

LOVE YOUR LIVER SPRING CLEANSE – 2013
RECIPE LIST

BREAKFAST IDEAS

Breakfast Quinoa (Bliss Cleanse)

1/2 cup quinoa, cooked
1 tbsp cinnamon
1 tbsp maple syrup
handful of almonds

Cook quinoa as directed
Mix 1/2 cup quinoa and cinnamon,
maple syrup and almonds. Enjoy!

Warming Grain Free Breakfast Cereal (www.replenishpdx.com)

1 tbsp ground flax
1 tbsp pumpkin seeds
2 tbsp shredded coconut
2 tsp chia seeds
1/4 tsp cinnamon
pinch of sea salt
1 vanilla bean, seeded (optional)
7 drops liquid stevia (vanilla creme
or plain) or 1/2-1 tsp raw honey (or
any other sweetener you desire)
1/2 bosc pear, chopped
1 tbsp goji berries
coconut milk

Grind flax seed into a fine meal and
set aside (I usually grind about a
cup and then just have it stored in
the refrigerator for later). Using a
hand blender like the magic bullet, a
Vitamix dry blade or a food
processor, process pumpkin seeds,
coconut, chia, cinnamon, sea salt
and vanilla until finely ground. Add
hot water to cover along with stevia
or honey. Mix well. Top with fruit,
berries and a drizzle of coconut
milk.

Chia, Hemp Seed, Buckwheat Cereal (www.pure2raw.com)

1 cup water
1/2 cup hemp seeds
1/4 cup chia seeds
a few drops of stevia
splash of vanilla
1/2 cup raw buckwheat groats

Pour 1 cup water and hemp seeds
into blender, blend until smooth.
Add sweetener and vanilla
(optional). Pour hemp milk into a
large glass cup or bowl and add in
the buckwheat groats and chia
seeds. Let sit for 5-10 minutes.
Makes 2 servings

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LUNCH IDEAS

Cucumber Wakame Salad (The Body Ecology Diet and www.replenishpdx.com)

1/2 oz. wakame
4 large cucumbers, peeled and very thinly sliced
2 tsp Herbamare or sea salt
1 small red onion, finely chopped
1/3 cup raw, organic apple cider vinegar
2 tbsp olive or flaxseed oil
1 tsp raw honey, coconut palm sugar, or sweetener of choice (optional)
pinch of pepper

Soak wakame for 15 minutes, in enough water to cover.
Sprinkle Herbamare or sea salt on cucumbers and let set for several minutes to release the juices.
Remove stem from wakame and discard the soaking water.
Chop wakame and add to cucumbers.
Add red onion.
Toss in vinegar, oil, sweetener and pepper.

Veggie Stir Fry (Bliss Cleanse)

2 carrots, thinly sliced
1 bunch broccoli
1 cup Vidalia onion, chopped
1 red pepper, chopped
1 tbsp olive oil
1 tsp Braggs Liquid Amino

Heat oil in a large skillet or pan. Add carrots and onions, stir and cook for 2 minutes. Add broccoli, stir and cook for 2 minutes. Add pepper and stir for 2 minutes. Remove from heat and leave covered for 2-3 minutes, depending on how crunch you like your vegetables. Sprinkle Braggs Liquid Aminos and stir.

Lemon-Sesame Asparagus (www.wholefoodsmarket.com)

2 pounds asparagus, ends trimmed, each stalk cut diagonally into thirds
1 1/2 tablespoon toasted sesame oil
1 1/2 tablespoon fresh squeezed lemon juice
2 tablespoons sesame seeds, toasted

Cook asparagus in large pot of boiling salted water until crisp-tender, about 3 minutes. Drain. Rinse asparagus under cold water, draining again. Heat toasted sesame oil in a large skillet over medium-high heat. Add asparagus and sauté until heated through, about 2 minutes. Add lemon juice and toss until well coated, about 1 minute. Transfer to a serving platter and sprinkle with sesame seeds

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DINNER IDEAS

Vegetarian Stuffed Peppers (The Body Ecology Diet)

3 cloves garlic, crushed
1 tbsp olive oil
sea salt and pepper to taste
1 onion, chopped
4 large and 1 small green peppers
1 cup dry couscous, brown rice, or quinoa
1 can stewed or chunked tomatoes (16 oz.)
1 can chickpeas (16 oz.)

Preheat oven to 350F. Cook 1 cup couscous, brown rice or quinoa as directed and let stand for 10 minutes. In a large skillet, saute onions, garlic, and small green pepper in olive oil. Add salt and pepper to taste. Combine couscous, saute mixture, stewed tomatoes and chickpeas in a large bowl. Cut the stems off the four large large peppers and remove seeds. Add mixture into each one of the peppers. Place peppers upright in a baking dish, add a little water to the bottom and cover. Bake for 45 minutes or until peppers are soft.

Forbidden Rice with Cranberries, Carrots & Ginger (www.wholeliving.com)

3 tablespoons olive oil
2 tablespoons finely minced ginger
1 cup diced fresh oyster or shiitake mushroom caps
3 medium carrots, cut into 1/4-inch dice
1/2 cup minced onion
2 celery stalks, cut into 1/4-inch dice
Salt and black pepper, to taste
3 cups cooked Forbidden Rice, cooked according to package instructions
1 cup fresh orange juice
1 cup dried cranberries

Preheat the oven to 325 degrees. In a large skillet, heat oil over medium heat, swirling pan to coat. Add ginger; cook until fragrant, about 30 seconds. Add mushrooms and saute for 1 minute. Add the carrots, onion, celery; season with salt and pepper. Stir-fry until vegetables are tender, about 5 minutes. Stir in the rice, orange juice, and cranberries. Toss to mix well. Pour the rice mixture into a 9-by-13-inch baking dish. Cover loosely with foil; bake until heated through and liquid has evaporated, about 30 minutes.

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DESSERT AND SNACK IDEAS

Lemon Squares (Everyday Wholesome Eating.... In The Raw)

Crust Ingredients

1/2 cup dates, pitted
1/2 cup pecans
1/2 cup walnuts
3/4 cup almonds
3 tbsp raw honey
3/4 cup shredded coconut

Topping Ingredients

1 1/4 cup dates, pitted
3/4 cup walnuts
1 tsp psyllium powder
zest from one lemon
juice from one lemon

Presoak dates and walnuts listed under topping ingredients for at least 2 hours.

Crust:

Process almonds into a meal in the food processor. Add balance of crust ingredients and process into a "dough." If too dry, add a touch of water. Press into an 8x8 pan.

Topping:

Process topping ingredients in food processor until smooth. Spread onto crust. Sprinkle top with coconut and press gently into the mixture.

Cover and refrigerate. It will take 2-3 days for this to "harden" slightly for easier handling.

Strawberry Coconut Chia Pudding (www.replenishpdx.com)

1 can coconut milk*
1 coconut water and meat
2-3 cups washed and stemmed strawberries
1/2 tsp vanilla extract or 1 vanilla bean, seeded
3 dates, pitted or 1 tbsp honey or coconut palm sugar or 5-7 drops stevia (or to taste)
pinch of sea salt
1/2 cup chia seeds

*Native Forrest contains no BPA in cans

Mix very well and set in refrigerator for at least one hour (can be overnight if you make it the night before).

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DRINKS AND SUCH

Bliss Energizer (Bliss Cleanse)

1 bunch kale, finely chopped
2 carrots
1 cucumber
1 lemon

Juice all ingredients with a juicer.
Enjoy!
Note: add a slice of ginger or a dash
of cayenne pepper for an added
kick!

Bliss Green Smoothie (Bliss Cleanse)

1/2 cup of your choice chopped
greens (spinach kale, dandelion, or
another favorite green)
1 banana
1/2 cup almond

Blend ingredients and enjoy!

Buckthorn Bark Tea (Eileen's Detox Diet)

6 cups filtered water
2 tablespoons red clover
2 tablespoons milk thistle
2 tablespoons dandelion leaf
2 tablespoons peppermint leaf
3 tablespoons buckthorn bark

will destroy the medicinal properties
of the herbs.

Bring the water to a boil. Remove
from heat and add all herbs. Cover
and allow to steep for 30 minutes to
one hour. Strain before using.

Buckthorn bark is a mild laxative
herb, safe to use over an extended
period of time. When combined with
blood-purifying herbs, buckthorn
bark helps to carry blood and liver
toxins out of the body. On the first
day of your fast, make this tea and
drink one cup in the morning and
one cup before bedtime to maintain
regularity. The tea will keep
refrigerated for three days and may
be gently warmed; boiling the tea

A note on the buckthorn bark tea as
mentioned in the Yoga Journal diet:

'I couldn't find any buckthorn,
which is a gentle laxative. I made
the tea without it because the
remaining herbs are reputed to be
liver-cleansing agents.'

The herbal compound Swiss Kriss
may be helpful.

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Electrolyte Lemonade (www.replenishpdx.com (recipe by David Jubb))

3 peeled and seeded lemons
5 tbsp coconut oil
1 pear or apple, cored
1/2 tsp sea salt
water to fill the blender

Blend until smooth. Store at room temperature in a glass jar for the day. Drink as needed.

Liver Cleanse Tea (www.replenishpdx.com)

Prepare a Decoction using 16 teaspoons and 16 cups of water (or as many as you can make in your biggest pot using 1 teaspoon herb to 1 cup water). Follow directions below.

Rose hips
Burdock root
Dandelion root
Licorice root
Peppermint

Put one teaspoonful of herb for each cup of water into a pot. (16 teaspoon/16 cups.) Bring to a boil and simmer for 15-20 minutes. Let sit in pot to cool for 8 hours or overnight. Strain and store in a large mason jar in refrigerator. Warm individual cups as needed or use as liquid in blended soups.

About decoctions: When using an herb that is woody (roots, rhizomes, wood, bark, nuts and seeds) it is best to make a decoction so that the soluble contents of the herbs are extracted into the water. When making a decoction, more heat is needed than for infusions and the herb has to be boiled in the water (as opposed to steeped with infusions).

Pear Chia Green Smoothie (www.replenishpdx.com)

2 pears
2 cups coconut water
1 tbsp chia seeds
1/2 vanilla bean or dash of vanilla extract
1 tbsp hemp protein powder or hemp seeds
handful of greens (kale, spinach or romaine lettuce would be best)
1 date or 1/4 tsp powdered green stevia (optional)

pinch of salt

Blend all ingredients until smooth.

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Yummy Green Juice (www.replenishpdx.com)

1 bunch celery

2 cucumbers

1 apple

1 lemon (peel removed)

5-7 kale leaves

1/2 bunch parsley

Run ingredients through a juicer or
blend all ingredients in a Vitamix or
blender and strain through a nut
milk bag. Makes 1 quart.

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Asian Dressing (www.replenishpdx.com)

1/4 cup sesame oil	1-2 tsp lime juice
1 tbsp nama shoyu or wheat-free tamari	1/2 tsp fresh ginger, minced
1 tbsp apple cider vinegar	1 clove garlic, minced (optional)
1-2 tbsp fresh squeezed orange juice	Blend all ingredients until smooth.

Caesar Salad Dressing (www.replenishpdx.com)

1/2 cup water	Blend all ingredients until smooth. This is a dressing that you would use like a Caesar. Don't overdress as it is quite garlicky! Store in refrigerator for 5 days. Yield: 2 cups.
1/2 cup olive oil	
2 ribs celery, chopped	
2 tbsp lemon juice	
1 tbsp apple cider vinegar	
3 tbsp tamari	
2 tbsp chickpea miso	
2 dates, pitted (optional)	
1 tsp kelp powder	
2 cloves garlic	

Green Goddess Dressing (www.replenishpdx.com)

4 tbsp chickpea miso	1 small shallot, chopped (or more if you like it spicy)
1 tbsp Dijon mustard	2/3 cup extra virgin olive oil
2 cups cilantro leaves, loosely chopped	1 cup filtered water
1/4 cup parsley leaves, loosely chopped	Place all ingredients in a high-speed blender. Blend until smooth. Yields 3-4 cups.
1/4 cup apple cider vinegar	

Mint-Garlic Dressing (The Body Ecology Diet)

1/4-1/3 cup fresh lemon juice, to taste (start with less; you can always add more)	Combine lemon juice, mint and garlic in a blender. Slowly add oil while blending to emulsify.
1/2 cup organic, unrefined oil	
1-2 cloves garlic, minced (or to taste)	Serve with Quinoa Tabouli.
1 tbsp fresh mint leaves, minced	

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Italian Dressing (The Body Ecology Diet)

1 cup olive or flaxseed oil
1/2 cup raw, organic apple cider
vinegar
1 tsp sea salt or to taste
1/8 tsp white pepper
1/2 tsp dry mustard
2 tsp Italian-blend seasoning
1 clove garlic, minced

Combine all ingredients in a jar,
cover tightly and shake well.
Adjust seasonings. Chill thoroughly.

Rosemary Vinagrette (The Body Ecology Diet)

1 tsp rosemary
1/4 cup olive or flaxseed oil
3/4 cup water
1/2 cup raw, organic apple cider
vinegar
1/2 cup freshly squeezed lemon
juice
4 tbsp mustard
1 tsp freshly ground pepper
sea salt to taste
1/2 tsp xanthan gum (thickener)

In a jar with a tight-fitting lid,
combine first 8 ingredients and
shake well.
Add xanthan gum and shake well.
Chill before serving.
Dressing keeps up to a week in
refrigerator.

Spicy Thai Dressing (www.replenishpdx.com)

1/4 cup sesame oil
1/2 cup raw sesame tahini
1 tsp toasted sesame oil
1 tbsp grated ginger
juice of 3 lemons
2 dates or 2 tsp coconut sugar
(optional)
1/4 cup tamari
2 cloves garlic
1 cup shredded coconut
1/2 jalapeno pepper (with seeds if
you like spicy)
2 cups water

Blend ingredients until smooth. This
yields 1 quart of dressing. You can
split this recipe in half if you don't
think you will use a full quart in a
week!

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Watercress Dressing (The Body Ecology Diet)

2 tbsp fresh lemon juice
1 tbsp raw, organic apple cider
vinegar
1/2 tsp dried tarragon
1/4 cup olive or flaxseed oil
salt and pepper to taste

1 bunch watercress, finely chopped

Mix together lemon juice, vinegar,
tarragon, oil, salt and pepper.
Stir in watercress.

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Apple Choy Slaw (Bliss Cleanse)

5 stalks of bok choy, chopped
1 granny smith apple, sliced
1/2 small red onion, thinly sliced
1/2 cup alfalfa sprouts (optional)

Dressing:

2 tbsp apple cider vinegar (or lemon juice)
2 tsp honey or brown rice syrup
1 tsp ground coriander
1 tsp Dijon mustard
1/2 cup olive oil

Combine all ingredients in a bowl.

Prepare dressing in a bowl or shaker container and mix well.

Pour dressing over salad.

Eat immediately. If you are going to serve the salad later on, add the apples just before serving to prevent them from browning.

Arugula Salad with Roasted Fennel, Strawberries & Asian Pear (Team Member Favorite Handout, Whole Foods)

Arugula

1 Fennel bulb
1 lb strawberries, sliced
1 Asian pears, julienned
1 large orange, zested

Slice fennel and toss with olive oil, salt, pepper and orange zest. Roast at 400F until golden brown, let cool. Squeeze orange juice over arugula. Toss in strawberries Asian pear and fennel. Season with salt and pepper.

Avocado and Grapefruit Salad (www.strongertogether.coop)

Ingredients

2 pink grapefruit
2 avocados
1 tablespoon shallot, minced (about 1 small shallot)
1 tablespoon fresh mint, minced
1 tablespoon honey
2 tablespoons grapefruit juice (squeezed from the removed membranes)

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1 lime, zest and juice
4 cups Bibb or leaf lettuce, washed and torn into pieces
Salt and pepper to taste

Preparation

Peel and segment the grapefruit, removing the white membranes. Squeeze the membrane into a bowl and reserve 2 tablespoons of juice for the dressing. Halve, pit, and peel the avocados, then slice lengthwise into half-inch slices. In a small bowl, prepare the dressing by whisking the minced shallot, fresh mint, honey, grapefruit juice, lime juice and zest, and a pinch of salt and pepper.

Place a cup of lettuce on each of four salad plates. Top the lettuce with equal slices of grapefruit and avocado. Drizzle each salad with approximately 1 tablespoon of dressing.

Serving Suggestion

Perfect with a yogurt parfait for a light lunch, or accompanying roast chicken or a flaky steamed, grilled or baked fish like salmon.

[Avocado Mango Salsa \(www.wholefoodsmarket.com\)](http://www.wholefoodsmarket.com)

Ingredients:

1 clove garlic, finely chopped
2 tablespoons freshly squeezed orange juice
1 tablespoon freshly squeezed lime juice
1 teaspoon grated orange zest
1/2 teaspoon honey
1 tablespoon extra-virgin olive oil
Sea salt to taste
Ground black pepper to taste
1 mango, diced (about 1 cup)
1 avocado, diced (about 1 cup)

In a large bowl, whisk together garlic, orange juice, lime juice, orange zest, honey and olive oil. Taste and adjust seasoning with salt and pepper. Add mango and avocado. Toss to combine. Serve immediately.

[Bliss Quinoa Salad \(Bliss Cleanse\)](#)

1 1/2 cups quinoa, cooked
3 cups water
1/4 cup lime juice

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1/2 cup olive oil
1 cup parsley, chopped
1/2 cup scallion, chopped
1/2 cup cucumber, diced
additional chopped vegetables of your choice
salt & pepper to taste

Rinse quinoa well with cool water in a fine mesh strainer until the water runs clear.

Add rinsed quinoa to saucepan over low heat; stir with wooden spoon until all water has evaporated and grains emit a faint, roasted aroma.

Add water and a pinch of salt; stir once to dislodge any grains that may be stuck to bottom of the pan.

Cover and bring to a boil.

Lower heat and simmer, covered, for about 10-15 minutes, or until all water is absorbed; let sit, covered, for about 5 minutes before fluffing with fork.

Combine all ingredients in bowl and serve room temperature.

Carrot Salad (The Body Ecology Diet)

2 tbsp organic, unrefined coconut oil
1 tbsp organic, unrefined olive oil
4-6 large carrots, peeled and trimmed

Finely grate the carrots in a food processor and toss with both oils.

Easy Fried Rice (Bliss Cleanse)

1 small onion, chopped
1 tbsp olive oil
2 cloves garlic, minced
1 carrot, diced
1/2 bunch scallion, chopped
1 tbsp ginger, grated
4 cups cooked long grain brown rice
2 tbsp tamari soy sauce
1 tsp toasted sesame oil

Saute onion in olive oil for 5 minutes.

Add garlic and carrot and sauté for 4 minutes.

Add scallion and ginger and sauté for 4 more minutes.

Add rice and sprinkle with water to give extra steam to dish.

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Add tamari soy sauce and toasted sesame oil.
Lower heat and cool for 5 minutes more, stirring occasionally.

Ginger Infused Miso Soup (www.replenishpdx.com)

1 tbsp sesame oil, raw or toasted
4 garlic cloves, minced
3 shallots sliced thin
4 carrots, cut into matchsticks
10 shiitake mushrooms, sliced thin
8 cups water
2 tbsp fresh grated ginger
2-3 cups broccoli tops
2 cups sliced cabbage or thinly sliced kale (optional)
2 tbsp tamari (optional)
sliced scallions (optional)
2-4 tbsp miso depending on how much miso flavor you might like

Heat oil in a dutch oven or large soup pot. Add shallots and onions, saute over medium heat for 3-4 minutes. Add carrots and mushroom and saute for another minute. Add water and ginger. Bring to a boil and simmer for 10 minutes. Turn heat off, add broccoli and cabbage or kale, return the lid to the pot and let sit for 5 minutes. Add miso, tamari to taste, and scallions. Serve as is or over pre-soaked kelp noodles. Serves 5-6

Go Green with Roasted String Beans and Shallots (Bliss Cleanse)

1 pound green beans, trimmed
3 tbsp olive oil
4 shallots, peeled and thinly sliced
Salt and freshly ground black pepper
1/4 slivered almonds
1/3-1/2 cup chopped fresh Italian or flat parsley

Preheat oven to 425F.

Toss the green beans in a large baking pan with the oil and shallots and season with salt and pepper.

Roast until just cooked through and golden brown, about 15-18 minutes.

Combine the almonds and parsley in a small bowl.

Transfer green beans to a serving bowl and toss with the almond mixture.

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[Green Goddess Soup \(www.replenishpdx.com\)](http://www.replenishpdx.com)

1 zucchini, chopped
2 celery stalks, chopped
1/2 cucumber, peeled and chopped
1/2 tsp salt
1/2 lemon, juiced
1 tsp Italian seasoning
1/4 tsp garlic powder
1/4 tsp onion powder
1/2 an avocado
1 tsp chickpea miso
1 tsp nutritional yeast
salt and pepper to taste

Blend all ingredients until smooth and top with finely chopped chives. Serves 2.

[Guacamole \(www.rayawellness.com\)](http://www.rayawellness.com)

6 avocados
2 limes or lemons, juiced
2 teaspoons salt
1 cup diced onion
6 tablespoons chopped fresh cilantro
4 roma (plum) tomatoes, diced
2 tsp minced garlic
2 Tbs of olive oil (optional)
2 pinches of cumin (optional)
2 pinches ground cayenne pepper (optional)

In a medium bowl, mash together the avocados, lime/lemon juice, and salt. Mix in onion, cilantro, tomatoes, and garlic. Stir in spices/oil. Refrigerate 1 hour for best flavor, or serve immediately.

[Homemade Almond Butter \(rayawellness.com\)](http://rayawellness.com)

12 oz of raw almonds (not estimated, this is exact)
1/2 cup of coconut oil
2 teaspoons of pure vanilla extract
Two pinches of salt

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Process almonds in a food processor until they form a fine a meal. Add a tablespoon of coconut oil at a time, while the almond butter is processing. Continue to process until the almond butter is creamy (this may take a while, and use more or less coconut oil as needed to get it fairly fluid). Add the vanilla extract and salt, and continue to process for about a minute. Pour almond butter into a jar and set aside.

Liver Cleanse Tea (www.replenishpdx.com)

Prepare a Decoction using 16 teaspoons and 16 cups of water (or as many as you can make in your biggest pot using 1 teaspoon herb to 1 cup water). Follow directions below.

Rose hips
Burdock root
Dandelion root
Licorice root
Peppermint

Put one teaspoonful of herb for each cup of water into a pot. (16 teaspoon/16 cups.) Bring to a boil and simmer for 15-20 minutes. Let sit in pot to cool for 8 hours or overnight. Strain and store in a large mason jar in refrigerator. Warm individual cups as needed or use as liquid in blended soups.

About decoctions: When using an herb that is woody (roots, rhizomes, wood, bark, nuts and seeds) it is best to make a decoction so that the soluble contents of the herbs are extracted into the water. When making a decoction, more heat is needed than for infusions and the herb has to be boiled in the water (as opposed to steeped with infusions).

Mango Avocado Salad (Bliss Cleanse)

1 avocado
1 mango
2 garlic cloves, minced
1/4 cilantro, chopped
Juice of 1/2 lemon
1 tbsp olive oil
1/2 tbsp Himalayan sea salt

Cut and cube avocado and mango.
Chop cilantro and add.

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Mix in lemon juice, garlic, olive oil & salt.
Lightly toss and enjoy!

Mushroom & Collard Green Stir Fry (Bliss Cleanse)

2 cups collard greens, chopped
1 cup favorite mushrooms, chopped
2 cloves garlic, minced
2 tbsp olive oil

Add olive oil and garlic to frying pan
Once it starts to heat up, add collards and mushrooms
Saute approximately 10 minutes
Enjoy!

Mushroom Steaks (The Body Ecology Diet)

4 Portobello mushrooms
3 tsp oregano
2 tbsp balsamic vinegar
2 tbsp olive oil

Preheat oven to 350F.
Cut off mushroom stems and wash.
Mix oil, balsamic vinegar, oregano and salt/pepper in a bowl.
Put mushroom tops in a baking dish with an edge. Pour oil mixture over mushrooms and bake for 30 minutes.

Pate (www.replenishpdx.com)

1 cup sunflower seeds, soaked 2-4 hours, drained and rinsed well
1 clove garlic, chopped
2 limes, juiced
1 tbsp red onion, chopped
3/4 cup cilantro, chopped
1/2 tsp sea salt
pinch of cayenne or jalapeno pepper (optional)

Pulse all ingredients in a food processor until smooth.

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Pear Chia Green Smoothie (www.replenishpdx.com)

2 pears
2 cups coconut water
1 tbsp chia seeds
1/2 vanilla bean or dash of vanilla extract
1 tbsp hemp protein powder or hemp seeds
handful of greens (kale, spinach or romaine lettuce would be best)
1 date or 1/4 tsp powdered green stevia (optional)
pinch of salt

Blend until smooth. Yield: 1 quart

Quick & Yummy Sesame Kale (Bliss Cleanse)

1 bunch green or red kale, cut into bite size pieces
1 tbsp olive oil
3 cloves garlic, minced
1 tbsp soy sauce or wheat-free tamari
1 tbsp raw honey or agave
1 tbsp sesame oil
1 tbsp rice vinegar
2 tbsp toasted sesame seeds

Heat large skillet or wok on medium heat. When hot, add olive oil. Saute garlic for 2-3 minutes. Add the kale, stirring to coat all surfaces. Reduce heat to medium and cover. Cook until leaves become tender (about 4-6 minutes). In a small bowl, mix soy sauce/tamari and honey/agave, sesame oil and vinegar. Add to kale and store to coat evenly. Remove from heat and garnish with sesame seeds.

Quinoa Tabouli (The Body Ecology Diet)

1 cup quinoa
2 cups water
1/2 tsp sea salt
1 cup cucumber, diced small
1/2 cup parsley, finely chopped
1/2 cup scallions, finely sliced
1 cup Mint-Garlic Dressing
Lettuce leaves as a garnish

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Cook quinoa and sea salt in 2 cups of boiling water, until translucent; remove from heat and let sit 10-15 minutes to become fluffy.

When cool, add cucumber, parsley, and scallions.

Add dressing.

Chill in refrigerator before serving.

Serve on lettuce leaves.

Salad with Romaine or Kale (Bliss Cleanse)

3 cups chopped kale or Romaine lettuce

1 red pepper, chopped

1 green pepper, chopped

1 cucumber, chopped

1/4 cup unsweetened dried cherries

1/2 cup olive oil

2 tbsp fresh lemon juice

1 tsp fresh thyme, chopped

1 clove garlic, minced

1/2 tsp Himalayan sea salt

Combine salad ingredients in a large bowl. Combine dressing ingredients in separate bowl. Mix salad and dressing and toss.

Spicy Spring Soup (www.replenishpdx.com)

1/2 cup chopped greens (dandelion or other)

3 cups baby spinach

1/4-1/2 jalapeno pepper, depending on how spicy you want it

juice of 1 orange

juice of 1 lime

1/4 tsp chili powder

1/4 tsp cumin

1/2 tsp onion powder

1 tbsp nutritional yeast (optional)

1 tsp sea salt

2 1/2 cups water (can substitute coconut water for all or part)

1 avocado

1/2 bunch cilantro leaves

Blend all ingredients except avocado and cilantro until smooth. Add avocado and blend again until smooth. Add cilantro, blend to incorporate.

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Spinach Sauteed with Raisins and Pine Nuts ([Williams-Sonoma Vegetable](#))

1/4 cup raisins
1/4 cup pine nuts
2 tbsp extra-virgin olive oil
1 yellow onion, finely chopped
1 clove garlic, chopped
2 lb spinach leaves, tough stems removed and leaves well rinsed
salt and ground or cayenne pepper to taste

Put the raisins in a small heatproof bowl and add boiling water to cover. Cover the bowl and leave to plump for about 10 minutes. Drain and set aside. Meanwhile, if desired, toast the pine nuts by heating them gently in a dry small, heavy frying pan over medium heat, tossing them every so often as they become golden and fragrant, 2-4 minutes. Watch the pine nuts closely, as they burn easily. When toasted, immediately pour onto a plate.

In a frying pan, heat the olive oil over medium heat. Add the onion and sauté lightly until golden 5-8 minutes. Add the garlic and sauté for 1 minute longer. Remove the pan from the heat and set aside.

Put the spinach with just the rinsing water clinging to the leaves in a saucepan over medium-high heat, cover, and cook until the spinach is bright green and wilted, 1-2 minutes. Remove from the heat and drain well in a sieve, pressing the spinach with the back of a spoon to remove excess moisture. When the spinach is cook enough to handle, chop it coarsely. (If using baby spinach leaves, omit the chopping.)

Add the spinach, drained raisins, and pine nuts to the onion and garlic in the frying pan and return to medium heat. Stir until the spinach and onion are heated through, 1-2 minutes. Season to taste with salt and pepper. Serve hot or at room temperature.

Variation Tips: Use golden raisins (sultanas) or large muscatel raisins in place of the black raisins, and slivered blanched almonds in place of the pine nuts.

Spring Nori Veggie Rolls (www.replenishpdx.com)

1 cup sunflower seeds, soaked
2 sheets raw nori (or toasted)
2 lettuce leaves
1/2 carrot, shredded
1/2 beet, shredded

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MASTER RECIPE LIST

3 tbsp fresh spring herbs of your choice (chives, cilantro, mint) cut into ribbons
1 cup alfalfa or clover sprouts
1/2 cup raw sauerkraut
1 avocado, peeled and sliced
2 tbsp Chickpea Miso (I recommend South River Brand)

Place a sheet of nori on a shushi rolling mat or cutting board. Put lettuce leaf on top of nori sheet, lining up to the edge closest to you. Add in order: 1 tbsp miso, 1/2 avocado slice, 1/2 cut carrots and beets, sprinkle of herbs and 1/2 cup sprouts. Roll nori away from you and tuck all of the ingredients in as you go. Spread miso along the edge to seal the roll (or you can use some water). Eat as a whole roll or slice into pieces.

[Tangy Tahini Kale Chips \(www.replenishpdx.com\)](http://www.replenishpdx.com)

2 large bunches of kale (I prefer green leafy kale, but you can use lacinato aka dinosaur kale)
1/2-3/4 cup tahini
1/4 cup tamari or shoyu
1/4 cup apple cider vinegar
1/2 cup water
1-2 cloves garlic
juice of one lemon
pinch of sea sale
2 tbsp nutritional yeast
handful of herbs

Preheat oven to 200F. Wash kale thoroughly and remove the thickest part of the stem. Tear kale into larger than bite size pieces and set aside in a large mixing bowl. Combine all other ingredients in a blender until smooth. Combine mixture with the kale and massage it in with your hands making sure to thoroughly coat all of the kale with the sauce. Bake 1-2 hours, checking periodically, until they are crisp.

[Zucchini Hummus \(www.replenishpdx.com\)](http://www.replenishpdx.com)

1 cup zucchini, peeled and chopped
3 1/2 tbsp lemon juice
1 tbsp olive oil
4 cloves garlic
1 tsp paprika
1 tsp salt

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pinch cayenne

1/2 cup raw tahini

1/3 cup sesame seeds, soaked 4 hours, rinsed and drained

Place zucchini, lemon juice, garlic, paprika, salt and cayenne in a blender and blend until smooth. Add the tahini and soaked sesame seeds and process until completely smooth. Store in refrigerator for up to 4 days. Serve with sliced cucumbers, carrots or celery sticks.
