



TWO-DAY CLEANSE TO RID YOUR BODY OF TOXINS

BREAKFAST – QUINOA WITH PRUNES

1 cup water

½ cup quinoa

1 pinch nutmeg

1 tsp. grated ginger

⅓ cup chopped prunes

¼ cup rice milk

Directions - Bring the water, quinoa, nutmeg, and ginger to a boil in a small pot. Reduce heat and simmer, covered, for 10 minutes. Then stir in the prunes and rice milk. Cover the pot again and cook for another five minutes.

LUNCH – FRUIT SMOOTHIE

½ cup almond or hemp milk (plain or unsweetened)

¼ cup frozen blueberries

¼ banana

1 Tbsp. ground flaxseed or chia seeds

½ cup ice

Directions - blend all until smooth

DINNER – VEGETABLE BROTH WITH A SIDE OF SAUERKRAUT & SLICED APPLE

2 quarts water

2 red onions, coarsely chopped

2 stalks celery, coarsely chopped

1 fennel bulb (including fronds and stalks), coarsely chopped

4 large cloves garlic, chopped

1 cup sliced shiitake caps

1 cabbage, chopped

2 tsp. caraway seeds

2 Tbsp. fresh oregano, chopped

2 Tbsp. paprika

2 tsp. sea salt

Freshly ground pepper

Cayenne pepper to taste

2 whole parsley sprigs

8 sprigs parsley, chopped

Directions - bring the ingredients to a boil; cover and simmer for an hour. Then remove the parsley sprigs and add the chopped parsley. Recipe makes enough for at least 2 meals.

SNACK – PINEAPPLE KALE JUICE

½ cup pineapple

4 cups chopped kale leaves (no stems)

2 large cucumbers

½ lemon, squeezed

½ cup mint

2 artichoke hearts (from can or jar)

Directions – either put all through a juicer or use a blender and blend on high adding 1½ cups water and removing the pulp with a strainer.