



WHOLE DETOX™

Whole Detox Premium
Recipe Booklet

Medical Disclaimer

This booklet is intended as an informational guide and is not meant to treat, diagnose, or prescribe. For any medical condition, physical symptoms or disease state, always consult with a qualified physician or appropriate health care professional. The author does not accept any responsibility for your health or how you choose to use the information contained in this booklet.

Special Thanks to Our Team!

We would like to give a special thanks to the following Team Detox Members for creating this Recipe Booklet.

Wendy Alfaro, MSC, CFSP: Team Lead

Rachel Eppinga, CFSP

Sara Cooper

Lynise Perry, CNS

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INTRODUCTION

In this booklet you will find a variety of recipes created from nutritious and whole foods specially designed to provide nutrients and phytochemicals that the human body needs to achieve optimal detoxification. An exhaustive list of ingredients to avoid and a shopping list are also included in order to help you to select foods and other miscellaneous items while preparing for the detox phase.

The booklet features detox waters, teas, juices, smoothies, side dishes, main courses, desserts plus many recipes for children. Remember that optimal detoxification requires specific nutrients that need to be provided by certain foods and supplements.

Ingredients to avoid

Fats & oils

Butter
Cotton seed oil
Margarine spreads
Mayonnaise
Peanut oil
Shortening
Soybean oil

Nuts & seeds

Mixed nut (with peanuts)
Peanuts
Peanut butter
Beef/veal
Canned meats
Cold cuts
Eggs
Frankfurters
Pork
Shellfish
Whey

Vegetables*

Nightshades (tomatoes, potatoes, bell peppers, eggplants, etc.)
Histamines (spinach)
Oxalates (spinach, beet greens, chard, etc.)
Salicylates
*Avoid these vegetables if directed by healthcare provider

Legumes

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

Dairy

Butter
Cheese
Cottage cheese
Cream
Frozen yogurt
Ice cream
Milk
Non-dairy creamers
Soy milk
Yogurt, dairy & soy
Whey

Starchy vegetables

Corn
Potatoes (if avoiding nightshades)

Fruits

Eliminate citrus fruits if directed by healthcare provider

Grains

Barley
Corn
Emmer
Farro
Kamut
Oats
Rye
Spelt
Triticale
Wheat

Shopping list

Fresh produce

Apples (tart, such as Granny Smith)
Apricots
Avocados
Bananas
Basil
Beets
Blood orange
Butter Lettuce
Butternut squash
Cabbage
Cantaloupe
Carrots
Cauliflower
Celery
Cucumber
Dill
Fennel
Figs
Garlic
Ginger
Grapefruit
Lemon
Mango
Mustard Greens
Nectarine
Oranges
Papaya
Passion fruit
Peaches
Pears
Pineapple
Pumpkin
Red onion
Romaine lettuce
Salad greens
Shallots
Spaghetti squash
Sweet potato
Tangerine
Thyme
Tomatoes (heirloom)
Yam

Yellow bell pepper
Yellow onion
Zucchini

Spices

Allspice, ground and peppercorns
Basil
Black pepper
Cayenne pepper
Cardamom
Celery seeds
Chili powder
Cinnamon
Cloves
Cumin
Curry powder
Fennel seeds
Fenugreek seeds
Ginger, powdered
Mustard seeds
Nutmeg
Onion powder
Oregano leaves, preferably Greek
Paprika
Parsley, dried
Peppercorns
Red pepper, crushed
Rosemary, ground
Saffron
Sage
Sea salt
Tarragon
Thyme
Turmeric

Dried pantry staples and nuts

Almonds
Brazil nuts
Cashews
Cocoa nibs
Cocoa powder
Coconut, shredded and

unsweetened
Dates
Dried apricots
Dried figs
Dried tomatoes, (not in oil)
Flax seeds meal
Golden raisins
Maca
Macadamia nuts
Pine nuts
Sesame seeds
Sunflower seeds

Canned pantry staples

Coconut milk
Coconut water
Beans
Vegetable broth

Oils and vinegars

Apple cider vinegar
Avocado oil
Balsamic vinegar (organic)
Coconut butter
Coconut oil
Flax oil
Ghee
Olive oil, extra-virgin
Red wine vinegar

Teas

Rooibos tea
White tea
Mighty leaf: Detox tea

Resources for shopping:

The Herb Shoppe: loose blends and detox blend for iced or hot tea

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Beverage Recipes

Detox waters

Detox Water 1

By Rachel Eppinga

Ingredients:

32 oz. water
½ cucumber sliced
1 lemon sliced
Mint springs

Preparation:

Place all ingredients in a mason jar and allow to sit for an hour or overnight.

Detox Water 2

By Rachel Eppinga

Ingredients:

32 oz. water
1 cup of cubed watermelon
Mint or basil springs
1 lime sliced

Preparation:

Place all ingredients in a mason jar and allow to sit for an hour or overnight.



Teas

Dandelion Latte

By Wendy Alfaro

Ingredients:

2 cups dandelion tea
1/2 cup nut milk
Raw honey to taste

Preparation:

1. Mix dandelion tea and nut milk.
2. Add honey to taste.

Green Tea Delight

By Wendy Alfaro

Ingredients:

2 cups freshly brewed organic green tea
1 cup nut milk
Raw honey to taste
Ice cubes

Preparation:

1. Blend all the ingredients until fully combined.
2. Serve in tall glasses.

Dandelion Tea with Grapefruit¹

By Wendy Alfaro

Ingredients:

1 cup warm dandelion tea
½ cup grapefruit juice
Raw honey to taste

Preparation:

1. Mix both liquids and add honey as desired.
2. Serve in tea cups



¹ Please consider that grapefruit may interact and change the metabolism of drugs.

Teas

Ginger Tea

By Wendy Alfaro

Ingredients:

- 1 ½ cups water
- 1 inch ginger in slices
- Raw honey to taste

Preparation:

1. Bring water to boil and remove from heat.
2. Add ginger slices and steep for 10-15 minutes.
3. Add raw honey to taste.

Turmeric and Ginger Tea

By Wendy Alfaro

Ingredients:

- 1 ½ cups water
- 1 inch ginger in slices
- 1 inch turmeric in slices
- 3-4 peppercorns
- Raw honey to taste

Preparation:

1. Bring water to boil and remove from heat.
2. Add ginger, turmeric and peppercorn and steep for 10-15 minutes.
3. Add raw honey to taste.



Juices²

Detox Juice 1

By Wendy Alfaro

Ingredients:

- 2 medium cucumbers
- 2 celery stalks
- 1 bunch mint
- 1 bunch parsley
- 1 lemon

Preparation:

1. Juice all the ingredients.
2. Serve in tall glasses and garnish with mint leaves.

Detox Juice 2

By Wendy Alfaro

Ingredients:

- 2 medium cucumbers
- 2 celery stalks
- 1 small beet
- 1 small carrot
- Juice from one lemon

Preparation:

1. Juice all the ingredients.
2. Serve in tall glasses.



² Use only organic ingredients for juicing. To make juices it is highly recommended to use an appliance developed for this purpose. If not available use the Vitamix and filter the liquid through a strainer or nut bag.

Juices³

Detox Juice 3

By Wendy Alfaro

Ingredients:

- 2 medium cucumbers
- 2 celery stalks
- 1 bunch cilantro
- 1 inch turmeric root
- 1 lemon

Preparation:

1. Juice all the ingredients.
2. Serve in tall glasses and garnish with mint leaves.



Detox Juice 4

By Wendy Alfaro

Ingredients:

- 1 medium cucumber
- 2 celery stalks
- 1 bunch mint
- 1 bunch parsley
- 1 lemon

Preparation:

1. Juice all the ingredients.
2. Serve in tall glasses and garnish with mint leaves.

Juices³

Detox Juice 5

By Wendy Alfaro

Ingredients:

- 1 medium cucumber
- 1 medium zucchini
- 1 bunch mint
- 2 pineapple slices

Preparation:

1. Juice all the ingredients.
2. Serve in tall glasses and garnish with mint leaves.



Smoothies³

Detox Basic Smoothie

By Wendy Alfaro

Ingredients:

2 cups spinach

1 beet

1 carrot

1 piece ginger

Juice from one lemon

1 cup water or green tea

1/4 teaspoon turmeric powder



Preparation:

1. Blend all the ingredients in the Vitamix.
2. For an easier to digest version, pass the mixture through a strainer.

The Basic Green

By Rachel Eppinga

Ingredients:

1 cup filtered water

1 banana

1 handful leafy greens (chard/kale/spinach)

Several sprigs mint or basil

Add ice if desired

Preparation:

Blend all ingredients until smooth.

³ Use only small or just half banana if units are big. Also when using fruits high in sugar for smoothies incorporate a protein source to the blend to balance blood sugar. To make smoothies it is highly recommended to use a high powered blender.

Smoothies

The Blue

By Rachel Eppinga

Ingredients:

- 1 cup filtered water
- 1 banana
- 1 cup frozen blueberries (or fresh if in season)
- 1 handful fresh herbs (parsley, mint or basil)
- 2-4 leaves of kale (purple kale if you can find it) or chard (red is good to use here)

Preparation:

Blend all ingredients until smooth.



Blackberry Smoothie

By Wendy Alfaro

Ingredients:

- 6 Romaine lettuce leaves
- ½ cup blackberries
- ½ cup pineapple core (rich in bromelain)
- ½ cup water
- 1 teaspoon ground flaxseed meal
- 1 teaspoon chia seeds
- Pinch of Himalayan salt
- Ice

Preparation:

1. Blend all ingredients until smooth.
2. Serve on glasses and garnish with a lemon slice.

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Smoothies

The Red

By Rachel Eppinga

Ingredients:

1 small red apple (cored/seeded)

½ Granny Smith (cored/seeded)

¼ squeezed lime

½ inch peeled, chopped ginger

Juice of 2 red grapefruits

1-1½ cup raspberries

¼ cup coconut milk

1 tablespoon chia seeds

1 tablespoon flax seeds

Water and ice as needed to blend

Preparation:

Blend all ingredients until smooth.



The Orange

By Rachel Eppinga

Ingredients:

Juice of 2 oranges

1 banana

1 cup chopped papaya

½ cup chopped pineapple

1 carrot peeled and chopped

Water and ice to blend

Preparation:

Blend all ingredients until smooth.



Smoothies

Pumpkin Pie Smoothie

By Rachel Eppinga

Ingredients:

1 cup pureed organic pumpkin (fresh or canned)
1 banana
1 teaspoon of cinnamon
1 teaspoon of ground ginger plus ½ inch chopped ginger
¼ tsp ground clove and ¼ tsp ground cardamom
Water and ice to blend
Optional: flax seeds and protein powder

Preparation:

Blend all ingredients until smooth.

Coconut Smoothie

By Rachel Eppinga

Ingredients:

1 banana
½ cup coconut milk
¼ cup fresh coconut meat or unsweetened dried coconut
Water and ice to blend
Optional: a scoop of protein powder or any greens and/or herbs as an extra boost of nutrition

Preparation:

Blend all ingredients until smooth.



Smoothies

Gingery Peach Smoothie

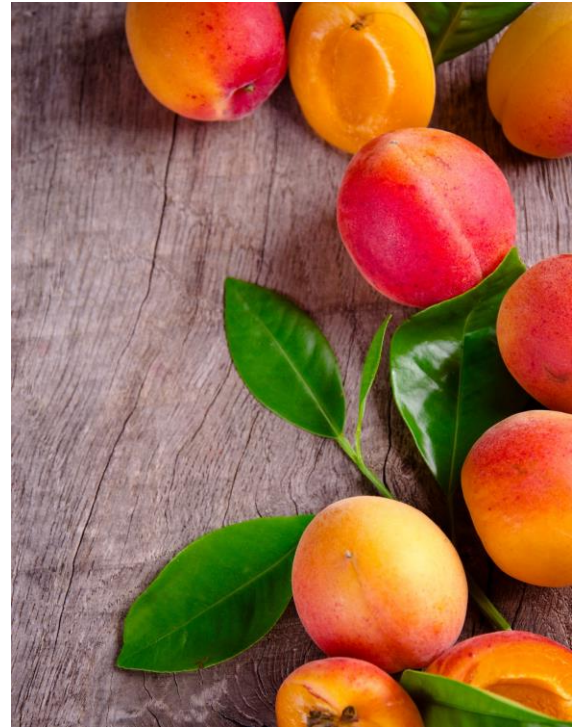
By Rachel Eppinga

Ingredients:

1 tablespoon ground or whole flax
½ cup frozen or fresh peaches
½ cup almond or coconut milk
1 teaspoon fresh grated ginger
plus 1 tsp ground ginger
Pinch cinnamon
Water and ice to blend

Preparation:

Blend all ingredients until smooth.



The Savory

By Rachel Eppinga

Ingredients:

1 cup water
3-4 stalks celery with the leaves
1 ripe avocado
1 small cucumber
Juice of one lemon and one lime
½ inch fresh ginger
Handful of herbs: parsley/mint/cilantro
Pinch pink or sea salt

Preparation:

Blend all ingredients until smooth.

Smoothies

The Thai Mango

By Rachel Eppinga

Ingredients:

8 oz almond or coconut milk
2-5 leaves kale (stalks removed)
½ cup frozen mango (or fresh)
5 basil leaves, ¼ bunch cilantro,
several sprigs of mint
1 slice lemon

Preparation:

Blend all ingredients until smooth.

Green Goddess

By Rachel Eppinga

Ingredients:

1 avocado
½-1 cup frozen blueberries
½ cucumber
Large handful kale leaves
1 cup coconut water
1 tablespoon raw cacao
1 tablespoon chia seeds
Water and ice to blend

Preparation:

Blend all ingredients until smooth.



Smoothies

Asparagus and Avocado Smoothie

By Wendy Alfaro

Ingredients:

½ avocado
1 bunch asparagus, lightly steamed
2 cups coconut water
Ice
Juice from one lemon
½ garlic clove
Pinch of Himalayan sea salt

Preparation:

1. Blend all ingredients until smooth.
2. Serve on glasses and garnish with an avocado slice.



Broccoli Powerful Detox

By Wendy Alfaro

Ingredients:

½ medium head of broccoli lightly steamed
1 cup green tea
1 cup coconut water
Ice
Juice from one lemon
½ garlic clove
¼ teaspoon turmeric powder
Pinch of Himalayan sea salt

Preparation:

1. Blend all ingredients until smooth.
2. Serve in glasses and garnish with dulse flakes.

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Smoothies

Kale & Pumpkin Smoothie

By Wendy Alfaro

Ingredients:

- 1 bunch of kale lightly steamed (stems removed)
- 1 1/2 cups coconut water
- ½ cup pumpkin puree
- Juice from one lemon
- 1 teaspoon cinnamon powder
- Pinch of Himalayan sea salt

Preparation:

1. Blend all ingredients until smooth.
2. Serve on glasses and garnish with shredded coconut.

Zucchini, Avocado and Passion Fruit Smoothie

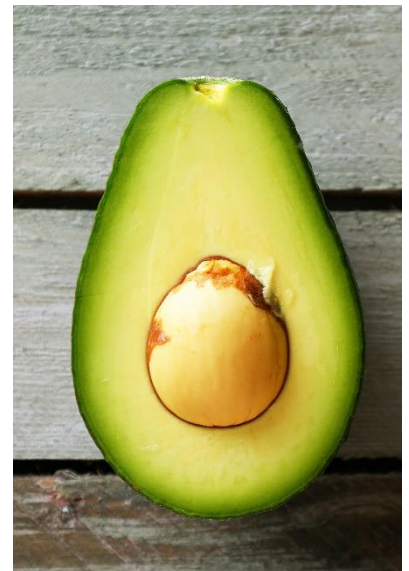
By Wendy Alfaro

Ingredients:

- 1 small zucchini lightly steamed (may use raw zucchini)
- ½ avocado
- ½ cup passion fruit juice
- 1 cup green tea
- 1 teaspoon ground flax meal
- Pinch of Himalayan salt
- Ice

Preparation:

1. Blend all ingredients until smooth.
2. Serve in glasses and garnish with hemp seeds.



Smoothies

Papaya Smoothie

By Wendy Alfaro

Ingredients:

6 Lacinato kale leaves
½ cup papaya slices
½ cup passion fruit juice
½ cup green tea
Ice

Preparation:

1. Blend all ingredients until smooth.
2. Serve on glasses and garnish with hemp seeds.

Pear Savory Smoothie

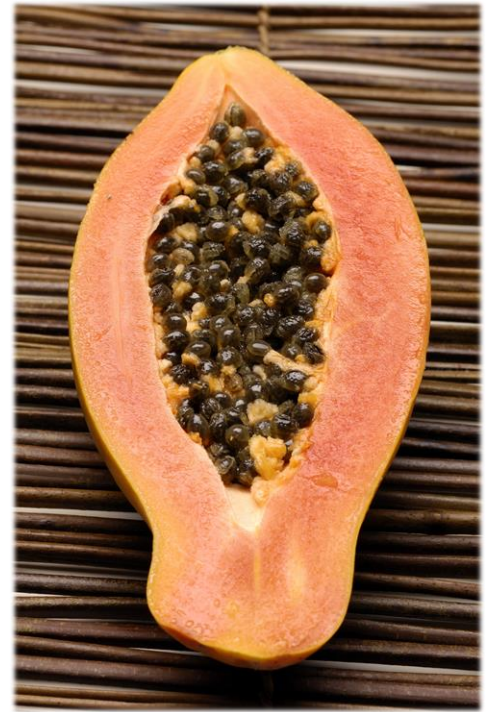
By Wendy Alfaro

Ingredients:

1 small cucumber
3 Lacinato kale leaves
½ avocado
½ pear
½ cup dandelion tea
1 teaspoon chia seeds
Pinch of Himalayan salt
Ice

Preparation:

1. Blend all ingredients until smooth.
2. Serve in glasses and garnish with hemp seeds.



Smoothies

Broccoli & Orange Smoothie

By Wendy Alfaro

Ingredients:

½ broccoli head in florets (steamed)
1 orange (peeled in segments)
1 cup coconut water
1 teaspoon sesame seeds or tahini
Ice

Preparation:

1. Blend all ingredients until smooth.
2. Serve on glasses and garnish with hemp seeds.



Side dishes

Arugula Pesto Dip

Ingredients:

- 2 cups arugula
- 1/4 cup orange juice
- 1 tablespoon ground flaxseed meal
- 1 tablespoon olive oil (extra virgin)
- 1/4 teaspoon turmeric powder
- 1 garlic clove
- Juice from one lemon

Preparation:

1. Blend arugula and orange juice
2. Add the rest of the ingredients and mix until smooth
3. Serve with crudités (broccoli & cauliflower)



Avocado & Beet Hummus

Ingredients:

- 1 avocado in halves
- 1 medium beet in chunks
- 1 handful cilantro
- 1 garlic clove
- Juice from one lemon
- 1/4 cup soaked cashews
- 1 tablespoon olive oil
- Pinch of cinnamon
- Pinch of salt
- Pinch of turmeric
- 1 tablespoon of sesame seeds

Preparation:

1. Place beets, cilantro, garlic clove, lemon juice, cashews, olive oil, cinnamon and salt in the blender and process until creamy.

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2. Arrange avocado in a plate, remove the seed, and fill the cavity with a tablespoon of beet hummus.
3. Sprinkle turmeric and sesame seeds

Salads

Dandelion Salad

Ingredients:

- 1 bunch dandelion leaves
- 1 small tart apple in slices
- 1 small beet (grated)
- 1 teaspoon flaxseed meal
- 1 tablespoon extra virgin olive oil
- Lemon juice
- Pinch of salt

Preparation:

Mix all ingredients in a salad bowl.

Artichoke Salad

Ingredients:

- 5-6 artichoke hearts
- Bunch of arugula or dandelion
- 1/2 cup extra virgin olive oil
- 1 tablespoon apple cider vinegar
- 2 garlic cloves
- Pinch of pepper
- Pinch of turmeric
- Pinch of sea salt

Preparation:

1. In the blender, combine olive oil, apple cider vinegar, garlic cloves, pepper, turmeric and salt. Set aside
2. Mix greens and artichoke hearts and drizzle dressing on top.



Salads

Kale and Apple Salad

By Sara Cooper

Ingredients:

- 5-6 stalks of organic kale, chopped
- 1 cup organic Fuji or Granny Smith apple, chopped
- ¼-½ cup sunflower seeds (or any nuts of choice)
- ⅓ cup Goji Berries
- ½ -1 avocado
- ½ teaspoon salt
- Juice from 1 lemon



Preparation:

1. Rinse and de-stem the kale leaves and tear in half.
2. In a large bowl, combine the kale with juice of 1 lemon, sea salt, and avocado.
3. Using your hands, massage the sea salt, lemon, and avocado into the leaves. Keep massaging until the leaves soften.
4. Add chopped apples, sunflower seeds, and goji berries.

Broccoli, Apple and Fennel Salad

By Wendy Alfaro

Ingredients:

- 1 head of broccoli (medium), divided into florets
- 1 stalk of fennel, shaved
- 1 green apple, shredded
- 1 handful sunflower seeds
- Lemon juice
- Sea salt, pepper and turmeric to taste



Preparation:

1. Lightly steam broccoli florets. After steaming place broccoli in a bowl with ice water. Drain well.

2. Combine apple with lemon juice.
3. In a bowl, mix broccoli, fennel and green apple.
4. Season to taste with sea salt, pepper and turmeric.
5. Sprinkle sunflower seeds.

Main courses

Cruciferous Vegetables Rice Topped with Onions

By Wendy Alfaro

Ingredients:

- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 cup shredded red and green cabbage
- 1 celery stick
- Juice from one lemon
- 1 teaspoon turmeric powder
- Pinch of pepper
- 2 red onions ((previously sliced to enhance phytonutrients)
- 2 garlic cloves (previously diced to enhance phytonutrients)
- 1 tablespoon extra virgin olive oil
- Handful of cilantro

Preparation:

1. Lightly steam cauliflower, broccoli and cabbage
2. In a saucepan add olive oil, sauté garlic and onions until translucent. Remove from heat.
3. In the food processor add cruciferous vegetables and celery stick in pieces, run the machine to obtain a rice-like texture. Add cilantro and mix by hand.
4. Serve in plates starting with a layer of rice-like vegetable mixture and top with onions.
5. Drizzle more olive oil if desire and add a green salad as a side.

Main Courses

Swiss Chard Wraps with a Mediterranean Twist

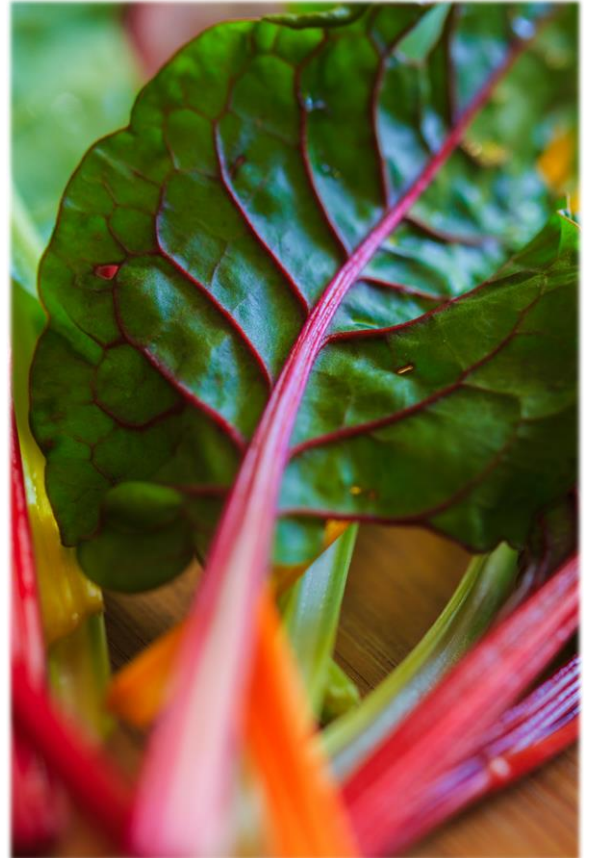
By Sara Cooper

Ingredients

2 cups filtered water
½ cup vegetable stock
½ cup red quinoa
½ cup white quinoa
½ cup dried figs, chopped
4-6 large rainbow Swiss chard leaves, de-stemmed

Dressing

⅓ cup red onion, chopped
¼ cup sun-dried tomatoes, chopped
¼ cup Kalamata olives, chopped
1 can artichoke hearts, drained, rinsed, and chopped
2 tablespoons Dijon mustard
2 tablespoons apple cider vinegar (raw, unpasteurized)
1 tablespoon extra-virgin olive oil
Handful of parsley, minced
½ handful mint, minced
1 clove garlic, minced
Juice from 1 lemon
Sea salt and pepper to taste
¼ cup goat cheese (optional)



Preparation:

1. Boil water and vegetable stock, add quinoa, simmer for 15-20 minutes or until water is absorbed and quinoa is tender. Let cool for 5 minutes
2. In a small bowl, make the dressing by combining the Dijon mustard, apple cider vinegar, and olive oil. Whisk together.
3. While the quinoa is cooking, add of the dressing to the ingredients in a medium bowl.
4. When the quinoa is done and cooled, combine.
5. Add chopped figs and season to taste.

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6. Place about a ¼-1/2 cup on each Swiss chard (depending on leaf size) and roll up before serving.

Main Courses

Broccoli Rice with Sprouted Lentils

By Wendy Alfaro

Ingredients:

- 1 head broccoli, lightly steamed
- 1 medium red bell pepper, cut in pieces
- ¼ small red onion
- 2 garlic cloves
- Handful of cilantro
- Salt, pepper and turmeric to taste
- Juice from one lemon
- ½ cup sprouted lentils

Preparation:

1. Add all ingredients but the lentils to the food processor and mix until texture resembles rice.
2. Place mixture in a bowl, add more lemon juice and sprouted lentils.
3. Serve on butternut lettuce leaves.

Steamed Vegetables with Quinoa and Avocado

By Wendy Alfaro

Ingredients:

- 1 bunch asparagus
- 1 cup of Brussels sprouts
- 2 cups quinoa, cooked
- ½ avocado, seeded and cubed
- 1 tablespoon raw apple cider
- ½ cup cilantro
- ½ teaspoon turmeric powder
- ¼ teaspoon paprika
- Pinch of pepper



Preparation:

1. Steam asparagus and Brussels sprouts until tender.
2. In a bowl mix quinoa, avocado, apple cider, cilantro and spices.
3. For serving, distribute asparagus and sprouts on a plate and drizzle with olive oil. Then place quinoa mixture in the center.

Main Courses

Detox Vegetables Tower

By Wendy Alfaro

Ingredients:

- 1 medium beet, steamed
- 1 whole cauliflower head, boiled
- 5 Lacinato kale leaves
- ½ cup of mustard greens, lightly steamed
- 1 bunch of arugula or dandelion leaves if available
- ½ avocado

Sauce:

- ½ avocado
- 1 tablespoon apple cider vinegar
- ¼ cup parsley leaves
- ¼ cup green tea
- Sea salt, pepper and turmeric to taste

Preparation:

1. Cut beet in rounds (¼ inch thick).
2. Slice boiled cauliflower into ½-¾ inch pieces.
3. Roll kale leaves and cut into thin pieces.
4. Cut mustard green in small pieces.
5. Blend sauce ingredients until creamy.
6. For serving: place arugula and kale mixture as a base on each plate. Add one cauliflower slice on top of greens, then add two beet slices. Finally top with mustard greens. Drizzled sauce over vegetables and top with avocado cubes.

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Desserts

Figs Filled with Avocado-Chocolate Mousse

By Wendy Alfaro

Ingredients:

- 1 avocado, halved and seeded
- 1 tablespoon cocoa powder
- ¼ teaspoon cinnamon powder
- 4 fresh figs, cut in halves

Preparation:

1. Place avocado, cocoa powder and cinnamon in the food processor. Combine until creamy.
2. In a plate place fig halves and spread 1 teaspoon of mousse on each half. Keep refrigerated.
3. Sprinkle some slivered almonds and more cinnamon. Serve immediately.



Other Fun Recipes

Beverages

Mean Green “The Hulk” Smoothie

by Lynise Perry

Ingredients:

- 1 pear
- 1 ripe avocado
- 2 cups fresh or 100% fruit juice
- 1 cup water
- 2 cups ice
- 2-3 big handfuls of spinach
- 2 tsp Kyo-Green Powdered Drink Mix and/or probiotic powder (optional)
- Honey (optional)



Preparation:

Combine pear, grape juice, ice, Kyo-Green, and water in blender on high to crush ice, once mixture is smooth, add spinach last to minimize frothy foam of smoothie. Enjoy!

Sweet Potato Pie Smoothie

by Lynise Perry

Ingredients:

- 1/2 cup cooked pureed sweet potatoes
 - 1 cup of almond milk (any milk alternative)
 - 1 banana
 - 1 tablespoon of almond butter (nut butter of choice)
 - 1 teaspoon of vanilla extract
 - 1/4 teaspoon of cinnamon
 - Dash of nutmeg
 - Dash of allspice
 - 1/4 inch sliver of fresh ginger root (optional)
- Sweeten if desired with maple syrup, honey, stevia (bitter after taste), blended dates, coconut sugar, agave nectar.... Whatever Floats Your Boat!!

Preparation:

Blend all ingredient in a blender or mixer, serve in your favorite cup, sprinkle a dash of cinnamon on top and enjoy!

Beverages

“Coco’nana” Smoothie

by Lynise Perry

Ingredients:

- 1 16oz. can coconut milk
- 1 cup vanilla flavored almond milk
- 4 ripe and soft bananas that have been sliced and frozen
- ¼ cup honey
- ½ tsp. vanilla extract
- 2 tbs cocoa powder
- Berries of your choice for garnish

Preparation:

Slice ripe bananas and spread on tray lined with wax paper. Place them in the freezer. Once frozen, combine all of the ingredients in a blender and blend until smooth and well incorporated. Transfer to fun serving glasses or cups. Garnish with vibrant berries.

Herbal Berry Lemonade

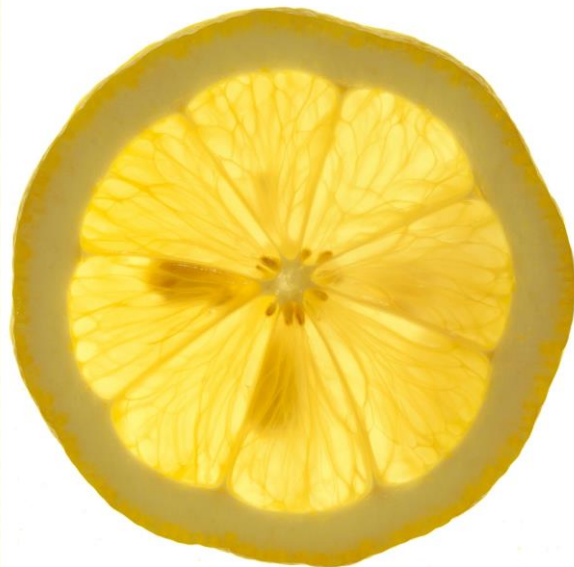
by Lynise Perry

Ingredients:

- ¾ cup lemon juice
- ½ cup honey
- 3 cups brewed herbal tea (see below)
- ½ cup strawberry or blueberry puree (strained to remove seeds)

Preparation:

Mix all together and serve.



Beverages

Brewed Herbal Tea

Ingredients:

- 3 cups water
- 10 grams chamomile dry herb
- 1 Tbsp. milk thistle seeds
- 1 Tbsp. marshmallow root
- 3 large sprigs fresh mint



Preparation:

Bring water to a boil in a pot. Add herbs, seeds and roots and take water off of heat. Cover the tea and let steep for at least 15-30 minutes. Add honey. Allow to cool. Once cooled, add lemon juice and berry puree if desired. Cool in refrigerator or add ice and enjoy. Garnish with a mint leaf and/or add some frozen berries.

Main Courses

Crock Pot 3 Bean Rainbow Chicken Chili Mac

by Lynise Perry

Ingredients:

- 1 lb. cooked ground chicken
- ½ green bell pepper (chopped coarsely)
- ½ red bell pepper (chopped coarsely)
- ½ yellow bell pepper (chopped coarsely)
- ½ orange bell pepper (chopped coarsely)
- 2 cans mixed beans (pinto, red, and black beans)
- 1 handful dried stinging nettles (optional)
- 1 Tbsp. ground ginger
- 3 crushed cloves of garlic
- 1 yellow onion (chopped coarsely)
- 3 Tbsp. chili powder
- ½ jar of tomato or spaghetti sauce
- 2 tsp black pepper
- 1 tsp red pepper
- Sea salt (salt to taste)
- 6 cups water
- 1 package of brown rice elbow macaroni



Preparation:

1. Combine all ingredients except water and macaroni in a crock pot. Cook on high until bell peppers and onions have cooked fully. Add salt to taste and/or water for desired consistency.
2. In a large pot, add water. Allow water to come to a boil, then add macaroni with a few drops of oil to keep the pasta from sticking. Continuously stir until the pasta is al dente. Drain and rinse with cold water. Serve with chili. Enjoy!

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Snacks

Brain Boosting Nut Butter Balls

by Lynise Perry

Ingredients:

6 oz. almond butter

2 Tbsp. honey

½ Tbsp of powdered Gotu kola

½ Tbsp. of powdered Ginkgo biloba

1 tsp powdered Ashwagandha (optional)

½ tsp of vanilla extract

1 tsp of cinnamon

2 tsp of cocoa powder (optional)

¼ tsp of allspice

¼ tsp of nutmeg

¼ tsp of clove

½ cup shredded coconut or cocoa powder for garnish (optional)

Preparation:

1. Combine all ingredients in a bowl and blend with spoon until they are all incorporated. The consistency should allow you to easily form balls, if this is not the case, then add small amounts of powdered flour such as almond, oat, rice flours or potato starch until you get a workable consistency.
2. Form balls in any size desired. Roll in coconut shavings or cocoa powder if desired.



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Snacks

Granny's Granola

by Lynise Perry

Ingredients:

2 cups gluten-free rolled oats

½ cup pecans or nuts of your choice (cashews, almonds, pecans, walnuts)

½ cup sunflower seeds or seeds of your choice (sunflower seeds, pumpkin seeds, flax seeds, chia seeds)

1 cup raisins or dried fruit of your choice (mango, pineapple, dates, cranberries)

2 tbsp cinnamon

1 tsp clove

½ tsp allspice

½ tsp nutmeg

3 tsp vanilla extract

½ cup coconut oil

1 cup maple syrup (grade B) or natural sweetener of choice
(honey, stevia, coconut sugar, brown rice syrup)

1 cookie sheet

Preparation:

1. Preheat oven to 300⁰C. Coat bottom of cookie with thin layer of coconut oil. Combine dry ingredients in a large bowl and mix wet ingredients in a separate smaller bowl. Once wet ingredients are blended well, add and mix into dry ingredients until thoroughly coated.
2. Spread granola in a thin layer onto oiled cookie sheet. Allow to bake for about 20 minutes, checking and stirring at 5-7 minute intervals until the mixture is golden in color. Once done, remove from oven and allow to cool completely. If you are making a large batch, store in airtight mason jars in the refrigerator.

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Snacks

Party Pleasing Detox Popcorn

by Lynise Perry

Ingredients:

6 quart pot with lid
½ cup of organic non-GMO popcorn kernels
3 Tbsp. of coconut oil
2 tsp. ground toasted milk thistle seeds
2 tsp. nutritional yeast
1 tsp. kelp (flakes or ground)
1/2 tsp. of garlic powder
1/2 tsp. of onion powder
1 tsp of chili powder
Fine ground sea salt (to taste)

Preparation:

Combine popcorn kernels, and oil in pot over high heat with lid. When kernels begin to pop, continuously shake pot and kernels until the popping becomes considerably slower or until the popcorn volume fill the pot. Remove from heat and transfer into bowl. Combine the remainder of ingredients and sprinkle over popcorn, toss to coat thoroughly. Salt to taste.



Desserts

“Peek - a - Boo” Fruit Sorbet

by Lynise Perry

Ingredients:

1 part vegetables - preferably bright colored sweet vegetables such as carrots or beets with celery which can easily blend in with colorful fruits but if using dark green vegetables such as spinach it is wise to make a chocolate and fruit flavored sorbet to mask the green color

2 parts frozen fruit - preferably sweet fruits like mango, peaches, bananas, with berries

2 parts frozen fruit juice -preferably fresh

A couple of scoops of protein powder or nut butter (optional)

Preparation:

Put all ingredients into blender or Vitamix. Start blender at low setting and gradually increase speed using a temper to push fruit into blade until all is blended and smooth.

Scoop into bowls and serve immediately.



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Desserts

“Cocoa’Nutty” Oatmeal Cookies

by Lynise Perry

Ingredients:

2 cups gluten-free rolled oats

½ cup shredded coconut

½ cup almond butter (or nut butter of choice)

½ cup grained sweetened chocolate chips
(or cocoa nibs or carob chips)

1 teaspoon baking powder

1 tbsp. cinnamon

⅛ tsp. salt or pinch

1 cup honey (or natural sweetener of choice)

1 large egg

2 tsp of vanilla extract



Preparation:

1. Preheat oven to 375 °C.
2. Spread oats over an oiled cookie sheet and let them get lightly toasted for about 10 minutes, tossing them lightly every 5 minutes to ensure an even toasting. Remove from oven and let cool.
3. Take 1 cup of oats and blend on high speed until a flour consistency. This will replace the flour ingredient in our cookies.
4. Mix wet ingredients together in a small bowl and then combine them in a larger bowl with the dry ingredients. Stir until all ingredients are fully incorporated.
5. Spoon onto an oiled cookie sheet, separating each cookie by about 2 inches. Place in oven for about 12 minutes or until cookies start to brown around edges. Allow to cool on a cooking rack and enjoy!!

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Desserts

Herb-Infused Ginger Candies

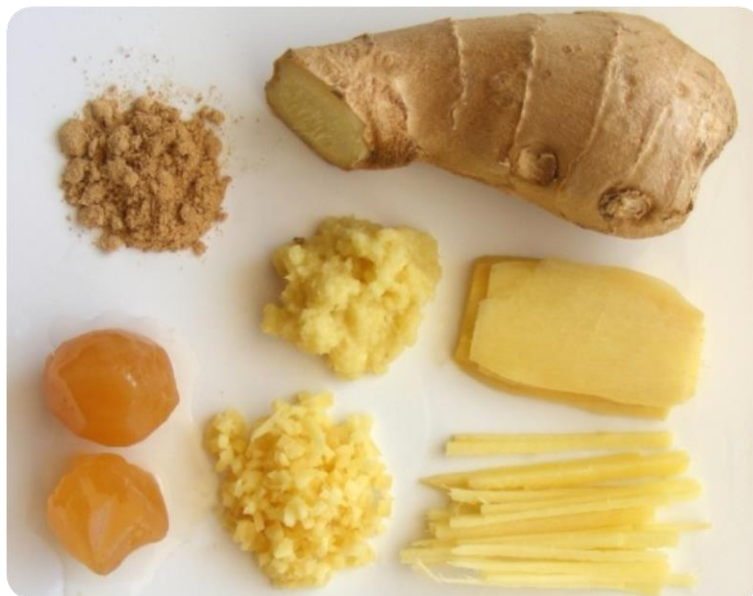
by Lynise Perry

Ingredients:

- 1/4 lb of ginger (peeled and thinly sliced)
- 1 cup of herb infused water (any herbal tea you enjoy)
- 1 cup of honey and a dash of salt

Preparation:

1. In a medium sauce pan cover the ginger with regular water and simmer for 10 minutes.
1. Drain the water off (great to save for ginger tea). Repeat step 1 and 2.
2. Add herbal infused water and honey to ginger and simmer on low until syrup becomes the consistency of loose honey. A good benchmark is when most of the water has evaporated and the syrup becomes very bubbly and frothy. Be careful to remove the hot ginger from the pan and place on plate to cool. Once cooled, coat with granulated maple syrup, coconut sugar.
3. Save the syrup for ice cream topping or pancakes or just store with ginger in a mason in the refrigerator for no more than a week.



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