies

## BUILD YOUR OWN

Combine chosen ingredients in a blender to desired consistency. Add water if too thick. Add ice or use frozen ingredients to make a cold smoothie. Have fun and experiment!

## BASE INGREDIENTS

coconut water  
unsweetened organic nut milks (almond, hazelnut, or cashew)  
oat milk  
teccino (coffee substitute found at Whole Foods)  
water and/or ice

## SWEETENERS

stevia  
fruit, especially fresh or frozen berries

## FATS & PROTEIN

small handful of whole nuts (almond, hazelnut, macadamia, cashew, brazil)  
nut or seed butter  
hemp protein powder\*  
brown rice protein powder\*\*  
coconut milk  
shredded coconut  
coconut oil  
flax oil

## SUPERFOODS (ALL FOUND AT MOST HEALTH FOOD STORES)

Vitamineral Green™ powder  
spirulina  
chlorella  
camu camu berry  
maca root powder  
acai powder  
bee pollen

## FRUITS AND VEGETABLES

handful of greens (kale, spinach, lettuce, dandelion, watercress, sprouts, etc.)  
apples mangos  
fresh or frozen berries

## EXTRAS

cinnamon  
cardamom  
vanilla (powder or extract)  
nutmeg  
ginger (minced root or powder)  
sea salt  
carob

*\* Nutiva™ organic hemp high-fiber protein powder is vegan, has less than one gram of sugar, and comes in a hexane-free container. It can be found at Whole Foods and amazon.com.*

*\*\* Nutrobiotic Plain™ protein powder is vegan and organic. It can be found at Whole Foods.*



# Morning/Afternoon Shakes



## SHAKE & SMOOTHIE SAMPLER

### BLACK LOTUS WAISTLINE BLASTER

- 2 tsp maca root (energy and mood)
- 2 tsp flax oil (omega-3, inflammation, digestion)
- 1 tsp ground cinnamon (antioxidants, insulin sensitivity)
- 1 tsp vanilla
- 2 Tbsp hemp protein powder (amino acids, fiber)
- 1 cup frozen fruit (blueberries, cherries, and/or pineapple, etc.)
- 2 handfuls of juicing greens (spinach and baby kale mixed)
- 16-20 oz almond milk, depending on how thick you want the smoothie

Blend until creamy and smooth. Add ice or use frozen berries to thicken.

### COCOMANGO TANGO

- 1 ripe mango or 1-2 cups frozen mango
- 1 cup coconut water
- 2 Tbsp dried and shredded coconut zest
- juice of 1 lime
- 1 scoop unsweetened rice or hemp protein powder
- ½ tsp cardamom powder

Blend until smooth and creamy. Add additional water if it's too thick.

### LEAN GREEN SMOOTHIE

- 8 oz coconut milk
- 1 frozen banana
- ½ cup frozen pineapple
- 1 Tbsp almond butter
- 1 Tbsp maca root powder
- 1 handful baby kale
- 1 handful spinach
- 3-4 ice cubes

Blend until creamy and smooth. Add more ice and re-blend to thicken.

### LOVE POTION

- 1 cup frozen cherries (or blueberries)
- 2 tsp maca root powder (found at health food store in bulk herb section)
- 2 tsp flax oil (you can also use coconut oil)
- 1 tsp of vanilla extract
- 1-inch piece of fresh ginger root or dash of ground ginger
- 1 scoop unsweetened plant-based protein powder
- Filtered Water or unsweetened almond milk to desired consistency (start with ½ cup)

Blend all ingredients in a blender. Serve in a wine glass.

Great Additions: Cinnamon, cardamom, almond butter, or coconut butter.

# Breakfast

## CREAM OF RICE CEREAL

¼ cup rice cereal  
1 ¼ cup water  
½ cup blueberries  
¼ cup soaked pumpkin seeds or almonds  
Pinch of ginger powder  
Pinch of cinnamon  
¼ cup rice milk, or less if  
desired Tiny pinch of stevia

Bring the water to a boil in a small pot. Add the salt and rice cereal, mixing well. Reduce the heat and simmer until cereal becomes thicker, stirring frequently. When at desired thickness, remove from heat and place in a bowl. Stir in blueberries, rice milk, nuts, spices and stevia and mix. Eat warm.

## GLUTEN-FREE OATMEAL\*

Prepare gluten-free, unsweetened oatmeal (steel cut or rolled) per package instructions.

Flavor with chopped walnuts, pecans, blueberries, spices, and almond or oat milk, as desired.

*\* Gluten-free oatmeal can be found in most grocery stores in the gluten-free section.*

*Oats are naturally gluten free but often contain residual gluten because they are prepared in the same mills used for wheat-based products. Gluten-free oats are milled separately from wheat products.*



# More Breakfast Ideas



## MIDDLE EASTERN BREAKFAST BEANS

1½ pounds dried fava beans, soaked for 8 to 10 hours  
1 medium yellow onion, peeled and diced small  
4 cloves garlic, peeled and minced  
1 tsp ground cumin  
zest and juice of 1 lemon  
sea salt  
1 lemon, quartered

Drain and rinse fava beans and add them to a large pot. Cover with 4 inches of water and bring to a boil over high heat. Reduce the heat to medium, cover, and cook until the beans are tender, 1½ to 2 hours.

While the beans are cooking, sauté the onion in a medium skillet over medium heat for 8 to 10 minutes, or until it is tender and starting to brown.

Add garlic, cumin, and lemon zest, and lemon juice and cook another 5 minutes longer. Set aside.

When beans are fully cooked, drain all but ½ cup of the liquid from the pot and add the onion mixture to the beans. Mix well and season with salt to taste. Serve garnished with the lemon quarters.

## QUINOA BREAKFAST BOWL

1 cup quinoa  
kosher salt and black pepper  
1 avocado, chopped  
1 medium-to-small organic tomato, chopped  
6 ounces smoked salmon  
fresh lemon juice, for serving  
sliced scallions, for serving

Cook the quinoa according to the package directions.

Serve the quinoa topped with the avocado, salmon, and tomato. Salt and pepper to taste. Drizzle with the lemon juice and top with scallions.

## QUICK BREAKFASTS

- Fresh fruit, berries, and fruit salads
- Almond butter spread on rice cakes, apples, or pears
- Top a rice cake with fresh mustard, avocado, and dill



# Baseline Salads

## MARINATED GIMME GREEN SALAD

1 bunch kale  
1 purple cabbage, shredded coarsely  
2 scallions  
1 cup toasted pumpkin seeds  
½ avocado\*  
Optional: fresh herbs to taste: try mint or cilantro

### DRESSING

2 cloves garlic (pressed or minced)  
¼ cup rice vinegar  
½ cup olive oil  
2 Tbsp toasted sesame oil

Wash the greens. Chop kale leaves by rolling them into a tube and slicing very thinly, creating narrow strips. Combine all salad ingredients in a large bowl. Blend dressing ingredients, pour over salad and mingle well. Set aside for 20 minutes or for best results overnight. The dressing will last for a few days in the refrigerator, so make extra!

\*Add the avocado just before serving or it will get mushy.

If you love it, double it! This recipe gets better each day.

## RAINBOW SALAD

1 carrot, shredded  
1 cup purple cabbage, shredded  
1 small ripe avocado, cut into small chunks  
1 zucchini or yellow squash, thinly sliced  
1-2 celery stalks, diced  
½ cup jicama, diced (optional)  
½ cup sunflower seeds

Place all ingredients into a salad bowl and toss lightly. Dress with Basil Dressing, Sesame Ginger Dressing, or Tahini Miso Sauce.

### BASIL DRESSING

2 cups fresh basil  
½ lemon, juiced  
1 tsp sea salt  
¾ cup olive oil  
½ avocado  
Tbsp apple cider vinegar

Put all ingredients into a blender and blend until smooth.

### SESAME GINGER DRESSING

¼ cup rice vinegar  
½ cup sesame oil  
2 cloves garlic, finely minced  
2 Tbsp ginger, powdered

Mix together or shake well in a jar.

### TAHINI MISO SAUCE

Tbsp tahini  
2 Tbsp garbanzo miso  
Juice of 1 lemon  
1/3 cup sesame oil  
½ cup water  
1 tsp Celtic salt  
1 Tbsp apple cider vinegar

Mix in blender. Add water if needed. This is great on steamed veggies or as a dip with raw veggies.

## MIXED GREENS SALAD

If made generously, this salad can be enough for a meal. The seeds and beans add protein and essential fatty acids, making it satisfying and substantial.

collard greens  
kale  
arugula  
red cabbage, chopped  
1 carrot, grated  
1 beet, grated  
1 watermelon radish, peeled and sliced  
½ cup pumpkin seeds



# Salads & Veggies

½ cup butter beans (preferably from a jar, rather than canned.)  
nutritional yeast (optional)

Tear the greens or chop into thin ribbons. Add chopped cabbage, carrot, beet, and daikon. Sprinkle pumpkin seeds and beans. Top with “yummy” dressing below and nutritional yeast.

## **YUMMY OIL AND VINEGAR DRESSING**

3 cloves garlic, crushed  
½ cup virgin, cold pressed olive oil  
¼ cup flax oil  
¼ apple cider vinegar  
¼ tsp Celtic or Himalayan sea salt (yes, it is important that you switch to mineralized sea salt if you currently use plain table salt)  
¼ tsp black pepper  
½ tsp basil, oregano, and thyme

## **SIMPLE COOKED GREENS**

bunch of kale, chard, collards, bok choy, or mustard greens  
½ lemon, juiced  
Himalayan or Celtic salt, pinch  
Tbs virgin, cold pressed olive oil

Steam greens until tender (about 3-7 minutes). Put in a bowl and toss with remaining ingredients.

## **BEETS A LA GRECQUE**

bunch of beets with greens  
½ lemon, juiced  
Himalayan or Celtic salt, pinch  
2 Tbsp virgin, cold pressed olive oil

Wash and separate the beets and greens. Cut the beet roots into chunks. Steam beets for 20 minutes or until soft. Cool and peel the skins off; they should come off easily. Steam the greens until

tender. Put the greens on a plate and place the beets on top. Squeeze lemon over them. Sprinkle with salt and drizzle the oil. The red beet juice and the oil will mix to create attractive swirls!

## **BAKED CARROT OVEN FRIES**

One bunch of organic carrots, unpeeled, washed, and trimmed  
2 Tbsp extra virgin olive oil  
sea salt

This is the perfect side dish to satisfy that sweet tooth! Carrot bunches are tastier than loose carrots. Heat oven to 375 F. Chop the green leafy tops off the carrots. Line a baking sheet with foil. Arrange carrots in a single layer on the baking sheet and toss with olive oil and sprinkle generously with salt. Bake for 25-30 minutes or until carrots are golden brown where they touch the pan.

## **BASIC STIR-FRY**

¼ cup veggie broth  
1 pound chicken or fish (omit if doing vegetarian)  
2 cups mushrooms (try shiitake, crimini, oyster, or chicken of the woods)  
2 carrots, cut into matchsticks  
1 tsp fresh grated ginger  
2-3 cups chopped kale  
sea salt to taste

Heat broth in a nonstick skillet over medium high heat. Add (meat), mushroom, carrots, and ginger. Cook for 5 minutes.

Add remaining ingredients, cook until tender. Kale should still be bright green; do not overcook.



## ALOO GOBI (INDIAN CAULIFLOWER)

2 Tbsp extra virgin olive oil  
1 red chili, diced  
2 cloves garlic, minced  
1 Tbsp minced ginger  
1 tsp garam masala \*  
½ tsp dried turmeric  
¼ tsp cayenne pepper  
3 jicama roots, peeled and chopped into 1-inch pieces  
1 medium head cauliflower, cut into florets  
1 c low-sodium vegetable broth  
sea salt  
freshly ground black pepper  
freshly chopped cilantro, for serving



In a large skillet over medium-high heat, heat oil. Add chili, garlic, and ginger and cook until fragrant, 1 minute. Add garam masala, turmeric, and cayenne and cook until toasted, 1 minute more.

Add jicama, cauliflower, and vegetable broth and season with salt and pepper. Reduce heat and cook, covered, until the jicama and cauliflower are tender, 15 minutes. Garnish with cilantro to serve.

*\* Garam masala is a spice blend common to the Indian subcontinent. It is used alone or with other seasonings. The word garam refers to "heating the body" in the Ayurvedic sense of the word, because the mixture of ground spices ("masala") is believed to elevate body temperature in Ayurvedic medicine. It can be found in Asian Food stores and at Wegman's, Target, and amazon.com.*

### GARAM MASALA

To make your own:

1 Tbsp ground cumin  
1 ½ tsp ground coriander  
1 ½ tsp ground cardamom  
1 ½ tsp black pepper  
1 tsp ground cinnamon  
½ tsp ground cloves  
½ tsp ground nutmeg

Mix cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg thoroughly in a bowl. Place mixture in an airtight container, and store in a cool, dry place

# Guac & Hummus

## BEST GUACAMOLE

*Makes 6-8 servings*

3 medium avocados, pitted and halved  
1/3 cup (50g) red onion, minced  
1 small clove garlic, minced  
1 lime, juiced  
sea salt and fresh pepper, to taste

Mash avocado with a fork. Add in red onion, garlic, salt and pepper. Slowly add lime juice, adjusting amount to taste. Garnish with cilantro and serve.



## HUMMUS

*Makes 4 servings*

1 can (439g) chickpeas, drained, liquid reserved  
1/2 cup (144g) tahini  
1/4 cup (60ml) olive oil  
2 cloves garlic, peeled  
1 lemon, juiced  
Sea salt and pepper, to taste  
Optional: parsley, cumin

Place chickpeas, tahini, olive oil, garlic, and lemon juice in the bowl of a food processor. While processing, slowly add the reserved liquid (or water) until reaching a smooth consistency. Salt and pepper to taste. Add cumin to taste.

Place in a bowl and drizzle with olive oil. Sprinkle with cumin and garnish with chopped parsley.

## HEARTY KALE SALAD

*Makes 1 serving*

1/2 bunch of kale, stems removed and chopped  
Dash of sea salt and pepper  
2 Tbsp olive oil  
1 Tbsp apple cider vinegar  
1/2 sweet potato, roasted and cubed  
1 red or golden beet (beetroot), roasted and cubed

Place kale in a large salad bowl.

Drizzle olive oil and vinegar over the kale. Add salt and pepper. Toss, using your hands massage the kale until the leaves are evenly coated (this will make the kale more palatable.) Then let stand for at least 15 minutes.

Add sweet potato and beet. Serve and enjoy!

# More Veggies & Salads

## KALE SALAD WITH TAHINI

Makes 2 servings

½ bunch (about 8 leaves) of kale (Tuscan cabbage)  
Sea salt  
1 avocado  
2 carrots (rainbow carrots are pretty but standard orange carrots are great, too)  
2 tsp sesame seeds (preferably black sesame seeds, regular white are fine)

### TAHINI MISO DRESSING

¼ cup (60ml) Tahini  
1 Tbsp white miso  
1 ½ Tbsp (25ml) rice wine vinegar  
½ tsp toasted sesame oil  
Pinch red pepper flakes  
1 handful cilantro (coriander), chopped  
1/3 cup (80ml) water  
Dash of tamari (optional)

Remove the kale leaves from the stems, discard stems. Give the leaves a rough chop so they are in bite size pieces. Sprinkle with salt

Mix dressing ingredients in a small bowl using a whisk or a fork.

Before serving, pour dressing over the kale and toss thoroughly. For best results let the salad sit for 10 to 15 minutes to marinate. Store dressing separate from kale if consuming a portion later.

Top with chopped carrots and diced avocado. Optional toppings: Sesame seeds, chia seeds, tomato. If you're hungry, add more greens, you can't have too many!

## KALE, QUINOA & CASHEW SALAD

Makes 1 serving

½ bunch kale (Tuscan cabbage), about 4 leaves, torn into small pieces  
1 Tbsp cashews  
1 carrot, diced  
1 cup (185g) quinoa, cooked

### DRESSING

Salt and pepper, to taste  
2 Tbsp olive oil  
1 Tbsp lemon, juiced

Place salad ingredients in a large bowl.

In a smaller bowl, whisk together dressing ingredients.

Pour dressing over salad and toss until well mixed.

Serve & enjoy



# Soups & Stews



## **SUPER VEGGIE SOUP**

2 onions  
2 green onions  
3 celery stalks  
3 carrots  
2 zucchinis  
4 garlic cloves, pressed  
3 kale leaves  
2 cups broccoli florets  
1 bulb fennel  
½ bunch Italian parsley  
½ bunch cilantro  
1 Tbsp olive oil  
6-8 cups veggie stock or “no chicken” broth

Cut veggies in small pieces, except for kale and broccoli, which should be coarsely chopped. In a large pot, sauté onions, green onions, celery, carrots, fennel, zucchini, and garlic in oil for 5 minutes. Add broth and bring to a boil and simmer covered for another 5 minutes. Stir in broccoli for 3 minutes. Add kale, parsley and cilantro. Cover and remove pot from heat for 2 minutes. Serve.

## **SIMPLE VEGGIE BROTH**

2 quarts filtered water  
1 large onion, cut into 1-inch pieces  
2 stalks celery, cut into 1-inch pieces  
3 carrots, peeled and cut into 1-inch pieces  
8 cloves garlic, crushed  
8 sprigs fresh parsley  
2 bay leaves  
1 large piece of kombu seaweed (optional but does add great flavor!)

Place all ingredients in a large stockpot and bring to a boil. Lower heat and simmer for 1 hour. Strain. Eat or discard the vegetables. Refrigerate and use within 3 days or freeze.

## **GENTLE LENTIL SOUP**

1 cup dried lentils  
6 cups filtered water  
1 strip wakame seaweed, cut into ½-inch pieces  
1 onion, diced  
2 cloves garlic, minced  
1 carrot, sliced diagonally  
1 parsnip, sliced diagonally  
1 cup kale or spinach, loosely chopped  
3 Tbsp brown rice or garbanzo miso

Layer lentils, wakame, onion, garlic, carrot, and parsnip in a pot. Pour in the water, bring to a boil, and simmer for 45 minutes. Add greens and simmer for another 5 minutes. Dissolve miso into soup just before serving.

## **THAI SQUASH STEW**

2 Medium leeks (white parts only)  
2 Tbsp coconut oil  
2 Garlic cloves, finely chopped  
1 Tbsp finely chopped ginger  
1 Tbsp curry powder  
1 15 oz. can unsweetened coconut milk  
1-2 pounds butternut squash, peeled, and cubed  
sea salt  
Juice of 1 lime

Cut the leeks into half-moons and wash well in water. Heat the oil in a wide soup pot. Add the leeks and cook over medium-high heat, stirring frequently, until partially softened, about 3 minutes. Add the garlic and ginger, cook 1 minute more, then add the curry. Reduce the heat to medium, and add 3 cups water, the coconut milk, squash, and 1 tsp salt. Bring to a boil. Then lower the heat and simmer, covered, for 15 minutes or until the squash melts in your mouth. Add the lime juice and salt if needed.



## FLAVORFUL VEGAN CHILI

2 teaspoons extra virgin olive oil  
1 small to medium yellow onion, diced  
2 cloves garlic, minced  
1 red bell pepper, diced  
1 green bell pepper, diced  
1 cup diced tomatoes  
3 (15 oz) cans of beans (black, pinto, and/or kidney), drained and rinsed  
2 Tbsp tomato paste  
2 tsp ground cumin  
1 tsp paprika  
1 tsp chili powder  
1 tsp garlic powder  
1 tsp cinnamon  
1-2 basil leaves  
1 tsp salt  
½ tsp onion powder  
½ tsp Italian seasoning  
½ tsp black pepper  
2-3 cups vegetable broth (2 cups for thick chili, 3 for brothy)

Heat large pot or Dutch oven over medium heat and add olive oil and onion. Cook onion 2-3 minutes until soft.

Add garlic and bell peppers and cook for another 5 minutes.

Add beans, tomatoes, tomato paste, and all seasonings. Mix and then add the broth. Mix again.

Cover, bring to a simmer and cook 15-20 minutes until thickened

Serve with your favorite chili toppings.



## VEGAN BAZILLA (LEBANESE STEW)

1 Tbsp extra virgin olive oil  
1 6-ounce can organic tomato paste  
1lb mushrooms, brushed, washed and halved  
1 medium onion, finely chopped  
2 cloves garlic, finely chopped  
2 cups frozen peas  
1 cup jicama, diced into 1-inch cubes  
1 Tbsp vegetable ghee (or coconut oil)  
1 tsp black pepper  
1 tsp ground coriander  
1 tsp cumin  
1 tsp cinnamon  
2 tsp sea salt  
2 tomatoes, chopped  
3 cups water

Heat the oil in a large saucepan or Dutch oven over medium-high heat, add mushrooms and sauté. Keep the heat high, stirring frequently to help the liquid evaporate as quickly as possible.

Once the mushrooms turn brown, salt lightly and then add the ghee (or coconut oil) and onion and cook for 6-8 minutes, until the onions turn translucent.

Add the garlic, salt, pepper, cumin, cinnamon, and coriander, and cook for 1 minute.

Add the diced jicama, mix and cook for 2 minutes,

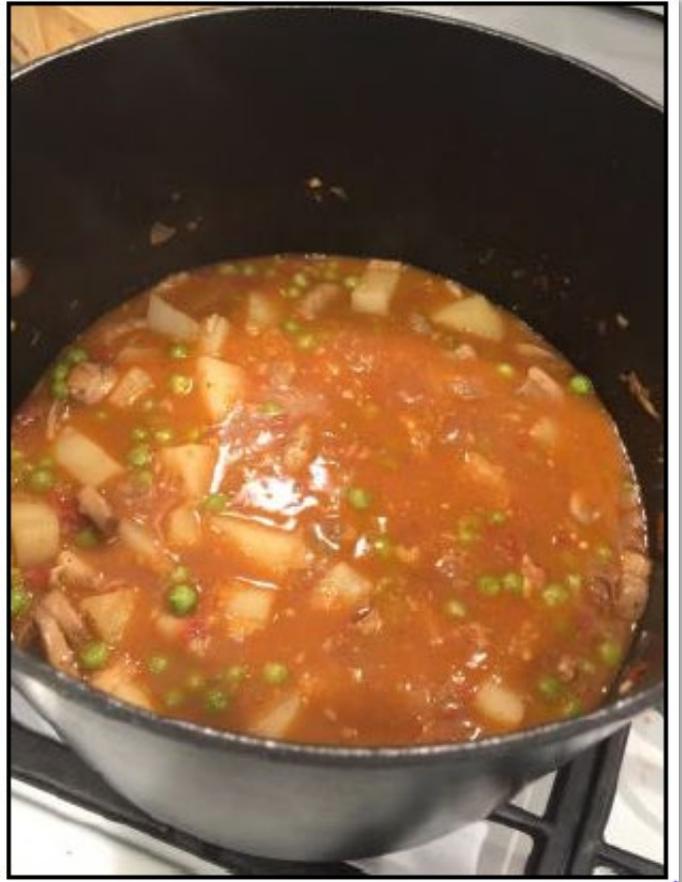
Add the tomatoes and tomato paste, stir to combine, then add the water.

Bring to a boil, reduce the heat, and simmer, covered, for 20 minutes.

Add the frozen peas and simmer for another 10 minutes or until the sauce thickens slightly.

Adjust salt to taste.

Serve the stew 'as is' or over brown rice. Enjoy.



# Grains & Beans



# Cleanse-Friendly Quinoa

## QUINOA WITH CARAMELIZED ONIONS

1 cup quinoa, (pre-soaked or thoroughly rinsed)  
2 cups water  
1 Tbsp olive oil  
1 onion, cut into thick crescents  
1 Zucchini, cut into circles  
pinch of salt

Bring quinoa, salt and water to a boil. Cover and simmer on medium-low for 15 minutes. Meanwhile, heat olive oil in a skillet. Add onion and cook for 3 minutes until the onion starts to caramelize. Add zucchini and a splash of water. Cover and cook until tender. The zucchini should be slightly translucent but still bright green. Toss veggies with quinoa and eat! Serves four.

## RED QUINOA WITH PUMPKIN SEEDS & KALE

1 cup red quinoa  
¼ pumpkin seeds  
1-2 Tbsp sesame oil  
1 bunch red Russian kale, rinsed and chopped

Make the quinoa according to the instructions on the package. Heat sesame oil in a skillet on medium heat. Add pumpkin seeds and lower heat, stirring and toasting for 1 minute. Add kale. Stir fry for 2-3 minutes until kale is tender but still bright green. Toss with quinoa.

## HINT OF MINT QUINOA

2 cups quinoa  
3 ½ cups water  
1 bag peppermint tea  
1 Tbsp olive oil  
Fresh mint, basil, cilantro

Place quinoa, water, and peppermint tea bag in a saucepan. Bring to a boil. Cover and simmer for 15-20 minutes. When done, add olive oil, fluff, and serve. Garnish with chopped fresh herbs.

## KITCHARI

Kitchari is a traditional Ayurvedic cleansing and healing dish.

½ cup mung beans  
½ cup short grain brown rice  
4 cups water  
1 tsp cumin seeds  
1 tsp mustard seed  
3 Tbsp coconut or olive oil  
1 Tbsp grated ginger  
1 tsp turmeric  
¼ tsp sea salt  
1 piece of kombu seaweed  
Veggies – carrots, kale, and asparagus, chopped, with fresh cilantro for garnish

Soak mung beans for 3 hours, or overnight. Wash rice. Place olive/coconut oil into a saucepan and add mustard seeds and cumin. Cook until they release their aroma. Add turmeric, mung beans, and rice. Add water, ginger, and kombu. Cook 50-60 minutes. Add veggies and cook until tender. Remove kombu. Garnish with cilantro.



# Fish

## BAKED SALMON WITH PESTO, LEMON AND DILL

Wild Salmon fillets (any desired amount)  
¼ cup olive oil  
½ lemon  
1 tsp dill

Preheat oven to 425 degrees with rack in the middle. Line roasting pan or baking sheet with foil. Rinse salmon and pat dry with a paper towel. Rub olive oil onto the foil and place salmon on sheet. Rub any remaining olive oil onto the salmon. Squeeze lemon onto salmon and sprinkle with dill. Bake until just done, do not overcook. For every half-inch of salmon, roast 4-6 minutes: 4 minutes for salmon still a touch rare, 6 will thoroughly cooked. Remove from oven and top with pesto. (recipe below)

### PESTO

2-3 cloves garlic, chopped fine  
4-5 Tbsp pine nuts, almonds or walnuts  
1 cup packed fresh basil leaves  
½ cup olive oil  
½ tsp Celtic salt

Use a food processor or blender. Chop garlic first. Add nuts and chop again. Add basil, chop or blend well. Feed olive oil in while machine is running. Add sea salt, taste for texture, adjust if needed.



## FISH TACOS FOR TWO

8-12 ounces firm white fish (halibut or cod) ½ cup coconut milk  
¾ cup shredded coconut  
1 Tbsp curry powder  
1 tsp sea salt

### PICKLED RED ONIONS

1 small red onion  
1 Tbsp brown rice vinegar  
pinch of sea salt

### MANGO SALSA

1 ripe mango, peeled and diced into ¼-inch cubes  
1/8 cup cilantro, roughly chopped  
1 tsp grated ginger root (peeled)  
Fresh squeezed juice and zest of 1 lime

### TACOS

4 large romaine lettuce leaves (as shells)

**Directions for Pickled Onions:** Prepare this ahead of time, if possible, by thinly slicing the red onion to mix in a bowl with the vinegar and sea salt. Allow to marinate or “pickle” for up to 24 hours if you can. If you are short on time, an hour is fine, it just will not have quite the zing!

**Directions for fish:** Skin the fish and cut into ½-inch thick slices. Dunk each piece in the coconut milk, then into the curry-coconut mixture. Coat on all sides. Cook each fish in coconut oil over medium heat until both sides are brown. Make the mango salsa by combining all ingredients. To serve, lay out 4 lettuce leaves. Fill each leaf with the cooked fish. Top with generous scoops of the salsa, then the pickled red onions.



# Raw Soups & Elixirs



## **REJUVENATOR (JUICE)**

- 1 bunch of kale
- 4 ribs of celery
- 1 cucumber
- 1 burdock root
- 1 lemon
- 1-2 apples, peeled (optional)

Burdock root is a blood purifier and contains tons of iron. Rinse all ingredients. Shave apple skin. Throw everything in a juicer! Drink immediately.

## THE GREEN DRAGON

1 ½ cups warm water  
2 Tbsp South River Miso (preferably adzuki bean or chick pea)  
2 cups spinach  
1-2 collard or kale leaves  
¼ avocado  
¼ lemon, cut off yellow but leave white pith  
1 tsp dried oregano  
½ cup fresh basil  
1 tsp chipotle powder

Add all ingredients to a blender. Blend well and enjoy!

## SUPER GREEN SOUP

1 cup cucumber, peeled and diced  
3 packed cups fresh spinach leaves  
¼ cup arugula  
1 cup sprouts (any sprouts will do)  
1 avocado, peeled, pitted and diced  
pinch of salt  
1 tsp of fresh lemon juice  
¼ cup fresh cilantro, parley basil, or dill coarsely chopped

**Hint:** If you'd like to add some variety, experiment with tweaking the flavor by adding different herbs such as dill, basil, or sorrel.

Add all ingredients to a blender. Mix 10 seconds until blended, but not completely smooth. Ladle into a bowl or mug and serve.

## RAW CILANTRO POWER SOUP

1 small bunch cilantro  
1 clove garlic  
Juice of ½ lemon  
1 cup walnuts or pumpkin seeds  
2 Tbsp garbanzo miso  
1 Tbsp flax oil OR half an avocado

Water, enough to properly blend all ingredients in a blender (about 2-3 cups.)  
Optional: add scallions, chopped avocado as garnish

Put all ingredients in a blender. Add 2 cups of water, blend, adding water as you go to blend smoothly. Avocado will create a creamier texture. Garnish and eat immediately.

## CREAMY MISO

1 cup water  
1 cup cucumber and/or cilantro  
½ avocado  
1 ½ tsp garbanzo or adzuki miso paste  
1 tsp fresh Ginger  
1 tsp chopped scallions

Toss into a blender and pulse for 4 seconds. Should have chunky consistency. You can experiment by adding ¼ cup of daikon radish or ½ cup bok choy.

## ENLIGHTENER

Two handfuls of greens (lettuce, kale)  
Meat from 2 fresh young coconuts  
small avocado

Blend.

## HIGH PERFORMER

1 glass of coconut water (packaged is fine — preferably in glass)  
1 tsp of spirulina

Spirulina is the highest protein food on the planet. Coconut water is the highest source of electrolytes. This is a great athletic booster.



# Baked Apples

## BAKED APPLES (WHOLE)

3 apples, cored  
2 tsp cinnamon  
1 tsp vanilla Mochi (optional)

Preheat oven to 350. Blend a few tablespoons of water with the vanilla. Drizzle into and over the apple in a baking dish. Sprinkle with cinnamon. Bake for 20 minutes.

For something a little different, cut a small piece of mochi and place it in the core of the apple about 6 minutes before the apple is baked. Yummy!



## PEELED AND CUBED BAKED APPLES

5–6 medium apples, peeled and cut into cubes  
2 tsp coconut oil, melted  
1 tsp cinnamon

Preheat the oven to 350 degrees. Put the apples in a small to medium baking dish. Mix the melted coconut oil and cinnamon together and then dump it on the apples. Toss well to coat all the apples evenly with the cinnamon mixture. Bake in the preheated oven until the apples are soft, about 20-30 minutes. Stir once during the baking time. Enjoy!