

2 – 5 – 30 Summer Detox Recipes for Week 2

Mid-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:

2 Peaches
2 cups Raspberries
4 – 6 cups Mixed Greens (Your choice: Swiss Chard, spinach, lettuce, mint, arugula)
1 celery stalk
1/4 – 1/2 cup clean Water
2 Tbsp Golden Flax Meal
Few drops of Stevia (optional)



Directions:

1. Blend peaches till liquefied.
2. Slowly add greens while blending.
3. Use celery to push down greens.
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 bowl for now.
8. In your bowl for now: mix in 1 cup of raspberries.
9. Eat your pudding/smoothie. It is like having dessert for breakfast but good for you.

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

- **Peaches are the perfect snack food for losing weight.** A peach makes you feel full and keeps you from overeating. The bonus: one peach only contains about 35-50 calories and no fat!
- **Peaches can help remove worms from the intestines.**
- **Have a diuretic effect** which helps cleanse your kidneys and bladder.

Fresh Lemon Mint Tea

Mint is cool, refreshing, and energising. Lemon is very alkalizing.

Ingredients:

3 - 6 stalks of fresh mint, with stems
1 – 3 tsp fresh lemon juice
Few drops of stevia (optional)
4 cups boiling water

Directions:

1. Lightly crush the mint in your palms. Place in teapot.
2. Pour boiling water over the crushed mint, put lid on the teapot.
3. Let it steep for 5 minutes.
4. Add lemon juice.
5. Inhale the wonderful aroma of the mint deeply, now drink and enjoy!



OR for a cool drink, use half the water and put in cold water for the half after it has steeped.

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.”

Mid-Summer Lunch Salad

This is a filling salad for your big carb meal lunch and enough for 1 large serving. In fact it is so much that you can omit on of the larger quantity ingredients like I did in the photo with no broccoli. Want to double this for tomorrow's salad? Leave out the avocado, millet and salad dressing, add fresh just before serving.

Ingredients:

- 1 bunch of Broccoli
- 1 Carrot
- 5 Radishes
- 3 Handfuls Arugula
- 1/2 cup Dill Weed
- 1/2 cup Cilantro
- 1 cup Millet (Optional)
- 1/2 Avocado



All ingredients except for broccoli and millet

Simple Directions:

1. Chop broccoli, carrot, radishes and herbs.
2. Cut avocado flesh into pieces.
3. Mix all vegetables together and serve with **Light Olive Oil Lemon Salad Dressing**.

If you prefer to not do an intense cleanse and not go 100% raw here are directions for a lightly cooked salad or you just need a filling meal.

Directions:

1. Cook 1 cup millet, see directions.
2. Chop broccoli and carrots.
3. Steam broccoli and carrots.
4. Chop red pepper and herbs.
5. Cut avocado flesh into pieces.
6. Mix raw and cooked vegetables with millet and serve with **Light Olive Oil Lemon Salad Dressing**.



Or
to

How to Cook Perfect Millet

Some people think millet is a little tasteless but it doesn't have to be!

What learned in my hippie days was to lightly toast it before cooking. This gives it a richer nutty flavor. Millet has thus become a favorite grain of mine! This is enough for 2 to 4 servings.

Ingredients:

1 cup Millet
2 1/2 cups Water
1/2 tsp. Himalaya Salt



Directions:

1. Add millet to a pot with a tight fitting lid.
2. Dry sauté on medium heat till golden brown, stirring constantly. NOTE: If you hear a POPPING noise, your heat is too high.
3. Add water and salt.
4. Cover with lid, bring to a boil and simmer for 25 to 35 minutes, till all the water is absorbed (millet should be dry).
5. **OR** this only works best on an electric stove. Cover with lid, bring to a boil and simmer for a few minutes, then turn off the heat.
6. Leave on electric stove burner that you have been cooking on with lid on (do not peek) Leave for 30 minutes; all the water will be absorbed (millet should be dry).
7. Eat.

See more pictures and video at [How to Cook Perfect Millet](#)

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.



Summer Detox Vegetable Juice

This is a version of my favourite juice and one of the things that helped to stabilize my health when I was unwell for 15 years. I drank 2 – 16 ounce glasses a day for a couple of years and then went to one per day. To this day it is a favourite and it is full of vitamins and minerals in a digestible form. This is good for TWO days. Refrigerate after preparation.

Ingredients:

- 4 carrots
- 4 stalks of celery
- 10-12 leaves of Romaine or other leaf lettuce
- 1 golden delicious apple
- 8 inches cucumber
- 2 handful fresh parsley



Directions:

1. Scrub organic carrots or peel the carrots if they are not organic.
2. Clean the rest of the vegetables, and wash & dry lettuce.
3. Juice the carrots, apple, and cucumber.
4. Use the celery to help push the parsley and lettuce through the juicer.

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.



Raw Zucchini Pasta Dinner

This is a great way of getting a pasta dinner in without all that starch and carbs.

Ingredients:

1 medium Zucchini
1/2 Red Pepper
1 or 2 Green Onions



Directions:

1. To make the pasta cut the zucchini into ¼-inch-thick slices, and then lay each slice on its side and cut into ¼-inch thick julienne strips. I do hear it is best to use a mandoline on the small julienne setting which I do not have.
2. Place pasta in a mixing bowl.
3. Chop the red pepper and green onions and mix in with the pasta.
4. Serve with Mint Pesto.

Serves ONE.

Mint Pesto

I love this vegan mint pesto during the hot summer. Toss with raw zucchini pasta. This recipe is enough for 3 or 4 meals. Don't eat it all in one meal.

Ingredients:

1 cup Fresh Mint Leaves
1 cup Fresh Basil Leaves
1/2 cup Walnuts + 1/4 cup
2 Tablespoons Fresh Lemon Juice
1/2 teaspoon Himalayan Salt
1 – 3 Garlic cloves (optional)
2 Tbsp Nutritional Yeast
1/2 cup Virgin Olive Oil



Directions:

1. In a blender combine the lemon juice and oil, blend.
2. Add the mint and basil leaves slowly and pulse until it just comes together.
3. Blend in garlic, nutritional yeast and salt.
4. Now add the walnuts while pulsing on and off.
5. Put in jar and mix in the rest of the walnuts.

Pesto keeps very well; it is delicious for the few days (mine seems good for at least a week) and it freezes well, too.

Light Summer Dinner Salad

It is a light salad but the celery, peas and almonds make it crunchy. The almonds add lots of protein to you dinner protein meal. This is a 2 meal salad so hold half of the cucumber for tomorrows meal and chop and add it just before serving.

Ingredients:

8 inches Cucumber
2 stock Celery
2 handful Spinach
4 handfuls leafy Lettuce
2 cup Sugar Snap Peas
20 soaked Almonds



Directions:

1. Chop cucumber, celery, dill weed and lettuce.
2. Mix all vegetables with almonds.
3. Serve with **Raspberry Salad Dressing**
4. **OR** if you want to do less preparation use the **Lemon Olive Oil Dressing from lunch.**



Raspberry Olive Oil Salad Dressing

This is a fun dressing for simple salads always make them very yummy.

Ingredients:

1 cup Raspberries, fresh or frozen
1 cup Virgin Olive oil
1/2 Cup Water
1 tsp. Spike or Himalayan Salt
1/2 tsp Liquid stevia

Directions:

1. Blend all of the ingredients in blender.
OR
2. Pour olive oil into a jar.
3. Add Spike, Stevia and Water
4. Put lid on jar and shake.
5. Add Raspberries
6. Let sit for at least ½ an hour before serving.
7. Shake well before serving.



Cumin/Coriander/Fennel Tea (optional)

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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:

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- 1 tsp Cumin Seeds
- 1 tsp Fennel Seeds

Directions:

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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.

