

Delightfully Detoxifying Delicacies: Gluten & Dairy Free

Detoxifying Smoothie

2 apples, cored and cut into chunks
 2 ripe pears, cored and cut into chunks
 1 - 2 cups of water
 2 lemons, juiced
 1-2 inch pieces of fresh ginger, peeled and sliced
 5 kale leaves, rinsed and torn
 5 spinach leaves (not baby spinach) or collard green leaves
 1 cup coarsely chopped green cabbage

Optional Additions:

1-2 Kiwi
 1 Handful fresh parsley or mint
 2-3 Tbsp flax seed
 1/2 cup soaked goji berries

Mix the apple, pear, water and lemon into your blender. Blend until smooth and creamy. Add ginger, kale, spinach/collard and cabbage and blend again. Add more water for a thinner smoothie. If it is too "lettuce" for your liking, add more pear.

Garlic & Sesame Super-Food Spinach

1 Tbsp toasted sesame oil
 1/4 cup sesame seeds
 4-5 cloves of garlic, crushed
 2-3 tsp brown rice vinegar
 2-3 tsp wheat-free tamari

Heat a large pot over medium heat; add sesame oil. Add sesame seeds and stir for 1-2 minutes.

Add garlic; saute for 30 seconds, then add baby spinach leaves and saute until wilted but still bright green. Add water if needed.

Remove from heat and add brown rice vinegar and tamari to taste.

This recipe is high in calcium (sesame) as well as antioxidants (spinach)

Lemon Tahini Sauce

This sauce is especially good over bitter green vegetables such as asparagus or kale.

1/2 cup sesame tahini
 1/2 cup freshly squeezed lemon juice
 1/4 cup extra virgin olive oil
 3-4 tbsp water
 2 cloves garlic, crushed
 2-3 tsp lemon zest
 1/2 to 1 tsp sea salt, or to taste

Place all ingredients in a small bowl and whisk with a fork. Add more salt or water for desired taste and consistency.

Raw Energy Balls

A great snack for work, school or a beautiful spring walk.

1 cup raw almonds or walnuts
 1 cup medjool dates, pitted
 1/4 cup raisins
 1/4 tsp cinnamon
 1/4 tsp ground cardamon
 1/4 cup raw almond butter
 shredded organic coconut

In a food processor fitted with the S blade, grind the almonds until finely ground. Add the dates, raisins and spices. Grind to a fine meal.

Add the almond butter and process again. Form into balls and roll in the shredded coconut. Store on the counter, in a sealed container for up to 3 days, 1 week in the refrigerator.

Recipes Provided by The Whole Life Nutrition Cookbook
www.wholelifenutrition.net