

Liver Cleanse Drink

3 T. Bragg’s cold pressed olive oil 6 T. fresh squeezed lemon juice 3-6 cloves garlic ¼ to ½ inch fresh ginger root or ginger juice to taste Juice (fresh) from 1 grapefruit or large orange

Blend all these ingredients together in a high-speed blender. Wait 30 minutes before taking food with this drink.

A tea of licorice, fennel, anise and fenugreek can be taken afterwards to relieve any garlic odor. (This tea is made in our school herbal pharmacy. If you would like to purchase please contact Jessi directly.)

Probiotic Nut or Seed Milk

\*\*you may also purchase Almond milk and not make it yourself

1 c. RAW, ORGANIC almonds, brazil nuts, sunflower, sesame, pumpkin or hemp seeds

2 c. coconut water

1 c. Inner Eco Probiotic Kefir

1 c. purified water (omit if you like the milk less watery)

Soak nuts for appropriate amount of time (see table below). Then process the nuts or seeds with the above ingredients. Strain the pulp through a nut milk bag or cheesecloth into a bowl. You will end up with the “milk” in the bowl and the pulp left in the bag. This pulp can be processed again the same way.

For a sweeten nut or seed milk, you can add dates, apricots, figs and/or vanilla bean. Almond or vanilla extract can also be used for added flavor.

\*will keep refrigerated for 4 days

\*\*you can make a non-dairy creamer with a 1:2 ratio of nuts to liquid

Green Smoothie

½ c. Probiotic nut or seed milk OR Organic Almond Milk from Natural Grocers ¼ c. coconut water ½ banana Grapes 1 apple Kale Dandelion leaves 1 t. maca powder (optional) 1 t. acai powder (optional) 1 T. soaked chia seeds Powder from 1 probiotic capsule Cinnamon Fresh Turmeric root or dried Turmeric

Blend all ingredients together in a high-speed blender. Drink or eat with a spoon.

\*serves 1

Liver Cleansing Dinner Salad- Day 1

Start with a supercharged salad base:

*(Mix 2-3 of the following delicious bitter and leafy greens)*

- Spinach

- Arugula

- Kale

- Endives

- Dandelion leaves

- Mustard greens

- Watercress

Marinate greens with fresh squeezed lemon juice. Add splash of apple cider vinegar, cayenne pepper or minced garlic to taste.

Next, the bulk of your salad…

*Choose as many of the following as you like:*

- Grated white and red cabbage

- Grated carrot

- Grated apple

- Cucumber

- Artichokes

- Dried currants

- Diced or grated beetroot

- Sliced avocado

- Diced tomato

- Raw almonds, activated (soaked 6-8 hours) if possible

Liver Cleansing Dinner Salad- Day 2

*Mix 2-3 of the following delicious bitter and leafy greens:*

- Spinach

- Arugula

- Endives

- Kale

- Dandelion leaves

- Mustard greens

- Watercress

2 medium carrots, scrubbed and grated 1 scallion, chopped 2 ribs celery, chopped 1 ½ teaspoons black sesame seeds

Dash of tamari (substitute low sodium soy sauce) 1 tablespoon lemon juice 2 tablespoons Bragg’s olive oil or sesame oil

Preparation:

Mix the greens with the grated carrot, scallion, and celery. Mix together the sesame seeds, tamari, lemon and olive oil until blended. Toss dressing with salad and serve immediately.

Liver Cleansing Dinner Salad- Day 3

Start with a supercharged salad base:

*Mix 2-3 of the following delicious bitter and leafy greens:*

- Spinach

- Arugula

- Kale

- Endives

- Dandelion leaves

- Mustard greens

- Watercress

Marinate greens with fresh squeezed lemon juice. Add splash of apple cider vinegar, cayenne pepper, Celtic sea salt or minced garlic to taste.

Next, the bulk of your salad…

*Choose as many of the following as you like:*

- Grated white and red cabbage

- Grated carrot

- Grated apple

- Cucumber

- Artichokes

- Dried currants

- Diced or grated beetroot

- Sliced avocado

- Diced tomato

- Raw almonds, activated (soaked 6-8 hours) if possible

Avocado Kale Salad

2 small bunches dinosaur kale, stems removed Juice from 2-4 lemons ½ t. celtic sea salt 2-3 avocados ½ c. RAW, ORGANIC pine nuts ½ c. dried cranberries, currants or raisins 1 T. sesame oil (optional)

Tear the kale off the stem in small pieces. Juice the lemons over the kale and massage it along with the sea salt into the kale leaves. Let sit for 30 minutes, continuing to massage every 10 minutes or so. Kale will begin to shrink and soften as the lemon juice and salt take effect.

After the kale has softened, massage in 2-3 ripe avocadoes. Add the rest of the ingredients to taste.

\*will keep in the refrigerator for 24 hours

Beetroot Salad

1/2 medium size finely grated or spiral cut beetroot 1 1/2 packed cup rocket (arugula) 1/4 cup grated cucumber (very juicy) 1 stalk thinly diced celery Juice of half orange 1 tablespoon pine nuts 1 teaspoon grated ginger

Himalayan salt, apple cider vinegar, herbs and spices to taste. A touch of cayenne is delicious.