

Fundamental

Detox
Recipes

Volume 2

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FUNKY FOREST
HEALTH & WELLBEING
NUTRITION & DIETETICS

Fundamental
DETOX RECIPES
Volume 2



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HOW TO USE THESE RECIPES

The recipes are laid out in sections. THE FUNDAMENTALS (Juices, Green Smoothies, and Raw Soups) are key recipes that anyone working towards cellular cleansing would benefit from.

The second section is all about EXPANDING YOUR REPERTOIRE. Here you'll discover how to make salads a centrepiece at any meal. Yummy dressings are a "must make," as they will make your salads come alive with flavour.

Expanding your repertoire begins with Dressings & Sauces, which includes the Sunshine Gold Elixir, a "must make", as it will make your salads come alive with flavour. You may use it liberally, and it lasts up to two weeks in the fridge! While you can still have great success with this detox diet-lifestyle without making The Fundamentals and Salad Dressings, you will see the best results and effect better internal healing in the long run if you incorporate them into your program.

The next few sections offer additional basic (but in no way boring), detoxifying, beautifying recipes. This more expansive recipe section is home to healthier versions of your favourite dishes, sauces, and desserts, all with simplicity in mind. Many of these recipes are highly simplified renditions of gourmet dishes, without losing any of the core pleasure of the dish!

While I have included approximate serving sizes, keep in mind that a healthy person may enjoy unlimited amounts of any dishes made purely from raw vegetables or fresh fruits, such as the raw vegetable salads. If the recipe calls for concentrated or cooked ingredients, be careful to eat only a satisfying helping of that dish. Mindful eating is key!



Please also note that none of these recipes call for dehydration, soaking, or sprouting. This is to underscore the fact that these processes are unnecessary in a practical life-force generating diet for the busy woman/man!

These dishes are all created with your busy schedule in mind. They also require minimal kitchen appliances. You should have a good set of knives, a solid wooden chopping block, and a good blender, which comes in handy when preparing a lot of raw soups - and particularly raw ice creams, which require blending ice effortlessly. However, you will find plenty of recipes here that do not require any special equipment.

There is only minimal use of raw fats in these recipes. While raw fats are good and important on many levels, most raw food recipes call for too much plant-based fat. Even the best fats should be used carefully, as they are very dense and difficult to break down. This is especially true for women, who have a hard time breaking down fats in general. Women should also be especially careful of raw recipes and raw restaurants that use large amounts of coconut butter.

On that note, be sure to store your fats properly. Raw nuts should be kept refrigerated. Olive oil should be purchased in dark glass containers, kept cool, and stored away from the light (keeping a pantry away from the oven is usually a good bet). Avocados should never be too soft, as this means the fat content is probably rancid—and rancid fats, in addition to being difficult to digest, can give you a debilitating headache and/or stomach-ache.

Seasoned chefs and novices alike will be able to make every one of these detox recipes. The only difference between the two levels of chefs vis-à-vis the recipes will be confidence. Confidence is an essential ingredient. Enthusiasm and passion must also be infused into every recipe here. These are your detox recipe mantras:

- Absolutely, I can make this!
- I love making these healthy dishes!
- I am nourishing my body and soul with healing food for a beautiful, joyful life!

PANTRY MUST-HAVES

In preparing cleansing food, you will in no way sacrifice flavour. You will still enjoy the basic tastes that every well-balanced palate desires: sweet, salty, fatty, acidic/sour, and spicy. Here are everyday ingredients that I recommend you keep handy in your kitchen to facilitate the preparation of your favourite detox dishes:

For sweetness:

100 percent pure maple syrup
Stevia
Raw honey
Dates
Dried fruit
Agave nectar

For saltiness:

Nama Shoyu (tamari or raw soy sauce)
Celtic sea salt
Seaweed

For fattiness:

Raw nuts

Cold-pressed oils

Avocados

Young coconuts

For acidity/sourness:

Fresh citrus juice

Various vinegars (in small quantities) such as apple cider, balsamic, white wine, sherry, and so forth.

For spice:

Fresh herbs

Curries

Fresh ginger

Garlic

In addition to making sure your dishes meet all of your palate's desires, I encourage you to use the freshest, organic produce you can find (when you can get it). Also, whenever possible, use fresh herbs, garlic, and ginger. The dried and powdered versions will not give these dishes the desired boldness of flavour.

ESSENTIAL DETOX APPLIANCES

- **The Breville Fountain Juicer** is a centrifugal style juicer that juices green, leafy vegetables easily. I love the Breville because it's easy to use and clean, has a very large mouth, which means you don't have to cut up things like apples and lemons, and, at about \$150 - \$200, it's well priced. A great juicer for those just starting out with juicing.
- **Slow or cold Press Juicer.** For those who are adamant about getting maximum enzymes out of their juice and are ready to take the next step into juicing and a high-raw foods lifestyle, purchasing a cold-press juicer such as the Compact or Oscar brand cold press juicers is a good idea – they also produce far less waste than the centrifugal juicers. They retail for \$270 - \$500 but are well worth the investment.
- **Mandolin** - A mandolin is a kitchen appliance which allows you to slice vegetables very thin. This is one of my most frequently used food prep item as it enables me to turn vegetables into gourmet delicacies. After slicing vegetables into thin layers, I like to stack them and then slice again, creating matchstick pieces or even something akin to noodles. I also love to run beetroots over the mandolin to use as "rose petals" around the plate! You can buy one for about \$30.
- **Spiraliser** - A spiraliser is an essential item for pasta fans. You can make pasta out of zucchini, carrots, squash, pumpkin, and much more by using this nifty contraption. It retails for about \$40.
- **Food Processor.** I use my Breville Food Processor it at least three times every day. It will make your detox transition infinitely more enjoyable. Many people ask me why they need this if they already have a blender. You don't really need it unless you want to make any of the ice creams. But once you buy it, you will see how great it is to have on hand for all recipes that require blending.

I use it to make fruit shakes, dressings, soups, and smoothies throughout the day. And I use it at least two or three times a week to make fresh, raw ice cream (my partner and friends go through a lot of it very quickly!). While not inexpensive at \$450 for the Breville Food Processor, it is worth every penny (and can also be used as a mega-fast mandolin with the vegetables grater blade – amazing!)

- **Blender.** Vitamix and Thermomix are two other very high quality blenders you can purchase. Although they are considerably more expensive, they have many more functions and may be the best purchase for busy cooks or bigger families.

HOW TO OPEN A YOUNG COCONUT

I used to be incredibly intimidated by young coconuts. In fact, I used to avoid every recipe calling for young coconuts because I thought they were impossible to find, let alone open. When I finally made the effort to find a place that carried them and purchased a cleaver, I started to use them all the time—in dishes, on their own, and for their water, which has become my favourite drink.

Choose a preshaved, young coconut with a white exterior. Set the coconut on a firm, steady surface. I like to put it on a wooden chopping block as well, to protect my kitchen counter from nicks.

Place your non-cleaver hand behind your back and leave it there no matter what happens—to ensure you don't lose it! Place the cleaver on the upper quarter of the coconut (about 2 inches from the peak of the coconut, and mark where you will strike it.

Lift the cleaver to about shoulder height and, keeping your eye on the mark, come down on it with force. Work your way around the peak of the coconut such that, once you've made four or five cleaver marks, the top of the coconut will lift off like a little hat. Inside, it should look crisp and white. Enjoy the water or set it aside for later use, and then use a spoon to enjoy the coconut "flesh." Some coconuts will have firmer flesh than others.



THE FUNDAMENTALS

Juices

The most powerful way to alkalise your body.

Green leafy vegetables are the largest missing component of the Standard Western Diet. Our closest living relatives are chimpanzees – they share 98.4% of their DNA with us. However, whilst nearly half of their diet consists of green leafy veggies alone, less than 5% of the typical western diet is made up of these essential plant foods.

Imagine chopping a heaping mound of dark cos lettuce, kale, cucumber, celery, and other greens into a large bowl and eating them. It would take a lot of time and chewing! However, by juicing them we can ingest the organic water, which contains valuable chlorophyll, vitamins, minerals and enzymes, without expending any digestive energy. For this reason, green juices become a crucial part of many of my clients' diets – and one they quickly come to love!

In the following recipes, process the vegetables in a juicer. Pour into a large glass, and drink! The lemon really cuts out the "lawnmower grass" taste that most people try to avoid.

Most of these recipes contain greens; some are sweet and simple, whilst others are adventurous, exotic elixirs that require you to take a leap of faith – you won't regret it!

You may use any greens in place of the romaine and kale—like celery, chard, silverbeet, broccoli leaves, cabbage, parsley, spinach, cucumber, and so forth—as long as there are some dark leafy greens in there.

For best results, enjoy fresh vegetable juices on an empty stomach. It's perfect in the morning as a light breakfast before some fresh fruit, or for a highly alkalising afternoon snack. This recipe shows a way to keep it simple with just two types of greens.

The goal is to start by drinking approximately 360ml of green juice each day. Gradually work your way up to 750 – 1000mL each day. Some is better than none. You cannot drink too much of it - as long as it's consumed separately from food. All recipes make enough juice for 2 people.

The first recipe is my classic green juice – the cornerstone of many detoxers' diets!



Green Lemonade

MAKES 2 SERVINGS

- 1 head organic cos lettuce or celery
- 5 to 6 stalks kale (any type)
- 1 to 2 apples (as needed for sweetness—I recommend organic Fuji)
- 4 carrots
- 1 whole organic lemon (you don't have to peel it)
- 1 to 2 inches fresh ginger (optional)

Process the vegetables in a juicer. Pour into a large glass, and drink fresh.

Pineapple Grasshopper

MAKES 2 SERVINGS

- 1/3 pineapple, skin removed
- 1 large bunch bok choy
- 1 cucumber
- a few mint leaves

Process the vegetables in a juicer. Pour into a large glass, and drink fresh.

Pineapple contains bromelain which helps battle intestinal parasites.

Detox Deity

MAKES 2 SERVINGS

- 4 celery stalks
- 1 apple
- 1 cucumber
- 1 bunch of kale or spinach
- 1 thumb-sized chunk of diakon radish
- ½ a lemon
- a few sprigs of coriander or flat leaf parsley

Process the vegetables in a juicer. A great elixir for juice fasting, but of course can provide wonderful health benefits anytime.

Red Velvet

MAKES 2 SERVINGS

- 4 purple carrots
- 1 bunch spinach
- 1 large beetroot
- ¼ cup water or homemade nut milk
- 1 tbsp organic raw cacao powder
- vanilla essence and stevia to taste

Exotic, rich and mega-high in minerals iron and vitamin C, which helps your body absorb the iron!

Sweet & Spicy Surprise

MAKES 2 SERVINGS

3 cucumbers
1 head organic cos lettuce
2 limes
2 inches fresh ginger
1 fuji apple, or stevia
Ground cinnamon to taste

Process the vegetables in a juicer. Stir the cinnamon through the juice.
Zingy, light and oh-so refreshing!

Cruciferous Crusader

MAKES 2 SERVINGS

1 cucumber
½ bunch parsley
2 broccoli stems
1 lemon
½ head red cabbage
stevia or apple juice to taste

The cruciferous veggies contain vital anti-cancer nutrients and parsley gives you lovely clean breath!

Really Raw V8

MAKES 2 SERVINGS

4 tomatoes
4 carrots
8 celery sticks
1 small head cos lettuce
½ bunch parsley
1 lemon
1 inch ginger
1 clove garlic (optional)

If you get a little tired of all the sweet juices, try this one to compliment them. It tastes like V8 but being raw is far healthier!

Sunflower Sprouter

MAKES 2 SERVINGS

2 cucumbers
100g sunflower sprouts (store-bought or homegrown)
½ head of celery
1 bunch of kale
1 lemon
1 pear
stevia to taste

This juice is great after a long days' work when you're looking to recharge your cells. It's full of minerals and electrolytes.



Lusty Mexican Housewife

MAKES 2 SERVINGS

4 carrots
2 cucumbers
2 oranges (peeled)
1 whole organic lemon
1 to 2 inches fresh ginger
1 apple or stevia to taste

One of my favourites! Warming, citrus-y and deeply cleansing, this zesty juice will ignite you and is wonderful first thing in the morning!

Pumpkin Pie Kombucha

MAKES 2 SERVINGS

$\frac{3}{4}$ cup unflavoured (preferably fresh and homemade) kombucha tea
 $\frac{1}{4}$ cup carrot juice
stevia to taste
a pinch of all spice

Mix gently! Not strictly a green juice but full of probiotic goodness.

Apple Pie Juice

MAKES 2 SERVINGS

4 Granny Smith apples
1 knob ginger
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{8}$ teaspoon cardamom

Run through a juicer and then add the spices. Liquid apple pie, anyone?

Winter Chilli Cleanser

MAKES 2 SERVINGS

3 carrots
 $\frac{1}{2}$ head celery
1 thumb-sized piece of ginger
handful of parsley (optional)
stevia to taste
tiny pinch chilli powder

Lovely juice for revving your metabolism up on winter afternoons.



Green Smoothies

The easiest way to get your daily greens!

Green smoothies are the easiest, cheapest, yummiest and most efficient way to increase the volume of green leafy vegetables in your diet quickly.

We all know leafy greens are good for us but few of us have the time or desire to sit down and eat a head of lettuce or a big bunch of silverbeet! I have tried this once and I assure you I felt sick and like I never wanted to look at green leaves again!

Blending greens with fruit enriches your body with countless vitamins, minerals, chlorophyll, phytochemicals, antioxidants and enzymes in an easily-digestible form that is delicious. Swap the types of greens around daily so you don't overload on any one in particular, and so you can reap the benefits of many different kinds of plants.

I tend to use frozen bananas as they lend a different, creamier consistency to the smoothie. You will need a high-powered blender – mine is 800 watts and goes like a tornado! The finer the machine can chop up the bits, the easier it will be to digest and the better the mouth feel, unless you like chunky smoothies that is!

These recipes make enough for 1-2 people. You can save any leftovers for later or take it to school or work with you in a wide-mouthed flask. Taste as you go and if the end result is not sweet enough, add a bit more banana, a few drops of stevia, or a little honey until you can wean your tastebuds off sweetness.

The **Morning Sunshine** smoothie is what I tend to have more regularly than any other smoothie. I love the zestiness of lemons first thing in the morning.

Morning Sunshine

MAKES 2 SERVINGS

2 frozen bananas

handful flat-leaf parsley

3-4 leaves silverbeet

½ a lemon, skin on (if your blender isn't powerful, remove skin first)

water to blend, approx. 2 cups

If it's your first time trying this one, add the lemon slowly as it can be quite a strong punch to the face!



Seychelles Sunset

MAKES 2 SERVINGS

2 cups fresh greens such as kale, baby spinach, bok choy
Juice from ½ lemon
1 banana
1 mango
2 cups water

Simple, luscious and reminiscent of a calypso cruise!

Blue Green Algae

MAKES 2 SERVINGS

1 banana
1 tablespoon chia seeds
1 handful frozen blue berries
2 cups water
1 teaspoon spirulina
5 leaves of kale

Despite the name, this baby not only gives you the greens leafies our bodies crave but a little bit of extra on the side with the chia and spirulina. I'm not a huge advocate of "superfoods" but if you wish to experiment, they provide minerals and protein which can round out your diet.

Berry Wicked Indeed

MAKES 2 SERVINGS

2 pears
1 handful frozen mixed berries
4-5 kale leaves
2 cups water

The pears make this one delectable and concoction. It may have the colour of mud but it certainly doesn't taste like it.

Heard it on the Grapevine

MAKES 2 SERVINGS

6-8 leaves organic cos lettuce
1 cup green or red grapes
1 orange
1 banana
2 cups water

One way to use all those grapes that fall off the main vine.

STEVIA

A natural, plant-derived sweetener from South America that contains no sugar or energy and so has no effect on insulin levels, and in fact works to stabilise them.

It is non-carcinogenic, won't cause blood sugar peaks and falls and is 30 times sweeter than sugar. In the past, it was banned in the EU due to the lobbying power of artificial sweetener companies.

If you expect it to taste "sugary" then you will be surprised as its sweetness is something else entirely, and can take a bit of getting used to.

I prefer to use it in green juices, green smoothies, and in baking, rather than in tea as it tastes different depending on how you use it.

You can buy stevia from natural health stores in liquid or powder form **and a small amount goes a long way!** I buy it as a liquid and 2 drops is equal to the sweetness of a teaspoon of sugar.

Raw Soups

Just when you thought there were no other ways to use greens...

Creative and surprisingly delicious, raw soups add an element of “wow” to your raw food tool belt.

Both of these raw soups should be enjoyed ten to fifteen minutes before a meal or as a snack - always on an empty stomach. You can even enjoy them for breakfast. Chock-full of enzymes and water-containing fruits and vegetables, both soups are ideal for detoxification!

Dinosaur Bowl

MAKES 2 TO 3 SERVINGS

- 1 cup organic alfalfa sprouts
- 6 organic dates
- 2 cups fresh pineapple
- 3 leaves dinosaur kale, removed from stem
- 1-2 tablespoons packed fresh mint

Blend until very smooth. You may want to blend in a couple of ice cubes as well so that the mixture does not heat up while blending. The soup is best when served immediately, but it will last in the refrigerator for 2 days.

Raw Babe-ushka Soup

MAKES 2 TO 3 SERVINGS

- 1 large head Romaine lettuce
- ¼ medium beetroot (optional for a deep red colour for the soup)
- 1 cup organic alfalfa sprouts
- 3 cups fresh strawberries
- 3 tablespoons raw honey
- tiny pinch stevia (if desired for extra sweetness)

Blend until very smooth. You may want to blend in a couple of ice cubes as well so that the mixture does not heat up while blending.

EXPANDING YOUR REPERTOIRE

Dressings and Sauces

Turning salads into masterpieces

These flavourful elixirs turn an ordinary salad into a mouth-watering scrumptious centrepiece! Created using fresh herbs, zesty citrus, and spices - salads will be the most exciting part of your meal!

Raw Tahini Dressing

MAKES ABOUT 4 CUPS

- 1 cup raw tahini
- 1/4 teaspoon cumin
- 1/2 teaspoon coriander
- 3 tablespoons apple juice concentrate
- 1 clove garlic
- 2 tablespoons Nama Shoyu or Tamari soy sauce
- 1 tablespoon lemon juice
- 1 tiny pinch stevia powder (if more sweetness is desired)
- 1/2 cup water or 1/3 cup apple cider vinegar

Blend all ingredients except water in a blender until smooth. This mixture thickens in the refrigerator. Add the water to dilute before serving.

Liquid Gold Elixir

MAKES 4 CUPS

When made correctly, this amazing dressing is the colour of gold!

- 2 cups fresh lemon juice
- 3 whole cloves garlic
- 3 tablespoon minced ginger
- 3 tablespoons tamari or soy sauce
- 3 heaping tablespoons raw honey (or more if desired)
- 1 1/2 cups cold-pressed olive oil

Place all of the ingredients except the oil in blender. Begin blending at normal speed. As the mixture is blending, slowly add the oil until it's completely blended. This recipe should last over a week in the fridge.

Raw Ranch Dressing

MAKES 2 CUPS

1/2 cup fresh lemon juice
1 tablespoon Celtic sea salt
1 tablespoon dried chives
1 tablespoon dried rosemary
1 tablespoon dried oregano
1 tablespoon dried sage
1 cup whole, raw macadamia nuts
1/3 cup cold-pressed olive oil (optional)

Blend all of the ingredients until very smooth. Add water to achieve desired consistency. Keeps for 1 week.

Dijon-Cider Dressing

MAKES 1/2 CUP

1 1/2 tablespoons Dijon mustard
1/3 cup apple cider vinegar
4 tablespoons cold-pressed olive oil
2 packets Splenda or stevia
Freshly ground pepper to taste

Blend all ingredients in a blender until smooth. Keeps for 3 weeks.

Raw Caesar Dressing

MAKES 3 CUPS

1/4 cup cold-pressed olive oil
2 cloves garlic, chopped
4 medium stalks celery, cut into thirds
1/2 cup water
1/4 cup freshly squeezed lemon juice
1/4 cup Nama Shoyu soy sauce
2 tablespoons sweet white miso
5 organic unsulfured dates
Freshly ground pepper to taste

Blend all of the ingredients in blender and serve over romaine lettuce. This is a neutral dressing and may also be used as mayonnaise (use less water for a thicker consistency). Keeps for about 10 days.

Asian Dressing

MAKES 1/2 CUP

2 tablespoons raw tahini
1 clove garlic, chopped
1 inch fresh ginger, chopped
1 lemon, juiced
21-2 tiny pinches stevia or 2 tablespoons raw honey
1 teaspoon sesame oil
3 tablespoon Nama Shoyu soy sauce

Mix the ingredients in a bowl. I love this mixture over baby romaine, mung bean sprouts, and baby bok choy with chopped basil and coriander. Keeps for about 10 days.

Roasted Beet Dressing

MAKES 2 CUPS

This dressing stands up to robust or peppery greens like arugula, dandelion, kale, broccoli greens, watercress, etc. It's great over spiralised carrots, zucchini and daikon. Add fresh torn basil and parsley and it makes great raw pasta.

I use it as a sauce for hand nori rolls that are rolled with slivers of raw beets, carrots, or daikon, avocado, scallions and shredded red cabbage. I also pickle ginger in the roasted beet sauce overnight with more lemon. It turns the ginger pink and I put it in the nori rolls!

4 medium roasted beetroots, roughly cubed
2 cloves garlic
1 knob ginger (1 inch)
1 lemon, zest and juice
1 citrus fruit zest (orange, tangerine, Clementine, etc)
Salt and pepper to taste

Blend all ingredients, adding water to facilitate blending.



Carrot-Ginger Dressing

MAKES 4 CUPS

2½ cups baby carrots
3 tablespoons fresh ginger
4 to 5 packets Splenda or stevia
⅓ cup apple cider vinegar
½ cup water
1 clove garlic
¼ cup flax seed oil
1 drizzle sesame oil (as desired)
Cumin, coriander, or curry spice to taste

Blend all of the ingredients (using only ½ of the carrots) except the spice in a blender. Add the cumin, coriander, or curry to taste. As the mixture is blending, slowly add the additional carrots. You may need to add more water or apple cider vinegar to facilitate blending action. Use on salads or as a dip for raw sushi rolls or crudite. Keeps for 2 weeks.

Raw Salads

Ambrosia

This dish is often served as the first course at my dinner parties. It really wakes up and pleases the palate!

MAKES 4 TO 6 SERVINGS

- 1 capsicum, thinly sliced
- 1 large carrot, sliced into matchstick pieces
- 1 zucchini, sliced into matchstick pieces or thinly sliced with a carrot peeler
- 1 large beet, cut into matchstick pieces
- 1/2 cup chopped walnuts
- 1 cup apples, sliced into matchstick pieces
- 2 tablespoons fresh ginger, diced
- 2 cloves garlic, diced
- 1/2 jalapeno or serrano chili, diced
- 1/2 cup dried unsulfured cranberries
- 1/2 cup sliced sunchokes (Jerusalem artichokes; matchstick pieces)
- 1/4 cup packed fresh mint
- 1/2 cup packed fresh basil
- 1/2 bunch packed fresh coriander

Mix all ingredients in a large bowl. Toss well and serve topped with Liquid Gold Elixir.

Apple-Raisin Dream

MAKES 4 SERVINGS

- 100 – 200g baby romaine lettuce or spinach
- 1 cup grape tomatoes, sliced in half
- 1/2 cup raisins or sultanas
- 1 Fuji apple (or other crisp apple), finely chopped
- 3 tablespoons spring onions, chopped
- 2 tablespoons chives, chopped
- 1 yellow or orange capsicum, chopped
- 1/2 cucumber, chopped
- 1/4 cup packed fresh basil

Mix all of the ingredients in a salad bowl. Toss and serve with Liquid Gold Elixir.

Arame Salad

MAKES 2 SERVINGS

- 60g soaked arame (or any other edible kind of) seaweed
- 1/2 cup red capsicum, chopped
- 1/2 cup pineapple, chopped
- 1/4 cup basil, sliced
- 1/4 cup Tamari
- 3 tablespoons rice wine vinegar
- 2 teaspoons sesame oil (toasted, optional)

Mix all ingredients into a medium-size bowl and toss.

Classic Chopped Salad

MAKES 4 SERVINGS

1 cup fresh green beans
3 ears fresh corn, kernels cut from cob
1 yellow bell pepper, chopped
2 large carrots, chopped
2 cups grape tomatoes, sliced in half
1 zucchini, chopped
3 tablespoons fresh chives, minced

Mix all ingredients in a large bowl.

Cranberry-Beet Medley Salad

The combination of fennel, parsnip, beet, and cranberry makes this dish taste sophisticated and comforting.

MAKES 2 TO 4 SERVINGS

1 bulb fennel, very thinly sliced on the mandolin and then julienned
1 cup parsnip, thinly sliced into coin shapes
1 beet, thinly sliced into coin shapes
1/4 cup Liquid Gold Elixir
100g baby romaine lettuce or baby spinach
1/2 cup dried cranberries
Freshly ground black pepper to taste

Place the fennel, parsnip, and beet in separate bowls and allow them to marinate in the Liquid Gold Elixir for about 1 hour. Place half the lettuce on each plate. Then place the marinated vegetables on top of the lettuce. Add a handful of cranberries and fresh pepper and enjoy!

Endive Bruschetta

MAKES ABOUT 20 SERVINGS

3 Roma tomatoes, chopped
2 cloves garlic, chopped
1 cup packed fresh basil
2 heads endive, separated into leaves
Celtic sea salt and freshly ground pepper to taste

In a mixing bowl combine the tomatoes, garlic, basil, salt, and pepper. Place a heaping tablespoon of the mixture on each endive leaf. This makes a sophisticated, fresh appetiser.

Fountain of Flavour Salad

Clove and cinnamon add wonderful elements of surprise to a dish. This salad warms your senses and triggers further creativity in the kitchen by mixing warm and tangy with a touch of Indian spice.

MAKES 4 SERVINGS

1 cup cherry tomatoes, sliced in half
1 teaspoon cinnamon
1 teaspoon ground cloves
1 clove garlic, chopped
3 cups romaine lettuce, chopped
1 1/2 teaspoons fresh oregano, chopped
1 1/2 teaspoons fresh thyme, chopped
1/4 cup cold-pressed olive oil
2 tablespoons red wine vinegar
4 raw olives, chopped
Celtic sea salt and freshly ground pepper to taste

Add all of the ingredients into a mixing bowl. Toss well and enjoy! This is a neutral dish, so you can combine it with anything.

Green Papaya Salad (Som Tam)

MAKES 2 SERVINGS

1 green papaya, peeled and julienned
2 to 3 carrots, peeled and julienned
handful of coriander & mint sprigs
Combine all ingredients in a large bowl

MARINADE

Juice of 2 to 3 limes
1 garlic, minced
1 chilli, minced
2 tbs nama shoyu (optional - can replace with sea salt)

Whisk ingredients together in a bowl and pour over salad. Let marinate for a few minutes.



Quick Guacamole Salad

MAKES 1 TO 2 SERVINGS

3 heaping tablespoons Guacamole

1/4 pound baby romaine lettuce

Place a couple of heaping spoons of guacamole atop a pile of baby romaine lettuce. It's simple and creamy-dreamy!

Guacamole

You may use this as a vegetable dip or spread it onto a vegetable sandwich.

MAKES ABOUT 2 CUPS

3 Hass avocados, chopped

Juice of 2 limes

1/4 cup finely chopped red onion

5 plum or vine-ripe tomatoes, chopped (or 1 cup grape tomatoes, sliced in half)

1/2 cup red or yellow peppers, diced

1/2 bunch fresh coriander, chopped

Drizzle of olive oil

1 pinch stevia or tsp honey

Celtic sea salt to taste

Mix all ingredients in a salad bowl.



Italian Salad

MAKES 2 TO 4 SERVINGS

1 head romaine, chopped
2 cups arugula, chopped
2 yellow bell peppers, finely chopped
4 Roma tomatoes, chopped
4 sun-dried tomatoes, soaked and chopped
1 zucchini, julienned
1/4 cup fresh basil, chopped
2 tablespoons cold-pressed olive oil
1 tablespoon cloves garlic, minced
Celtic sea salt and freshly ground black pepper to taste

Mix all vegetables in a large bowl. Dress with the basil, olive oil, sea salt, pepper, and garlic.

Sweet & Crunchy Salad

MAKES 1 TO 2 SERVINGS

So yummy and easy to prepare! Satisfies a world of cravings.

3 handfuls mixed greens
2 vine-ripened tomatoes, chopped
1/2 a medium red capsicum, chopped
1/2 a medium carrot, grated or sliced thinly on the mandolin
1/2 cup raw almonds
1 tablespoon agave nectar
3 tablespoons chopped dates or raisins
2-3 tablespoons balsamic vinegar
1 teaspoon crushed garlic
2 tablespoons diced sweet red onion
1 teaspoon wholegrain mustard
Sea salt and fresh pepper to taste (I use Herbamare herbal sea salt)

In a small bowl, place the almonds, agave nectar and sea salt. A nice alternative is to use honey and soy sauce instead of agave and salt. Let the almonds soak the marinade up while you chop up the rest of the ingredients. Mix everything together in a big salad bowl, adding the candied almonds last, and serve. Crunchy, delicious and colourful!

Raw Ratatouille

MAKES 2 SERVES

1 medium zucchini, cut into half moons
1 yellow squash, cut into half moons
1 carrot, peeled & cut into half moons
1 red or orange bell pepper, in slivers
1/2 medium onion, thinly sliced
1 handful cherry tomatoes, halved
small handful of fresh rosemary, thyme & parsley, finely chopped
2 garlic cloves, minced
1 tsp dried oregano
1 pinch crushed red pepper flakes
1 tsp salt

Combine all ingredients in a bowl and let flavours meld.

Raw Sunflower Seed "Tuna" Nicoise Salad

MAKES 1 TO 2 SERVINGS

This is a Mediterranean twist on basic sunflower seed "tuna". The addition of sun dried tomatoes, olives and fresh herbs give it gusto and a big punch to your palate. Soaking the sunflower seeds for at least 4 hours is a must to create a tuna like texture that is creamy and willing to absorb all the great flavours. You can use pitted Black or Kalamata olives for this. 1 cup soaked sunflower seeds, rinsed and drained

6 sundried tomatoes, rehydrated for at least 20 minutes and chopped
¼ cup chopped olives
1 garlic clove, minced
1 small handful parsley, chopped
1 pinch of minced rosemary
1 pinch crushed chilli flakes
1 tbs dijon mustard or powder
zest and juice of 1 lemon
1 cup diced cucumber
1 cup cherry tomatoes, halved
1 handful green beans, sliced on diagonal
2 to 3 shallots, chopped
1 plateful of rocket

In a food processor, add the first 9 ingredients and pulse until roughly combined. Do not over do it; you want a coarse texture. In a large platter, plate the arugula and add the cucumbers, tomatoes, green beans and shallots. Top with the sunflower mixture. Serve with extra lemon wedges on the side.



Wraps

Ditch bread for leafy greens, feel great.

One of my favourite things to do is ditch the bread and create wraps out of big green leaves - cabbage, broccoli leaves and mustard leaves are all big enough to make a decent-sized wrap.

Leafy Wraps with Creamy Caper Stuffing

MAKES 6 SERVES

After a quick wander out into the garden one day, and some leaf-steaming, these flavourful wraps made a super satisfying lunch. The capers, ACV and herbs add a sharp tangy bite to the soft creamy avocado filling.

FOR THE STUFFING

2 ripe avocados
2 tbsp apple cider vinegar
2 tbsp capers
1/2 tsp chopped dill
1/2 tsp chopped coriander
Salt and pepper to taste

FOR THE WRAPS

6 organic red cabbage leaves, or any other large brassica leaves (broccoli leaves work well, too)
1 purple carrot, julienned
1/4 red capsicum, julienned

Deseed the avocados and scoop the flesh into a bowl. Add all other stuffing ingredients and mash roughly, leaving some chunks for texture. Steam the cabbage leaves for 1 minute, or until darker green and soft enough to roll. Remove the stems to make rolling easier. To assemble, place a dollop of stuffing in the centre of a leaf, top with julienned vegetables, fold the sides into the centre, and roll from stem upwards. Repeat with all leaves and serve on a platter.



Spring-in-Your-Step Rolls and Raw Teriyaki Sauce

MAKES 10 SERVINGS

FOR THE TERIYAKI SAUCE

- 1 cup Nama Shoyu soy sauce
- 1 cup pure maple syrup
- 1 teaspoon ginger, whole or chopped
- 1 clove garlic
- 1 drizzle toasted sesame oil

FOR THE SPRING ROLLS

- 1 red bell pepper, julienned
- 2 large carrots, julienned
- 1 bunch whole coriander leaves
- 1 bunch mint leaves, chopped
- 1 bunch whole basil leaves
- 10 whole red or green cabbage leaves

To make the sauce: Blend all the ingredients and use as a dipping sauce for spring rolls, raw salad rolls, or rice paper rolls.

To make the rolls: Place the bell pepper, carrots, coriander, mint, and basil inside a cabbage leaf. Roll the cabbage leaf and dip into the teriyaki sauce.

Amazing Raw "Peanut" Sauce

MAKES 2 CUPS

This tastes like an authentic Thai peanut sauce without using any peanuts, which are highly acid-forming!

- 1 cup raw almond butter
- 2 tablespoons fresh ginger, whole or chopped
- 1/2 cup water (to thin)
- 4 tablespoon fresh lemon juice
- 1/4 cup pure maple syrup
- 3 tablespoons Nama Shoyu or tamari soy sauce
- 4 teaspoon sesame oil
- 2 to 3 cloves garlic
- 1/2 serrano or jalapeno chilli

Blend all ingredients at high speed until smooth. This makes an unbelievable dipping sauce for carrots or other vegetables, and it tastes amazing as a salad dressing or a sauce over young coconut noodles!

Goat Cheese Cabbage Sandwich

MAKES 3 SERVINGS

- Dijon mustard
- 3 leaves red or green cabbage
- 6 thin slices organic and/or high quality cheddar-style goat cheese

Smear a small amount of Dijon mustard on each cabbage leaf and layer two slices of the goat cheese on top. Roll the cabbage leave into a tube and munch. It is the closest thing I have found to a raw cheese sandwich!

Broccoli Leaf Wraps with Mushroom Pate

MAKES 6 SERVINGS

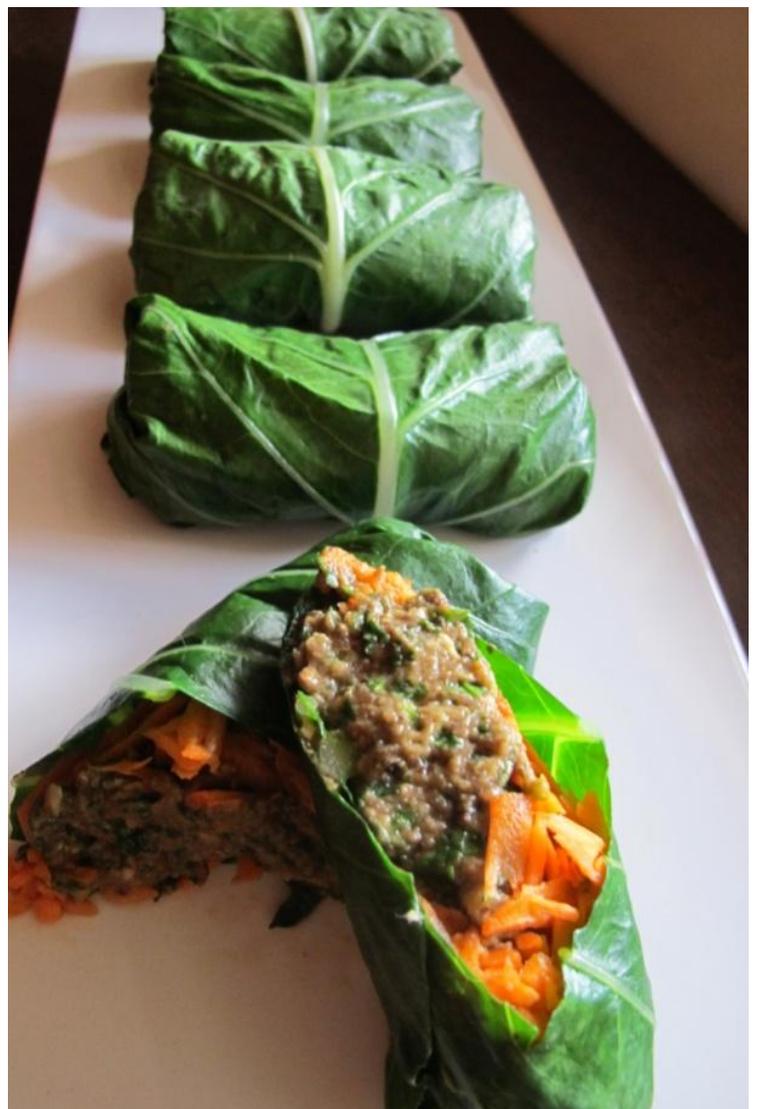
I love using green leaves as wraps! You could use the leaves of broccoli or cabbage; kales are closely related and can be used also. I like using carrot slaw in the wraps for several reasons; it absorbs all the excess moisture of the marinade, it adds sweetness to the wrap and it adds a nice textural crunchy bite.

Blanching the collard leaves by plunging them in hot water for 5 seconds and then transferring to ice water to stop the cooking process will make the leaves bright green and pliable for rolling.

500g fresh portobello mushrooms, stems trimmed, chopped
1 tbs extra virgin coconut oil
2 tbs tamari, plus 2 tbs water
½ brown onion, finely chopped
1 to 2 cloves garlic, finely chopped
5 sprigs thyme, stems removed
1 small handful parsley
1 medium carrot, shredded
8 broccoli leaves, thick stems cut away and blanched if desired

In a saucepan, heat coconut oil. Cook onion and garlic until brown. Add mushrooms and thyme, and cook until soft and moisture is evaporated. Add rest of ingredients (except carrot), turn off heat and let mixture marinate for 20 minutes.

To make wraps, add a tbs. of shredded carrot to the middle of the leaf and add a dollop of mushroom pate. Fold the bottom half upwards and then the sides inwards. Fold the top over the bottom to create a wrap.



Raw Entrees

The pinnacle of what can be achieved using simple raw vegetables.

Sandwiches, wraps, fingerfood, work lunches and snacks - these raw creations are bursting with flavour and nutrition, but are so light that you can eat until you're satisfied without a heavy and sluggish lethargy afterwards.

Here you'll find new ways of introducing raw food without scaring away children and fence-sitting friends. Enjoy!

Sesame-Vegetable Noodles with Herbs

MAKES 4 SERVINGS

With a spiral vegetable slicer or spiraliser, it's incredibly fun to make these noodles from healthy vegetables, and you won't feel weighed down the way you would with a traditional noodle dish. This is also an easy recipe to make in bulk and you can vary it however you like. I love coriander and always add a tonne of fresh coriander leaves when I make it, along with some thai basil if I have it available.

FOR THE DRESSING

1 cup sesame tahini
1/4 cup sesame oil
1/4 cup freshly squeezed lemon juice
1/4 cup mellow red miso
3/4 cup plus 2 tablespoons water
1/4 cup black sesame seeds

VEGETABLES

Note from Casey: Use a mandolin slicer or a spiral vegetable slicer to prepare these. If you don't have either, use your prep-chef skills and cut vegetables into skinny strips. You can do this!

4 cups daikon radish, perfect for the mandolin
2 red peppers, cored, and julienned by hand
3 medium zucchini, use any of the above. I love this with a spiralizer
3 medium carrots, peeled and julienned on a mandolin
6 baby bok choy, leaves thinly sliced on a bias
3 scallions, whites and about 1 inch of green, thinly sliced
1 big handful of coriander leaves
Sea salt

In a large bowl, whisk together the tahini, sesame oil, lemon juice, miso, and 1/2 cup of the water.

Add the remaining water a little bit at a time, while whisking until smooth. In a large bowl, toss all prepared vegetables with the sesame dressing until evenly coated. Season to taste with sea salt.



Raw Pasta Primavera

MAKES 4 SERVINGS

FOR THE PASTA

2-3 zucchini and yellow squash, julienned
3 assorted bell peppers, thinly sliced
1 handful cherry tomatoes, halved
1 bunch asparagus, sliced lengthwise into slivers
1/4 cup fresh English peas, blanched
1 ear of sweet corn, shucked

FOR THE DRESSING

juice of 2 lemons
2 tbs olive oil
1 handful of torn basil
sea salt to taste

Toss all together and enjoy!



Luscious Marinara Sauce

MAKES 4 SERVINGS

An alternative pasta sauce to pour over the classic zucchini noodles. Totally lush!

Pint of cherry tomatoes
10 soaked sun-dried tomatoes, soaking water reserved
1 cup basil
1/4 cup sun-dried tomato soaking water
2-3 cloves garlic
1/3 red bell pepper
2 thumbs ginger
1 tbsp fresh oregano
1 tbsp fresh thyme
1 tbsp fresh rosemary
Pinch of salt to taste
A big squeeze of lemon

Blend all ingredients and pour over a bed of zucchini and carrot noodles (or a big bowl of greens, of course!). Top with a few kalamata olives and fresh herbs to garnish. Don't skimp on the herbs - these are what make it special!

Cauliflower Couscous

MAKES 4 SERVINGS

This plant based dish is great for a picnic or part of a buffet, It's easy enough to make a big batch and it lasts well since there is no oil or grains that will make it soggy over time. Adding plenty of fresh herbs, lemon zest and capers gives this dish a real zing and omits the need for any salt, pepper or oil. How healthy is that?

To make cauliflower rice, you take cauliflower florets and pulse them in a food processor until they resemble rice. You want it a bit coarse so don't overdo it or you will wind up with cauliflower mush. No good.

4 cups cauliflower rice
1 tomato, finely diced
1 cucumber, finely diced
1 capsicum, red, yellow or orange, finely diced
½ red onion or 2 to 3 scallions, finely chopped
1 handful of parsley & mint, coarsely chopped
1 lemon, zest and juice
1 tbs capers

Combine all ingredients in a bowl and let flavours meld.





Raw Sunflower Falafel

MAKES 4 SERVINGS

1 cup sunflower seeds, soaked in water for atleast one hour

2 tbs raw tahina

3 tbs fresh lemon juice or raw apple cider vinegar

2 garlic cloves

1/4 cup chopped coriander

1/4 cup chopped mint

1 tbs cumin

1/2 tsp cayenne pepper

salt & pepper to taste

Rinse sunflower seeds and drain. Put all ingredients in a food processor and blend. Form into small balls and place in a dehydrator on high for the first hour. Lower temperature to 110 ° and dehydrate for another two hours or more until the outside is dry to the touch. If you don't have a dehydrator you can put in the oven at the lowest temperature, keeping the door slightly ajar (put a wedge of tinfoil to keep it from closing) and bake for 30 minutes or so.

SMOKED PAPRIKA TAHINI SAUCE

1/4 cup raw tahini

1/4 cup fresh carrot juice or water, as needed

2 garlic cloves

juice of 1 lemon

1 tsp smoked paprika

salt and pepper to taste

Place all ingredients in a blender, add carrot juice or water as need for desired consistency

CHOPPED ISRAELI SALAD

2 plum or vine ripe tomatoes, chopped

1 small cucumber, small diced

1/2 red onion, small diced

1 handful parsley, finely chopped

5 radishes, small diced

juice of 1 to 2 lemons

2 tbs extra virgin olive oil

salt and pepper to taste

Combine all ingredients in a bowl.

Soups

Watermelon Tomato Gazpacho

MAKES 4 SERVINGS

Watermelon and tomato are both high in lycopene, an antioxidant that's helpful in protecting our skin from the sun's rays. This is a delicious soup to indulge in the summer, as the sun soars, and your body craves more water.

3 cups watermelon chunks, seeded
2 medium tomatoes
½ cucumber, peeled
½ cup red bell pepper, seeded
2 tbsp lime juice
1 small handful coriander leaves
1 teaspoon chopped fresh ginger
½ small jalapeno, seeded
1 scallion chopped
Celtic sea salt and black pepper to taste
Combine all ingredients in a high speed blender and serve chilled.



Carrot–Sweet Potato Bisque

MAKES 4 SERVINGS

2 sweet potatoes
2 cups baby carrots
1 cup water
2 cups Pacific vegetable broth
½ teaspoon Celtic sea salt
1 tiny pinch stevia
¼ teaspoon cumin
½ teaspoon coriander powder
¼ teaspoon minced ginger
¼ teaspoon minced garlic

This soup is so easy (no chopping required). Bake the sweet potatoes and boil the carrots until soft. In a blender, mix all ingredients and process until uniform. Pour mixture into large saucepan and heat to taste.

Hearty Vegetable Stew

MAKES 4 SERVINGS

8 large carrots, chopped
5 stalks celery, chopped
1 leek, chopped
1 head broccoli, chopped
1 zucchini, chopped
1 cup chopped mushrooms
1 cup okra
1/2 medium onion
Equal parts water and Pacific vegetable broth to cover vegetables (about 6 cups)
1/2 serrano chili (optional)
Spike to taste
Curry powder to taste
Celtic sea salt to taste

Place the carrots, celery, leek, broccoli, zucchini, mushrooms, okra, onion (and any other vegetables you desire) into a large pot with the water, broth, chili, and spices. Bring the mixture to a boil and simmer until the carrots are semisoft.

Best served with sprouted grain toast with organic butter and/or raw honey. As with all homemade soups, the longer the vegetables soak in the water (even while in the refrigerator), the more flavourful the soup will become. For a thicker soup, you may blend half the mixture then add it back to the batch.

Lentil-Curry Soup

MAKES 4 SERVINGS

Same vegetables as Hearty Vegetable Stew (see above)
1 1/2 cups black, brown, red, or green lentils
3 teaspoons curry powder (or more to taste)
1 bunch coriander, chopped (optional) or 4 whole bay leaves, chopped (optional)

Boil the vegetables, lentils, and curry powder in a large pot and simmer until the lentils and carrots are cooked through (about 45 minutes). Top with the coriander or bay leaves, if desired.

Classic Gazpacho

MAKES 4 SERVINGS

5 large tomatoes, quartered
1/2 cucumber, peeled, seeded, and chopped
1/2 red bell pepper, chopped
2 cloves garlic
2 tablespoons coarse or kosher salt
1 teaspoon cayenne pepper
1/2 cup olive oil

Place all the ingredients in a food processor and blend until finely pureed. Depending on the size of your processor, you may have to do this in two or more steps.

Thai Carrot Soup

MAKES 4 SERVINGS

15 carrots, cut into 1 to 2-inch slices
1 litre organic vegetable broth
2 tablespoons lemon grass
1 small Spanish onion, chopped
3 tablespoons curry (or to taste)
3 tablespoons Herbamare salt
1 tablespoon minced ginger
2 to 3 cloves garlic
Fresh coriander

Place the carrots, broth, lemon grass, and onion into a soup pot. Bring to a boil and simmer until the carrots are medium-soft (you should be able to pierce with a fork). Let it cool. Put small batches (about 2 cups at a time) of the mixture into your blender and puree. Once it's all pureed, add the curry, Herbamare, ginger, and garlic until it suits your taste. Serve with fresh coriander

Raw Blended Carrot Queen

MAKES 4 SERVINGS

2 cups fresh carrot juice
1 ripe avocado
1 tablespoon curry powder
1 tablespoon fresh ginger
1 clove garlic

Blend all of the ingredients in a blender on high until smooth.

Raw Harvest Butternut and Coconut Soup

MAKES 4 SERVINGS

Meat of 2 young coconuts
1 1/2 cups coconut water
1 cup butternut or pumpkin cubes (about 1-inch cubes)
8 organic dates or 1/3 cup pure maple syrup
1 pinch nutmeg, cinnamon, or pumpkin pie spice

Combine all the ingredients in a blender and blend on high until smooth. Enjoy!

Cooked Vegetables and Grain-Based Dishes

Comfort food for your inner vegetarian lumberjack!

Warm or cooked main dishes take comfort eating to a new level of health and nutrient-density. Hot, hearty meals that you look forward to every evening are absolutely within the realm of a clean eating diet. What is in season, what looks beautiful, colourful + fresh in the market - these are the types of produce to go for. It might be shitake and king oyster mushrooms cooked to create a duxelle - a delicious warm stuffing for wraps or dip.

These dishes are guaranteed to satiate even the most adamant meat eaters - we have lost count how many times staunch carnivores have failed to notice Palasis' nachos are 100% vegan! Here you'll find inexpensive, convenient dishes that satisfy the whole family and bring out the inner vegetarian lumberjack or (lumberjill!) in you.

Whole Wheat Lasagna

MAKES 6 SERVINGS

12 spelt or whole grain lasagna noodle strips, cooked al dente
750ml organic/high grade pasta sauce
100-150g organic or soft goat cheese, grated or thinly sliced
1 clove garlic, chopped
1 zucchini, thinly sliced lengthwise on mandolin
1 eggplant, sliced lengthwise on mandolin
10 fresh spinach leaves
¾ cup packed fresh basil
Freshly ground black pepper to taste

Preheat the oven to 180°C. In a large baking dish, layer the lasagna strips, tomato sauce, most of the goat cheese, garlic, vegetables, basil, and pepper. Then add a final layer of the goat cheese. Bake for 25 minutes. This dish is excellent for easy entertaining. I serve it topped with a fresh basil leaf.

Avocado-Vegetable Sandwich

MAKES 1 SERVING

Romaine lettuce or baby greens
1 tomato
1 avocado, sliced
2 slices whole grain bread (such as Essene sprouted grain), toasted (optional)
Mustard, Liquid Gold Elixir, or Raw Caesar Dressing
Vegetables (optional)

Place the lettuce, tomato, and avocado between the bread slices. You may use mustard, Liquid Gold Elixir, or Raw Caesar to moisten. Add any other vegetables you like. Sprouts, cucumber, and sweet bell peppers are wonderful options!

Channa Masala with Kale

MAKES 4 SERVINGS

1 tbs cumin seeds
1 tbs ground coriander
1 tbs garam masala
1 tsp ground turmeric
1 tsp fennel seeds
1/2 tsp cardamom powder
1/2 tsp cinnamon powder
1/2 tsp ground cayenne powder
1 tbs coconut oil
1 medium yellow onion, chopped
3 to 4 garlic cloves, minced
1 knob ginger, minced
4 medium tomatoes, chopped
1 tbs tomato paste
4 cups cooked chickpeas
1 bunch kale, roughly chopped
1 handful coriander for garnish

In a large pot, add the coconut oil and heat up the spices until fragrant, one or two minutes. Add onion, garlic & ginger and cook for at least eight minutes until the onions are translucent.

Add tomato paste and chopped tomatoes and cook for an additional five minutes. Add chickpeas and enough water to cover by at least one inch on top. Bring to a simmer, add kale on top, cover with a lid and let steam until kale is wilted and bright green.

Take off the heat and stir the kale with the chickpeas and tomatoes until well combined. Garnish with coriander and serve with steamed cauliflower rice, if desired.



Lime-Coriander Sweet Potatoes



MAKES 6 SERVINGS

1 kg sweet potatoes, peeled and cut into 1-inch cubes
2 tablespoons coconut oil
3 tablespoons fresh lime juice
1 teaspoon chilli powder
1/2 teaspoon ground cumin
1/3 cup fresh coriander leaves, finely chopped
4 green onions, finely chopped
Himalayan salt and fresh cracked black pepper to taste

Roast sweet potato cubes with coconut oil at 400F until tender, about 30 minutes. Allow roasted sweet potatoes to cool for a few minutes and then toss with remaining ingredients in a large bowl. Serve with a large avocado salad for a hearty autumn meal.

Simple Detox Pizza

MAKES 6 SERVINGS

1 sprouted grain tortilla (health food stores) or thin spelt pizza base
3 tablespoons high quality and/or organic pasta sauce
10 fresh basil leaves (optional)
60g cheddar-style goat cheese, thinly sliced

Place the tortilla in a skillet. Spoon the pasta sauce evenly on the tortilla. Layer the basil on top of the sauce, and then sprinkle the cheese evenly on top of the basil leaves.

Put pan over high heat or place in 180 degree C oven for 15 minutes if using pizza base, and let the pizza cook until the cheese melts. Remove from the heat and slice like pizza.

Sauteed Vegetables

MAKES 2 TO 4 SERVINGS

- 1 broccoli head, cut into mini florets
- 1 zucchini, sliced into coins
- 1 summer squash, sliced into coins
- 1 large carrot, julienned
- 1/2 sweet onion, diced
- 1 red bell pepper, julienned
- 2 cloves garlic, minced
- 180 – 360 mL high quality vegetable broth (as needed)

Place all the ingredients in a large skillet. Cook over medium heat until the vegetables reach the desired tenderness.

Grilled Vegetable Terrine

I love vegetable terrines but normally they are layers and layers of vegetables that have been marinated and oozing with olive oil. To remedy this, cut your vegetables into ¼ inch slices lengthwise, wipe dry and place directly on the grill. Grill for a few minutes per side. A fresh herb pesto can be added between the layers of the smoky vegetables afterwards.

- 1 large eggplant, cut ¼ lengthwise
- 4 roasted red, yellow or orange bell peppers, sliced
- 2 yellow squash, cut ¼ lengthwise
- 1 tinfoil packet of cherry tomatoes (see below)
- 2 zucchini, cut ¼ lengthwise

GRILLED CHERRY TOMATOES

Roasting vegetables in tinfoil packs keeps the vegetables away from direct heat, uses only a minimal amount of oil, and keeps the integrity of the vegetables intact.

- 1 punnet halved cherry tomatoes
- 2 minced garlic, handful chopped basil
- Sea salt and freshly ground pepper
- drizzle of extra virgin olive oil

Wrap in heavy duty aluminium foil. This could stay on the grill and slow roast for as long as 20 min if you keep it away from the main heat.

HERB PESTO

- 1 handful spinach or arugula
- ½ med zucchini coarsely chopped
- 1 handful basil
- 2-3 garlic cloves
- juice of a lemon

Process all ingredients in a blender but keep it slightly chunky.

ASSEMBLING THE TERRINE

Use a glass baking pan so you can see each layer of vegetables. Start with the vegetables listed in order, adding a thin layer of pesto per vegetable topping. Press down lightly to mold the terrine. Garnish with fresh basil.



Cooked Flesh-Based Dishes

Organic eggs, goats and sheeps cheese, and fresh wild-caught fish are the most detox-friendly flesh foods.

To fish or not to fish? I share the same concerns about overfishing and the decline of our underwater ecosystems as any environmentalist. I also take into consideration the heavy metals and other toxins that are becoming part of the biomass of fish.

However, seafood provides a bridge for many meat eaters from heavier, more intensely factory-farmed animals to a lighter, more digestible protein. If you love seafood and are mindful of where you get it from, there is a place for it in a healthy diet.

When selecting fish, please choose wild or organically fed!

Maple-Glazed Salmon

This is ideal for entertaining. It's so quick and easy to prepare while quite possibly the juiciest, most full-flavoured dish your friends have ever enjoyed!

MAKES 4 SERVINGS

1 cup Nama Shoyu soy sauce or tamari
1 clove garlic
1 tablespoon fresh ginger
Toasted sesame oil
1 cup pure maple syrup
4 fresh salmon fillets, well rinsed

Mix the soy sauce, garlic, ginger, sesame oil, and maple syrup in a blender. Spread the soy mixture over the fish evenly in a baking dish. Marinate the fish in the refrigerator for 1 to 24 hours.

Preheat the oven to 200°C. Bake the fish for about 18 minutes, or until fish flakes easily with a fork. Serve with Sauteed Vegetables.

Chilean Sea Bass with Creamy Port Sauce

MAKES 4 SERVINGS

1 cup organic cream
1/4 cup port
4 fillets Chilean sea bass, black sea bass, or cod

Preheat oven to 180°C. In a saucepan, mix the cream and port. Allow the mixture to simmer on medium-low heat for 10 minutes. Bake the fish for 28 minutes, or until fish flakes easily with a fork. Place the fish on a plate with your favourite vegetables and top with a generous portion of the sauce.

Note: For those of you who are still cooking meat for others, this sauce works beautifully on filet mignon as well.

Prawn Consomme

MAKES 2 TO 3 SERVINGS

10 fresh banana or other large prawns, peeled
1 onion, chopped
2 cloves garlic, chopped
1 carrot, diced
2 Roma tomatoes, diced
1/4 cup fresh parsley, chopped
1/4 cup sliced scallions
5 cups water
1 teaspoon cayenne pepper
Celtic sea salt and freshly ground black pepper to taste

Place all the ingredients in a soup pot. Bring to a boil and then reduce to simmer over low heat for 35 minutes. Enjoy with fresh greens and coriander.

Hungry-Girl Omelette

MAKES 1 SERVING

4 free-range eggs
1 cup any vegetable
1/4 cup onions, chopped
1/2 cup mushrooms, chopped
1 teaspoon butter
Several slices organic or high quality goat cheese, or your favourite soft goat cheese

Whisk the eggs in a large bowl. Add the vegetables. Melt the butter in a skillet over medium heat. Add the vegetable mixture and cook until the egg becomes semi-firm. Then layer the cheese slices onto the omelette. Fold and continue to cook until lightly browned on both sides and the egg is no longer runny.

Enjoy with lots of fresh baby greens and Liquid Gold Elixir. Any low-starch vegetables will combine perfectly with this dish.

Desserts

Guilt-free sweets for any health nut!

Treating yourself to an end of the meal sweet-cap is part of long term success in the detox lifestyle. Desserts can be as simple as stevia-sweetened tea with almond milk or as complex as a young coconut cream parfait, but none the less integral to keeping you feeling fulfilled & interested.

If you don't have a sweet tooth, don't feel pressured to indulge, but for those who seek something more after dinner there are plenty of clean, healthful ways to delight your taste buds and keep things fresh.

Simple Pecan "Pie"

MAKES 1 SERVING

4 dates

4 pecans

Open and pit the date. Place a pecan inside and enjoy!

OMG Chocolate Sauce

MAKES ABOUT 1 1/4 CUPS

1 cup pure maple syrup

6 tablespoons pure cocoa powder

Blend the maple syrup and cocoa powder in a blender. Serve with strawberries for dipping, or pour over Raw Chocolate or Vanilla Ice Cream with walnuts and bananas for a classic banana split! It's recipes like this that make this lifestyle so rewarding!

On the Road Again

MAKES 1 TO 2 SERVINGS

This is what I eat for dessert when I'm travelling. I can usually find bananas and lemon juice (in transit, as well as in restaurants), and I always bring dates and honey or agave with me.

Juice of 1/4 lemon

Drizzle of either agave nectar or pure maple syrup

2 bananas, sliced

Squeeze the lemon juice and nectar on top of the bananas. Follow this up with a few fresh dates, if desired.

Raw Coconut Cream Parfait with Chocolate Raspberry Crumble

MAKES 2 SERVINGS

FOR THE CREAM, blend:

Meat of 1 young coconut

Juice of 1 lemon

Zest of 1 lemon

1/4 vanilla bean scrapped

1 tsp vanilla extract

1 tbsp agave

NuNaturals Stevia to taste

Allow the cream to set in the fridge for at least 30 minutes before serving.

FOR THE TOPPING, mix:

1/4 cup muddled frozen raspberries

1-2 crushed dark chocolate squares

3-5 drops stevia

Optional Granola "Crust" (to put at the bottom of the serving bowl):

1tbsp organic buckwheat sprouts, ground

1 tbsp shredded organic coconut

1 tbsp organic coconut palm sugar

1 tsp Himalayan sea-salt



Maple Glazed Pumpkin Pudding

MAKES 4 SERVINGS

- 1 cup almond milk
- 1 tablespoon agar-agar
- 1 cup pureed butternut squash (steamed, peeled, and seeded before pureed)
- ¼ cup maple syrup and stevia as desired
- 1 teaspoon all-spice
- 1 teaspoon vanilla extract
- 2 tablespoons coconut nectar or maple syrup (to drizzle on top, optional)

In a sauce pot, combine all the ingredients, except the coconut nectar, and bring to a boil, whisking occasionally so there are no lumps. Lower the heat and simmer for at least 10 to 15 minutes to let the agar-agar dissolve completely and thicken properly.

Transfer the mixture into small jelly jars and let it set at room temperature. I like to chill it in the fridge and run warm water through the base to help pop it out. A drizzle of maple syrup or coconut nectar on top and it is all done!



Hot Chocolate

MAKES 1 SERVING

- 1 cup organic store-bought Almond or oat Milk, or homemade nut milk
- 1 tiny pinch stevia (be wary – this stuff is very sweet!) or 1 tsp honey
- 1 tablespoon Green & Black pure cocoa powder

Mix all ingredients in a saucepan. Stir well and heat over medium heat until hot and cozy.

Raw Chocolate Pudding

MAKES ABOUT 2 CUPS

Meat of 2 coconuts (or 1/2 an avocado)

6 dates

4 tablespoons pure cocoa powder

Blend all the ingredients in a food processor until smooth. Delicious!

Raw Cinnamon Apple Pie with Pecan Crust

MAKES ABOUT 8 SERVES

This recipe is not difficult but introduces new flavours to some and requires a touch of artistry to break away from the predictable. It's full of tasty enzymes and good-for-you nutrients, but is light and delicious and a beautiful dessert to serve loved ones! Enjoy the tangy, fresh sweetness of this pie! You could serve it with raw banana or vanilla ice-cream for extra indulgence.



Pecan-Date Pie Crust

12 dates, pitted

1 cup pecans, walnuts or macadamia nuts

1/3 – 1/2 cup water (to blend)

1 teaspoon vanilla extract

1/4 teaspoon each of ground nutmeg, cinnamon and cloves

Blend all ingredients together in a food processor until uniform (if it's still a little chunky that's okay.) Place the mixture in a pie pan; press firmly. Fill with raw pie filling of your choice, such as the apple pear combo to follow!

Raw Cinnamon Apple-Pear Pie

2 Gala apples, very thinly sliced on the mandolin*

2 Granny Smith apples, very thinly sliced on the mandolin

1 ripe pear, very thinly sliced on the mandolin

1/4 teaspoon each of ground nutmeg, cinnamon and cloves

10-15 drops liquid stevia OR 1 tablespoon honey

1/4 cup sultanas

1/2 cup lemon juice

1/2 teaspoon vanilla extract

On the pie crust, create one layer of apple, topped by one layer of pear, topped by another layer of apple. Have fun and be creative... you can play with the colours and shapes, or make patterns! I made a pretty spiral pattern at the top.

Combine the spices, lemon juice, stevia or honey, sultanas and vanilla extract and pour over the pie. Refrigerate for at least 1 hour before serving. Enjoy!

Chewy Coconut-Date Bars

MAKES ABOUT 16 SERVES

You and your loved ones will love this buttery-flavoured dessert! For a well-combined meal, eat this treat after a raw avocado salad, or a raw tahini salad.

1 cup of shredded coconut
1 cup dates, pitted
1 tablespoon cinnamon
1 tablespoon maca powder
A pinch of Himalayan sea salt
5-6 drops of Stevita (optional)
Water, enough to facilitate blending

Grind the shredded coconut in a food processor until it forms flour. Add in the remaining ingredients (except the spring water) and process the mixture until well combined. While the food processor is still running, slowly pour in enough water to make a dough-like texture (roughly 2-4 tablespoons).

Press "dough" onto a piece of parchment paper until 1/4-1/2-inch thick. Score the "dough" into small squares. Cover the scored "dough" with another piece of parchment paper, place it onto a plate or cookie sheet, and chill in the freezer for at least 10 minutes.



Raw Ice Creams

The following ice creams, if not consumed immediately, should be removed from the freezer for approximately 15 to 20 minutes before serving. They will harden in the freezer but will return to their creamy texture, if given time to become slightly soft again. I highly recommend using a high-powered blender to make these recipes.

Keep in mind that the raw ice creams combine well with raw vegetables, nuts, and dried fruit. Wait three to four hours after a properly combined flesh or starch meal before eating.

Raw Chocolate Ice Cream

MAKES ABOUT 4 CUPS

3 bananas

3 tablespoons pure cocoa powder (I recommend Green & Black and Loving Earth)

2 tablespoons organic raw, unsalted tahini

¼ teaspoon stevia powder or 1 tablespoon raw honey

6 organic dates, pitted

3–4 cups ice cubes (about 14 cubes)

Place the bananas, cocoa powder, tahini, stevia or honey, dates, and ¼ of the ice in a high-powered blender. Slowly add the remaining ice cubes as long as the mixture is flowing and blending well. You may have to run it two or three times to use up most of the ice.

You need not use all the ice, just enough to make the mixture thick. You may also wish to use a little coconut water to facilitate blending.

Raw Vanilla Ice Cream

This is a divine rendition of regular vanilla ice cream.

MAKES ABOUT 4 CUPS

Meat of 3 young coconuts

1 tablespoon pure vanilla beans

½ cup pure maple syrup

4 cups ice cubes (about 14 cubes)

Place the coconut meat, vanilla beans, maple syrup, and 1 cup of the ice in a high-powered blender. Add the remaining ice cubes as long as the mixture is flowing and blending well. You may have to run it two or three times to use up most of the ice.

You need not use all the ice, just enough to make the mixture thick. You may also wish to use a little coconut water to facilitate blending.

Peanut Butter & Jelly Ice-Cream

MAKES 1-2 SERVINGS

This is a super simple craving taming treat that is wonderful for both kids and adults looking for a peanut butter / jam fix, without the bad-combo energy crash!

1-2 frozen bananas, cut into chunks & thawed for 5-10 minutes

1 tbsp raw almond butter (the Sicilian kind is best)

10 frozen blueberries

Vanilla stevia to taste

Put everything in a blender or food processor and pulse it on the lowest setting a couple of times. Start increasing the blending time and the speed so that everything can incorporate gradually. It should be done in 2-3 minutes, when it looks like freshly whipped up gelato. Serve in your favourite cup or bowl, and enjoy!