



All Natural 12 Day Cleanse *Winter*

RECIPES



Cleansing Recipes

© 2014 Freedom Junkie, LLC
All Rights Reserved

Basic Green Juice



Ingredients:

2 cups spinach
4 stalks celery
1 cucumber
1 bunch watercress
1 orange (peeled)

Directions:

Juice and drink

Simple, easy, and clean juice to cleanse and detoxify.



Green Juice 2



Ingredients:

1 cucumber
1 pear (bosch)
3 stalks celery
1" ginger
1/8 cup watercress
1/4 cup mint
1 peeled lemon

Directions:

Juice and drink!

This is hydrating and beautifying. Great for the skin.



Green Juice 3



Ingredients:

1 bunch kale
2 cucumbers
1 head celery
1 cup snap peas
4 fuji apples
1 inch ginger

Directions:

Juice and drink.



Digestion Detox Juice



Ingredients:

5 carrots
4 stalks celery
1 cucumber
1 beet
1 apple
½ lemon

Directions:

Send through juicer and serve!



Jump Start Juice



Ingredients:

2 apples
2 carrots
2 stalks celery
1 cucumber
1 clove garlic
handful of spinach (or other greens)

Directions:

Send through juicer and serve!



Energy Plus Juice



Ingredients:

1 cucumber
1 head fennel
½" ginger
2-3 handfuls kale or other greens
1 lemon

Directions:

Send through juicer and serve.



Antioxidant Juice



Ingredients:

2 cups strawberries
2 pears
1 cup raspberries
2 apples
1 cup blackberries
1 cup grapes

Directions:

Juice and enjoy!



Can't Beet This Juice



Ingredients:

1 large beet (wedged)
½ lemon (peeled)
2 large carrots
1 large apple (wedged)
1" piece ginger

Directions:

Juice and drink.

Good for the heart and soul!



Hot Tomato Juice



Ingredients:

3 tomatoes
2 celery stalks
1 cucumber
1 green bell pepper
2 stalk broccoli
2 large carrot
2 cups kale
sea salt, ground black pepper, chili
pepper or cayenne pepper (to taste)

Directions:

Juice and enjoy!



Smoothie



Ingredients:

1 coconut (meat and water) or 1/3 cup coconut milk
1 1/2 cups frozen papaya or mixed organic berries
1 banana
4 (deveined) collard leaves
1 cup hemp milk or water if you want a lighter meal
1 Tbsp stevia
1/2 cup crushed ice

Directions:

Blend and serve.

Great for your digestive system!.



Hemp Milk



Ingredients:

1/4 cup hemp seeds
16 oz coconut water
small pinch raw vanilla
small pinch sea salt

Directions:

Blend hemp and coconut water on high until smooth.
Add vanilla and salt and blend quickly on medium.

Enjoy this with fruit or granola. This is a great source of protein!



Alkaline Broth



Ingredients:

- 1 head celery chopped in large pieces
- 1 bunch parsley
- 6 carrots chopped in quarters
- 1 onion quartered
- 1 clove garlic cut in half
- 2 cups spinach
- 6 potatoes quartered

Directions:

Place all in a non aluminum cooking pot, cover with water and cook for 1 hour. Strain and drink warm. Leftover can be refrigerated and enjoy cold or warm.

This is an easy and delicious soup. It cleanses and alkalizes. You can eat it in a bowl like a soup, or drink it from a cup like tea.



Cabbage and Sweet Potato Soup



Ingredients:

5 medium sweet potatoes
6 ¼ cup water
3 garlic cloves (peeled)
4 tbsp olive oil
¼ cabbage or kale
pinch sea salt
ground pepper

Directions:

Peel and cut potatoes, boiling in salted water with garlic.
Mash potatoes and add olive oil and leaves.
Boil for approximately 3 minutes.
Season to taste

Wonderful for cold days!



Broccoli and Arugula Soup



Ingredients:

1 tbsp olive oil
1 clove garlic, thinly sliced
½ yellow onion, diced
1 head broccoli
2 ½ cups water
¼ tsp sea salt
¾ cup arugula or watercress
½ lemon

Directions:

Heat olive oil in pan on medium heat, adding garlic and onion for 30 seconds.
Add broccoli and cook 4 mins.
Add water and salt bringing to a boil, lower heat and cover for 8 mins.
Allow to cool for 5 mins and place in blender with arugula until pureed.
Serve.

I could drink this everyday for dessert!



Healthy Pesto



Ingredients:

2 tbsp olive oil
1 bunch basil
1 clove garlic
1 pinch sea salt

Directions:

In a blender or food processor, mix oil, basil, garlic, salt, and water to desired consistency.

This pesto is simple, easy, and will give many dishes a new feel.



Sea Kelp and Kale Pesto

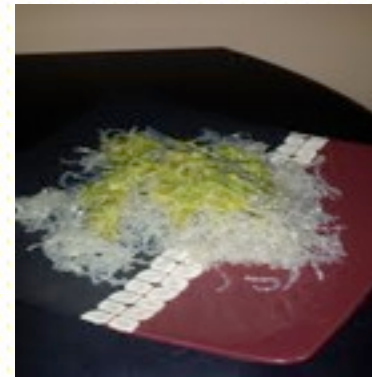


Ingredients:

8 ounces kelp noodles
3 cups kale (removed stems and chopped)
½ cup walnuts
3 tbsp olive oil
½ tsp sea salt
1 small lemon juiced

Directions:

Place kale, walnuts, olive oil, sea salt, and lemon juice in food processor until smooth.
Serve over kelp noodles.



Garlic Broccoli with Cranberries



Ingredients:

2 tsp olive oil
3 cloves garlic, minced
4 cups broccoli
½ cup dried cranberries

Directions:

Heat oil in large skillet over medium heat.
Saute garlic 1 minute.
Add broccoli and cranberries, saute 3 mins.



Wilted Greens



Ingredients:

6 cups spinach, silverbeet, rocket, watercress,
mizuna, young beetroot leaves and/or kale
1 ½ tbsp olive oil
3 cloves garlic (peeled and thinly sliced)
1 ½ tbsp water
sea salt
black pepper
½ lemon juice

Directions:

Heat olive oil in skillet, adding garlic.
After 30 seconds, add greens and toss until leaves
wilt.
Add water, sea salt, black pepper, and lemon juice.
Serve

Warms the soul as it cleanses the body!



Veggie Bowl



Ingredients:

2 carrots
2 cup broccoli
2 cup brussel sprouts (halved)
2 tbsp olive oil
2 cup kale
2 tbsp sunflower seeds
1 cup cashews
1 cup water
1 lemon (juiced)
1 tsp apple cider vinegar
¼ cup diced red pepper

Directions:

Preheat oven to 400 degrees F.
Toss carrots, broccoli, and brussel sprouts in oil.
Place mixture on baking sheet and cook 11 mins,
turn over veggies and cook 11 more mins or until
browning has begun and are soft.
Using blender, blend cashews and water. Combine
mixture with lemon juice, vinegar, and red pepper.
Place vegetable mixture over a bed of kale, topping
with the dressing mixture and sunflower seeds.



Bean Dip



Ingredients:

1 clove garlic
30 ounces white beans
1/3 cup olive oil
2 tbsp balsamic vinegar
1 tbsp lemon juice
1/4 tsp sea salt

Directions:

Place all ingredients in food processor until smooth.
Serve with raw vegetables.



Black Bean Hummus



Ingredients:

7 ounces black beans
2 tsp lemon juice
1 handful basil
1 clove garlic, minced
1 tsp sesame seeds

Directions:

Combine all ingredients into food processor until thick.
Add water if it is too thick and serve with raw veggies or gluten-free crackers.

I could drink this everyday for dessert!



Salads



How to Build a Salad

Building a salad can be an adventure. Start with at least one type of greens and add fruits, nuts, herbs and other vegetable's. Don't be afraid to experiment. Salads can have themes, international and cultural flair, and it can be something you add to a meal - or an entire meal in itself. The more you play with salads, the better you will tell what combinations work for you.

Experiment with different kinds of greens. Iceberg lettuce is just one kind, and there are many beautiful greens, arugula, romaine, collards, kale - and they all add different flavors.

Add fruit; strawberries, dried apricots, oranges, peaches, pears, blueberries and apples add sweetness to the salad.

Throw in a nuts or seeds; cashews, walnuts, pecans, pine nuts and sunflower seeds add fat and texture to the salad.

Vegetables like broccoli, peppers, celery, onions and corn add flavor, color, and crunch to a salad.

Add some more fat...like avocado or olive oil.

Throw in sea vegetables too! A handful of kelp will add crispness with 0 calories!

Little things make a big difference too: salt and pepper, herbs and garlic liven up a salad in big ways.

A salad can be a work of art, full of flavor and luscious nutrition. Choose the items from your shopping list that you love the most and make a giant salad and enjoy!

Strawberry Almond Salad



Ingredients:

1 bunch spinach
Handful organic strawberries, sliced
Handful toasted sliced almonds
2 pinches watercress

For a little more color...add blueberries.

Directions:

Toss and serve with Garlic Dressing (see next page for recipe)



Garlic Dressing



Ingredients:

2 tsp dijon mustard
4 Tbsp raw wine vinegar (or balsamic vinegar)
1 cup extra virgin cold pressed olive oil
3 cloves garlic - peeled and mashed

You may add herbs like parsley, tarragon, thyme, basil or oregano and pepper if you like

Directions

Combine all ingredients and shake (refrigerate)



Cucumber Salad



Ingredients:

2 cucumbers
1 small handful fresh dill
1 cup snap peas
2 cloves garlic
1/2 lemon, peeled
1 Tbsp olive oil
1 Tbsp raw apple vinegar
1 Tbsp raw honey
sea salt and ground pepper to taste

Even kids love this one!

Directions:

This can be blended, juiced or chopped into small pieces and eaten as a salad, too!



Kale with Garlic and Cranber



Ingredients:

2 lbs kale (stems and center ribs discarded, leaves torn)
1 tbsp minced garlic
5 tbsp olive oil
½ cup dried cranberries
¾ tsp pink salt
1/8 tsp pepper

Directions:

Cook kale in boiling salted water until almost tender (5-10 mins). Drain kale. Cook garlic in oil over medium heat, stirring for 30 seconds – 1 min. Add kale, dried cranberries, salt, and pepper. Cook, tossing frequently, for 4-6 mins.



Beetroot, Apple, and Carrot Salad



Ingredients:

3.5 ounces canned beetroot
1 large carrot
1 large apple

Directions:

Grate beetroot, carrot, and apple.
Mix in bowl and serve

Simple and easy!



Sweet Potato and Raspberry Salad



Ingredients:

2 large sweet potatoes
1 cup raspberries
4 cups leafy greens
½ cup snap peas
½ large red onion (sliced)
1 tbsp olive oil
½ tsp raw honey
1 tbsp sunflower seeds
¼ tsp sea salt
½ tsp pepper

Directions:

Boil potatoes in water until tender and dice.
Mix diced potato in with remaining ingredients and serve.

This recipe puts a new spin on salads.



Minty Green Salad



Ingredients:

4 ounces arugula
3 ounces watercress
3 ounces chickpeas
½ bunch mint
2 tbsp olive oil
2 tbsp lemon juice
Pinch sea salt and ground pepper

Directions:

Toss leaves and chickpeas, topping with mint.
Combine lemon, olive oil, sea salt, and pepper and drizzle over greens mixture.

A quick, easy, a refreshing way to cleanse your body!



Detox Slaw



Ingredients:

1 large napa cabbage
2 large carrots
2 red bell peppers
1 small beet
½ bunch cilantro
1" ginger
1 lemon

Directions:

Finely slice cabbage and grate carrots, beet, and red pepper with hand grater.
Finely mince cilantro and ginger.
Juice lemon and zest peel.
Toss in bowl and let sit for 30 mins and serve.



Cucumber Salad



Ingredients:

1 large cucumber (thinly sliced)
½ sweet onion (thinly sliced)
4 ½ tbsp apple cider vinegar
½ tbsp raw honey
½ tbsp chia seeds
pinch sea salt

Directions:

Combine all ingredients except chia seeds in a bowl and allow to sit for 90 mins.
Sprinkle chia seeds over and serve.

Chia seeds are excellent for carrying toxins out of the body!

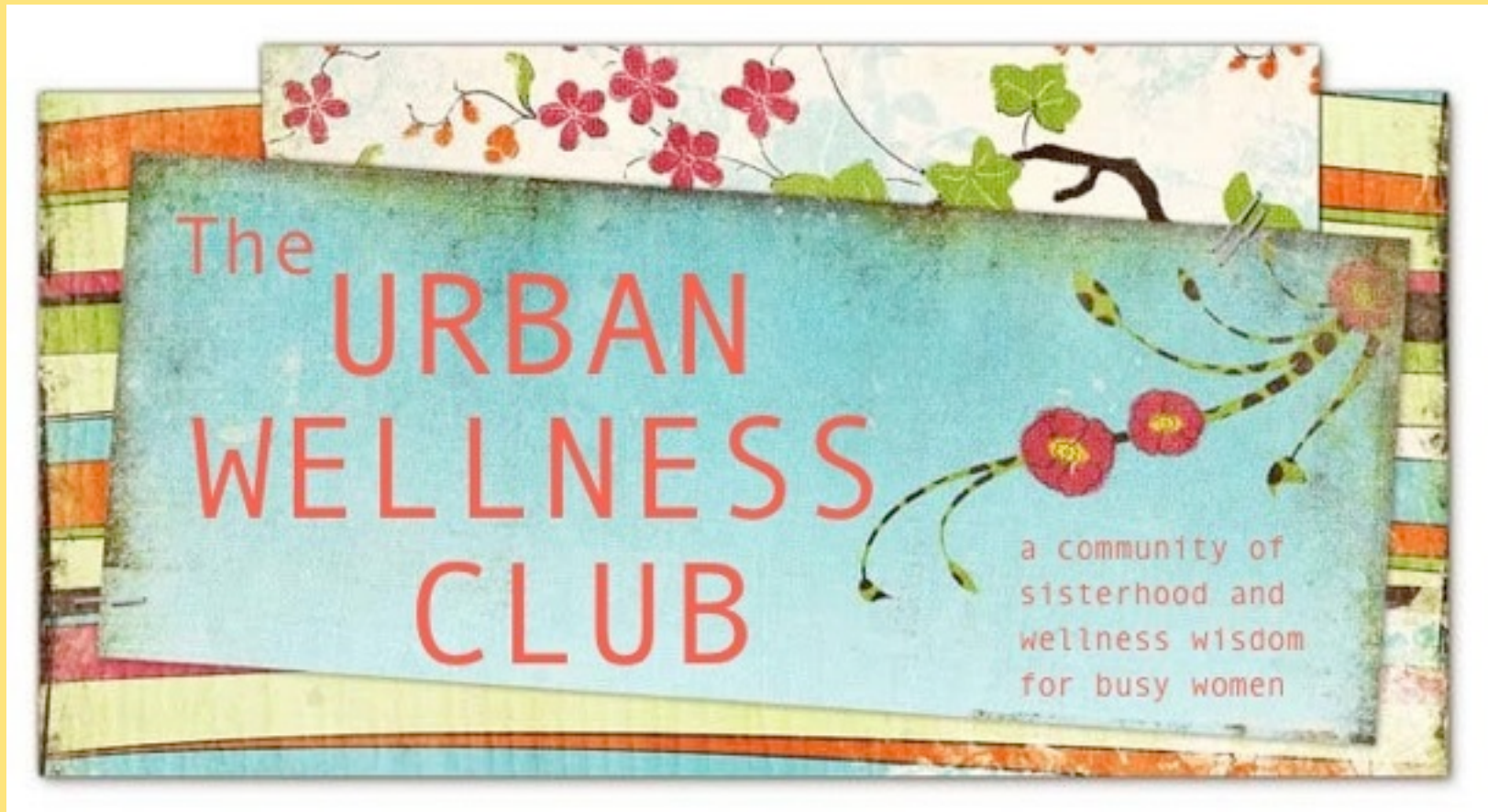


Have Wellness, Energy, and the motivation to do what it takes
as a part of your daily life:

Join the Urban Wellness Club!

www.UrbanWellnessClub.com

Only \$67 a month: begins February 1st with our 30-day Urban Wellness Bootcamp



© 2014 Freedom Junkie, LLC
All Rights Reserved