

Liver Detox Cleansing Smoothies, Beverage, Juice Recipes

During the next 14-28 days you will be consuming lots of raw foods (vegetables, fruit, nuts and seeds). In the following pages you will find a variety of recipes for smoothies, beverages and juice blends to get you going during this phase. Eating food in its raw and natural state will give you a powerhouse of nutrients for increased vitality. The following recipes are basic and many of them can be modified to your taste by adding more herbs and spices to liven them up.

You will find that starting with soups is an alternative to chewing on vegetables all day long and find that they are quite filling. I personally find this one of the best ways to get densely packed nutrients in a single serving. You will find that you can make a big enough batch of soup to last a couple of days. Put some in a thermos and take it to go and eat it as a meal or sip on it throughout the day.

There are many ways to liven up a salad. Add a few olives, pickles; grate ½ carrot or a small piece of beet to make it colorful. Add some nuts, seeds, salsa, hummus, or homemade dressings to enhance the taste.

You will get to sample some of our favorite recipes.

Websites and books recommended:

www.living-foods.com/recipes

www.welikeitraw.com/rawfood/raw-food-recipes

www.rawglow.com/recipes

www.fromsadoraw.com/rawrecipes

Living on Live Food by Alissa Cohen

Raw Food Made Easy for 1 or 2 people by Jennifer Cornbleet

Living in the Raw Gourmet by Rose Lee Calabro

The Raw Food Detox Diet by Natalia Rose

Smoothies, Beverages, Juice Blends



ANTI-INFLAMMATORY LEMONADE

By Laura Halpin, N.C.

Ingredients:

1 cup lemon juice (4 to 6 lemons), freshly squeezed
4 to 6 cups filtered water (as desired)
1 teaspoon ground turmeric
1 teaspoon cinnamon
Pinch of Sea Salt
5 leaves fresh mint, julienned (optional)
½ teaspoon stevia (to taste)
½ inch slice fresh ginger, grated (optional)

Directions:

Stir all ingredients together until well mixed. Serve plain or over ice.

DETOX WATER

2 lemons
½ cucumber
10-12 mint leaves
3 quarts water

Directions:

Mix all ingredients in a glass pitcher and let it sit in the refrigerator all night

Cucumber Elixir

4 servings

- Spring, mineral or filtered water (32 oz)
- Aloe Vera juice, unsweetened (6 oz)
- Organic cucumber, sliced (1/2)
- Organic lemon, sliced (1)
- Organic lemon, juiced (2)
- Sea Salt, dash or to your preference
- Stevia, dash for a touch of sweetness

Directions:

Mix all the ingredients in a large glass pitcher and let it sit for a few hours or overnight for the best tasting cucumber elixir ever!!! Enjoy throughout the day.

BERRY PROTEIN SMOOTHIE

Ingredients:

1-2 scoops of plant based protein

¾ cup almond milk

½ cup of frozen berries (blueberries, strawberries, or raspberries)

sweetener (coconut sugar) no more than 1 tsp. or Stevia to taste

**use may want to freeze the almond milk in an ice cube tray and use them in your smoothie

Directions:

1. Place all ingredients in a blender and pour in a glass.

SIMPLE GREEN SMOOTHIE

Ingredients:

1/3 cup coconut milk or coconut cream

2/3 cup water

1-2 tablespoons lime juice

1 ½ ounce frozen spinach

2 teaspoons fresh ginger, grated

Directions:

1. Mix together all ingredients. Start with 1 tablespoon lime and increase the amount to taste.
2. Sprinkle with some grated ginger.

PREMIER FATTY BREAKFAST SMOOTHIE

Ingredients

1-2 scoops of plant based protein

1 cup spinach or kale

½ cup blueberries, strawberries or fruit permitted in eating plan

2 dashes of cinnamon

1 tablespoon of coconut oil or MCT oil

1 cup unsweetened coconut or almond milk

1 cup filtered water

¼ teaspoon stevia or coconut sugar

1-2 cups of ice depends on your preference

Directions

Mix ingredients in blender and enjoy.

Additional ingredients you may want to add for increased nutritional value and vitality

- Piece of fennel (known for its longevity benefits)
- ½ avocado adds a creamier texture (healthy fat for brain, skin and joints)
- Celery (excellent for bones)
- Small piece of lemon & small piece of ginger (great for immune system)
- Radishes (excellent for thyroid)
- Dash of turmeric (anti-cancer, anti-inflammatory)

APPLE CIDER DETOX SMOOTHIE

Ingredients

1 green apple
 2 tablespoons of Braggs apple cider vinegar
 2 cups of spinach
 ½ cucumber
 2 slices of lemon
 1 tablespoon of flaxseed or 1 tablespoon of chia seeds
 2 cups of water or 1 cup coconut water and 1 cup water

Directions

Mix ingredients in blender and enjoy.

GODDESS GREEN DETOX SMOOTHIE

Ingredients:

2 large apples
 1 cup of kale
 1 cup of spinach
 2 stalks of celery
 1/3 cup freshly squeezed lemon juice
 ¾ cup filtered water
 ¼ teaspoon cayenne pepper

Directions

1. Remove the core from your apples. Even if you normally don't like the skin, keep it on because once it is blended you won't even notice the texture.
2. Cut your apple, kale, spinach and celery into small chunks and toss in the blender. Add your remaining ingredients to the blender as well.
3. Blend on high until all of your ingredients are fully pulverized, like a smoothie.
4. If pulp isn't your thing, strain the contents of your blender over a cup then enjoy!

This vitamin-rich beverage is great for rejuvenating your skin after the holiday season. If you suffer from sun damage or wrinkle-prone skin, the ingredients in this shake can help repair and prevent damage.

HOMEMADE COCONUT MILK (serves 1)

Ingredients:

1 1/2 cups water

7/8 cup dry [unsweetened shredded coconut](#) (available at your local supermarker and other health food stores)

Directions:

1. In a medium-size kettle, heat the water, but do not bring it to a boil.
2. Place the coconut in a blender and add 1 cup of the hot water.
3. Blend for 2-3 minutes.
4. Place a colander in a bowl and line the colander with 4 thicknesses of cheesecloth.
5. Pour the blended coconut mixture into the cheesecloth and twist to extract the milk, letting the milk go into the bowl.
6. Return the coconut pulp to the blender and add the remaining 1/2 cup of hot water.
7. Blend for 1-2 minutes, strain and press through the cheesecloth into the bowl.

ALMOND MILK

Ingredients:

2 cups Raw Almonds, soaked 4 hours to overnight, then rinsed and drained

2-4 cups Water

1 Tbls. Vanilla (not imitation)

Sea Salt (Optional)

Directions:

1. Put nuts in blender and cover with water 1-2 times above the level of the nuts. Less water makes a richer milk: more water makes a skimmer milk.
2. Blend at high speed until the nuts are chopped as fine as possible. This will take less than a minute in a high-speed blender, longer in a regular one.
3. Get a large colander and line it with piece of clean, plain muslin cloth. Put the colander inside a larger bowl to catch the liquid.
4. Pour the slurry into the cloth a bowl beneath to catch the milk. Gather it up and hold the bag tightly closed, gently "milk" the ground nuts and water until most of the liquid is pressed out.
5. Add a touch of sea salt if you wish to make it taste more like cow's milk, or other desired flavors.
6. Serve or refrigerate.

Use within 4 days. Makes about 4 cups. (It was still good after 7 days, but I froze the leftovers of the second batch in ice cube trays.)

GREEN LEMONADE (try this you will love it!)

Ingredients:

1 head organic romaine lettuce or organic celery
1 -2 organic fuji apples
1 to 2 inches of fresh ginger (optional)

5-6 stalks of kale (any type)
1 whole organic lemon

Directions:

Process in a juicer. You may also use chard, collards, spinach, cucumber in place of the kale as long it is green.

It is best to drink this in the morning on an empty stomach. Wait 30 minutes before you consume your breakfast. You may also do this 30 minutes prior to lunch.

CUCUMBER DELIGHT JUICE

Ingredients:

In the morning juice:

3 cucumbers
2 stalks of celery
1/4 onion
1 red pepper
1/2 a peeled lemon

Directions:

Refrigerate approximately 1 cup and drink the remaining juice.

FROZEN COCONUT LIMEADE

Ingredients:

2 ½ cups crushed ice cubes
1 cup coconut milk
1/3 cup fresh lime juice
dash of stevia (optional)
lime slices for garnishing (optional)

Directions:

1. Place all ingredients in a blender and pulse until smooth
2. Pour into serving glasses and garnish with lime slices