

## 2 - 5 - 30 Summer Cleanse Recipes For Week One: Begin the Detox!

### How to Sprout Quinoa

This gluten free, protein rich grain becomes even more nutritious and digestible. Sprouts of course can be eaten raw in your salads.

#### Ingredients:

1 large jar (quart or litre)  
Lid with holes in it or mesh screen  
1 cup Quinoa  
Lots of filtered water

#### Directions:

1. Rinse quinoa thoroughly.
2. Put quinoa into a jar and fill the jar to the top with filtered water.
3. Soak quinoa for 6 hours (or overnight may be easier).
4. Set in shade at room temp (70 degrees)
5. Pour off the water, use a strainer as well.
6. Rinse the quinoa with more water.
7. Thoroughly drain it and set the jar with lid or mesh upside down in a container to catch excess dripping water.
8. Every 4 - 7 hours, rinse with water, pour out and put upside down over bowl. Although the time does not have to be exact, make sure it is not sitting for too long before being rinsed.
9. The sprouting will take about 1-2 days. Little thin sprouts will come out of the grains.
10. Store the quinoa sprouts in a glass jar in the fridge; eat within a few days.

Makes approximately 2 cups sprouted quinoa

Note: Small sprouts last longer. Enjoy



## Summer Detox Smoothie

This is a super easy and yummy smoothie to make. It makes an excellent snack during your day. **Bonus:** you are making enough for tomorrow too.

### Ingredients:

3 Oranges  
2 cups Strawberries  
4 – 6 cups Spinach  
Few sprigs of Mint  
1/4 – 1/2 cup clean water  
2 Tbsp Golden Flax Meal



### Directions:

1. Blend orange till liquefied.
2. Add strawberries and blend.
3. Slowly add spinach and mint while blending.
4. Only add water if needed.
5. Blend till smooth; use the liquefy button on the blender.
6. Mix in flax meal.
7. Pour half into a glass jar for tomorrow and other half into a glass for now.
8. Eat your smoothie.

Oranges are low in calories, contain no saturated fats, rich in dietary fiber and pectin. Pectin acts as a laxative decreasing the time of toxic substances in the colon, binds to heavy, and reduces hunger cravings.

Flax Seed is high soluble and insoluble fiber as well as being full of omega 3 and many other nutrients.

## Watermelon Juice

If you need to alkalize quickly then here is a recipe using the second most alkaline forming food. This is one very easy and refreshing juice made with watermelon. There is a video of this on our site [Watermelon Juice Video](#).

### **Ingredients:**

Watermelon (as much as you want)

Blender

Tall glass

Yes that is all you need.

### **Directions:**

1. Cut off the rind from the watermelon
2. Simply cut up watermelon flesh into pieces.
3. Put into the blender (even if it has seeds in it)
4. Blend till totally juiced.
5. If there are seeds then strain while pouring.
6. Serve this red juice in a tall clear glass as it is so beautiful.



My friend Karuna in India has another way to make it if you do not have a blender.

“Instead of using a blender, simply try mashing the pieces and strain it. You can add watermelon pieces to this and it tastes heavenly.”

# Lemon Water

The most alkaline forming food you can eat is a lemon. Here is a simple way to get some quick alkalizing going into your body. Lemon juice has great digestive qualities so symptoms of indigestion such as heartburn, bloating and belching are often relieved. Also, lemons also help cleanse the body of toxins.



## Ingredients:

1 lemon  
Stevia (optional)

## Directions:

1. Wash lemon well.
2. Cut lemon in half, horizontally.
3. Squeeze each half of a lemon.
4. Add to 2 – 4 cups of water. The lemon juice can be diluted more according to taste.
5. Add stevia to taste. (I never do as the lemon water tastes good as it is for me)

“The lemon is a wonderful stimulant to the liver and is a dissolvent of uric acid and other poisons, liquefies the bile, and is very good in cases of malaria. Sufferers of chronic rheumatism and gout will benefit by taking lemon juice, also those who have a tendency to bleed, uterine hemorrhages, etc.; rickets and tuberculosis. In pregnancy, it will help to build

Water

**Nutrition Tip:** Fresh lemons are high Vitamin C and Dietary Fiber. Also has Vitamin B6, Calcium, Potassium, Copper, Thiamin, Riboflavin, Pantothenic Acid, Iron and Magnesium and low in calories.

## How much lemon to drink:

- For a weight of less than 150 pounds, 1 whole lemon a day.
- For a weight of over 150 pounds, 2 whole lemons a day.

## Summer Lunch Detox Salad

This is a very filling salad for your big carb meal lunch. I recommend that you make double or triple the amount; leave out the avocado and quinoa, and add fresh just before serving.

### Ingredients:

- 2 Stocks Celery
- 1 Small Beet
- 1 Handful Leafy lettuce\*
- 2 Handfuls Arugula
- 5 Radishes
- 1/2 Cup Fresh mint
- 1/2 Heaping cup Sprouted Quinoa
- 1/2 Large Avocado



### Directions:

1. Chop radishes, celery, arugula, mint and lettuce.
2. Grate beet.
3. Cut avocado flesh into pieces.
4. Mix all vegetables with sprouted quinoa.
5. Serve with **Light Olive Oil Lemon Salad Dressing**.

\*You can leave this out if you think this is more than you need for lunch. I did the second time I made it.

# Light Lemon Olive Oil Salad Dressing

This is a base recipe that you can make up different each time with a variety of herbs. Have to admit though that I almost never put any herbs in the dressing. I love the fresh vegetables as they are with the simple olive oil and lemon juice dressing. If I want herbs I prefer fresh herbs in my salad. What makes this light is the addition of water which also makes it more alkalizing.

## Ingredients:

1 cup cold pressed olive oil  
1/3 cup [lemon](#) juice  
1/4 cup water  
1/4 – 1 tsp. Himalayan salt  
Few drops of liquid [Stevia](#)

## Directions:

1. Put all ingredients into a blender; blend till smooth.
2. Put in a jar with a lid and refrigerate till using.



## Cumin/Coriander/Fennel Tea

This tea is great for fighting fat. The spices help improve digestion, break down fat, cooling the heat of this time of year and soothing for the mind.

Drink 1 cup of this tea half an hour before meals and two hours after meals.

This recipe is for the whole day. Put the remainder in a thermos. Or you can make a smaller quantity. It is best to drink it warm or hot.

### Ingredients:

1 tsp Coriander Seed  
1 tsp Cumin  
1 tsp Fennel Seeds

### Directions:

1. Boil 4 cups of water.
2. Add the whole cumin, coriander, and fennel seeds.
3. Let simmer for 5 minutes.
4. Turn off heat and let steep for 10 minutes.
5. Strain and discard the spices.
6. Drink and enjoy.
7. Add remainder to a thermos to drink later.



## Arugula Summer Detox Juice

This juice is a wonderful for a summer cleanse.

**Bonus:** You are making 2 glasses of juice, one for today and one for tomorrow.

### Ingredients:

- 2 cups of Spinach
- 2 cups of packed Arugula leaves
- 2 stocks of Celery
- 6 large Carrots
- 1 small Beet

### Directions:

1. Juice spinach and arugula using celery to push the leaves through.
2. Juice carrots.
3. Pour half of the juice into a glass jar and refrigerate for tomorrow.
4. Pour a glassful and drink up letting the detox begin.



## Summer Dinner Detox Salad

This is the protein meal from the almonds, pumpkin seeds and tahini. It is a super simple salad to make for one meal. I recommend that you make a double or triple amount; I recommend that you make a double or triple amount; leave out the cucumber to be added just before serving.

### Ingredients:

4 inches Cucumber  
1 stock Celery  
1 Carrot  
1 handful Spinach  
2 handfuls leafy Lettuce  
Handful Dill Weed  
5 – 7 soaked Almonds  
2 Tbsp soaked Pumpkin Seeds



### Directions:

1. Chop cucumber, celery, dill weed and lettuce.
2. Grate carrot.
3. Mix all vegetables with nuts and seeds.
4. Serve with **Creamy Tahini Salad Dressing**.



## Creamy Tahini Salad Dressing

I love this dressing recipe for its simplicity but mostly because it gives me a creamy dressing that is vegan.



### Ingredients:

10 Tbsp Tahini (if you want to stay with 100% raw\*)  
5 Tbsp Lemon juice  
7 – 10 Tbsp water  
Add Himalayan salt to taste or 2 Umeboshi Plums

### Directions:

1. Put tahini into a jar.
2. Mix 1 tablespoon of lemon juice at a time with Tahini in a jar.
3. Mix in water till creamy.
4. Mix in salt or mashed up plums.

\*You can buy Raw Sesame Tahini from New World. I bought it at my local health food store.