



# Blue Russ

## Holistic Health Coach

### Gentle Nourishing Cleanse

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**Juice:** (optional, if you have a juicer)

**BREAKFAST****Lemon Water**

Start each morning with a glass of water with approximately  $\frac{1}{4}$  of a fresh squeezed lemon in it. This is a great way to kick start your day and help your body cleanse.

**Green Smoothie**

Start your day with a boost of fruits and vegetables!



- 2 cups fruit
- Big handful of fresh greens (chard, spinach, kale, lettuce, etc)
- $\frac{1}{4}$  cup of nuts or seeds
- 1 cup liquid (water, coconut water, rice milk, almond milk, etc)

Experiment with different fruits and greens, such as bananas, berries, pineapple, apples and cinnamon – anything goes! Put all ingredients into blender and enjoy! If you want to add even more nutrients, try flax seeds, hemp seeds, acai berries, maca, gojiberries or probiotics.

**Quinoa Porridge**

- $\frac{1}{2}$  cup rinsed or soaked quinoa
- 1 cup water
- $\frac{1}{4}$  cup currants
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{2}$  cup almond milk (see recipe under Desserts and Teas)

1. Put all ingredients, except for the almond milk, into a small pan and bring to a boil.

2. Reduce to simmer and cover for 15 minutes, until the quinoa grains are clearish and you see a little white spiral.
3. Add in the almond milk for a creamy finish.

Make a larger portion and save leftovers you can quickly warm up tomorrow morning!

## SNACKS

### **Kale Chips**

*(Note: These can be seasoned with just olive oil and salt)*

- 1 cup walnuts
- 1/3 cup nutritional yeast
- 1/4 cup lemon juice
- 1 Tbsp sea salt
- 1 bunch kale

1. Soak walnuts in water for 2 hours (this makes them more digestible).
2. Drain water and combine with nutritional yeast, lemon juice and salt in food processor.
3. Remove kale stems and rip into pieces (or have a child do this part!). Be sure the kale leaves are dry and then massage about 2 Tbsp of walnut paste into kale leaves (add more as desired, but it doesn't take a lot to get good flavor).
4. **Bake:** Preheat oven to 200. Spread out on baking sheet and bake for 90 minutes, up to 2 hours.
5. **OR Dehydrate:** Lay out leaves on dehydrator and leave overnight or until crispy. This is my preferred method.

### **Guacamole**

- 1 large ripe avocado (or 2 small ones)
- 1 lime
- 1 fresh tomato, diced
- 1/4 onion, diced
- Handful fresh cilantro
- Cayenne, salt and pepper to taste.

1. Split open the avocado and scoop out the insides into a bowl.
2. Squeeze on lime juice and add tomatoes, onion and seasoning.
3. Mash with a fork until you reach preferred consistency (I like it chunky, but if you prefer it more creamy, use a food processor, maybe even adding in a bit of unsweetened almond milk).

You may want to reserve some cilantro to garnish the top, especially if you want to impress your friends.

☺ Guacamole is also excellent with diced chili peppers (or habaneros) and pomegranate seeds.

*Tastes great with gluten-free crackers (I like Mary's Gone Crackers), bell pepper slices, carrot sticks or strips of raw jicama.*

### **Hummus**

1 12 oz can chickpeas (garbanzo beans) or 1 ½ cup cooked beans  
 2 Tbsp tahini  
 2 - 4 cloves garlic, roasted\*  
 2- 3 tsp lemon juice  
 1 tsp cumin  
 3 Tbsp olive oil  
 Salt, pepper to taste (maybe 1 tsp of salt to start)

1. Roast garlic by placing fresh cloves in the toaster oven in its skin, toast for 8-10 minutes, allow to cool for a couple of minutes and then carefully remove skin.
2. Place all ingredients in a food processor and blend until smooth. Add more oil, lemon or seasonings until the taste is right for you. You can cool in the fridge for 2 hours or just enjoy right away!

*Tastes great with gluten-free crackers (I like Mary's Gone Crackers), bell pepper slices, carrot sticks or strips of raw jicama.*

### **Trail Mix**

Mix and match your favorite seeds and nuts – go for raw and unsalted. If you really don't like the flavors, try roasting and salting yourself by using a small amount of olive or coconut oil and a dash of sea salt. Heat in oven at 425 for 5-10 minutes:

Sunflower seeds  
 Almonds  
 Pumpkin seeds  
 Walnuts  
 Pecans

Add in a small portion of dried fruit. Going light on the dried fruit will reduce the sugar load of your trail mix. Definitely avoid any dried fruit with added sugar and try to avoid preservatives.

Currants  
 Raisins  
 Dried Apricots  
 Dried Plums  
 Coconut

## Hijiki Salad

- 1 cup hijiki
- 3 cups carrots, grated
- 2 cups purple cabbage, grated
- 2 tablespoons ginger, grated
- 4 tablespoons umeboshi vinegar
- 3 tablespoons toasted sesame oil

1. Soak hijiki in water for 30 minutes, then rinse.
2. Place carrots, cabbage and ginger in a large bowl.
3. Add hijiki, vinegar and sesame oil. Mix well.
4. Let sit for 15 minutes before serving so flavors blend.

Notes: Add a dash or two of your favorite spice: curry, cardamom or coriander. Garnish with scallions, parsley, sesame seeds or a wedge of lemon.

*Recipe courtesy of the Institute for Integrative Nutrition*

## LUNCH

### Belly Bowl

*This is such a nourishing a satisfying mini-meal or snack. It's easy to pack in a container to take to work.*

- 1 Avocado
- 1/2 cup Naturally Fermented Sauerkraut

1. Cut Avocado in half
2. Top with sauerkraut

Note: When buying sauerkraut, look for the words, RAW or Naturally Fermented. Real Pickles is a good brand.

*Source: Nina Manolson from Smokin Hot Mom. Check out her video about this amazing easy, filling recipe. <http://www.smokinhotmom.com/?p=517>*

## Easy, Awesome Salad

Please explore salads this week! **I recommend eating one large salad each day.** Mix and match to your own liking. Go for a variety of colors, emphasizing green.

Salad Dressing - No need for a fancy or pre-made dressing – below you’ll find my favorite “fancy” dressing if you want to try it out, though. Simply prep your vegetables (can be done for tomorrow too and stored in the fridge) and then drizzle with olive oil, lemon and a dash of salt. Experiment with vinegar in place of lemon. My favorites are apple cider vinegar and balsamic. Or use a small amount of flax oil, which will add in those healthy omegas.

Tip: If taking your salad with you to work or prepping for tomorrow, leave the dressing on the side to avoid a soggy salad.

Lettuce – romaine, green leaf, red leaf or baby mix  
Other dark greens (try at least 3 in your salad this week!)  
arugula, kale, chard, mustard greens, beet greens

Sprouts  
Celery  
Carrots  
Jicama  
Tomato  
Broccoli  
Peas  
Onion – spring or red  
Beets – raw and grated  
Radish  
Fresh herbs – parsley, basil, mint, chives



To make your salad into a filling meal, sprinkle seeds and/or nuts on the top.

Sesame seeds  
Pumpkin seeds  
Sunflower seeds  
Hemp seeds  
Almonds

I also recommend seaweed, such as crumpled nori, or soaked kombu sprinkled on top. Nutritional yeast is another great addition for its flavor, protein and B vitamins (you can find it in the bulk bin or supplement section of any health food store). Or, you can try the Parmesan “cheese” sprinkle recipe in the Dinner section. Enjoy!

### Tahini “Goddess” Dressing

½ cup tahini  
½ cup water  
½ cup apple cider vinegar  
1-2 cloves fresh garlic

1/3 cup olive oil  
 1/2 cup fresh basil or dill (or 2-3 tsp of dried herb)  
 1 Tbsp lemon juice  
 1/4 tsp salt (or more, to taste)

1. Put all ingredients in a food processor or blender and blend until creamy.
2. Taste and when you reach the desired flavor, pour over salad greens and veggies.

### Massaged Kale Salad

Watch me massage kale here <http://youtu.be/uVWdt2ol9vA> ☺

1 bunch kale (any kind or a mix)  
 1/8 cup lemon juice  
 2 large avocados cubed  
 1/2 cup pumpkin seeds (raw or sprouted)  
 3 Tbsp olive oil  
 1/2 tsp sea salt  
 1 big cucumber cut into circles and then quartered (or red pepper, other veggies)  
 1/4 cup nutritional yeast (optional)

1. Strip kale leaves from the stalks and put in large bowl (it may stick out over the top a little).
2. Add lemon juice, salt olive oil, avocado and cucumber.
3. With your hands, massage the mixture so that the avocado begins to mush up and coat the greens.
4. Sprinkle nutritional yeast and pumpkin seeds on top.

*Based on recipe by Jennifer Hoerich at Moxie Midwifery [www.moxiemidwifery.com](http://www.moxiemidwifery.com)*

### Collard Wraps

Collards  
 Lemon juice  
 Warm water  
 2 cups walnuts, raw  
 1/3 of a small onion  
 1 large tomato  
 1 tsp salt  
 Sprouts  
 1 ripe avocado, sliced

1. In a large bowl, submerge walnuts in water and soak for 2 hours (15 minutes if pressed for time). Set aside.
2. Trim off the part of the stalk with no leaves attached. Soak collards in lemon juice and warm water for 10 minutes. Set aside.

3. Drain the water from the walnuts. In food processor, grind walnuts, onion, tomato and salt. Set aside.
4. Shake the excess water off the collard leaves and lay out on a large clean surface. Turn it face-down and slice the thick part of the stalk off.
5. Flip the leaf back facing up. Put about a couple of spoonfuls of the walnut mixture on the leaf, then add sprouts and avocado.
6. Wrap like a burrito and enjoy!

Variations: Put anything you like in the wrap - hummus, peppers, beans, ground up carrots, other veggies – the sky is the limit! If you don't put anything too perishable in there (like the avocado), these wraps can be stored for a couple of days.

## **DINNER**

### **Quinoa Pilaf**

- 1 cup quinoa (soaked or rinsed in a fine mesh strainer)
- 2 cups water or vegetable stock
- 1 or 2 Tbsp olive oil
- 1 onion
- 2-4 cloves garlic
- Veggies such as Mushrooms, Red pepper, Carrots, Celery, Broccoli, whatever you have (*I like to keep it to 2 or 3 veggies*)
- ½ cup dried cranberries
- Fresh rosemary (dried if you need to, Sage also works)
- 1 or 2 Tbsp tamari (or use extra salt)
- Sea salt and pepper to taste

1. Sauté onions in a soup pot with olive oil. Sprinkle a pinch of salt.
2. Add garlic veggies and seasonings. Cook for a few minutes.
3. Add cranberries, quinoa and water. Bring to boil, then simmer for 10-15 minutes, until quinoa is soft – clearish with little tails. ☺

### **Easy Lemon Chard**

- 1 pound chard
  - 1 cup water
  - 2 tsp extra virgin olive oil
  - Salt and pepper to taste
  - 1 lemon, cut into wedges
1. Wash chard well and cut stalks from the leaves. Cut stalks into 3-inch lengths and cut these into thin strips. Set aside.
  2. Roll the leaves into a cigar shape and slice lengthwise into 1-inch strips. Cut the strips crosswise once or twice to reduce length. Set aside

3. In a skillet, bring the water to a boil. Add the stalks, reduce heat slightly, cover and cook rather vigorously for 3 to 4 minutes, until tender. There will be a small amount of water left in the pan.
4. Add the leaves with any water clinging to them to the stalks in the skillet. Cover and continue to cook until wilted and tender, 3 to 4 minutes. Taste to make sure there is no raw edge to the taste and add a bit of water, if necessary to prevent sticking.
5. Remove from the skillet with a slotted spoon to a serving platter. Drizzle with oil, season with salt and pepper and squeeze fresh lemon on top. (Or serve with lemon wedges on the side and guests can squeeze lemon on just before eating). Serve immediately.

*Based on recipe in Greens Glorious Greens! By Johnna Albi and Catherine Walthers*

Great in combination with Brown rice sprinkled with sesame seeds (see next recipe)

### **Brown Rice with Sesame Seeds**

- 1 cup brown rice
- 2 cups water
- ¼ cup sesame seeds (optional)



1. Rinse the rice and put in pot with water. Bring to a boil.
2. Cover and cook on medium heat for 45 minutes or until water is absorbed.
3. Sprinkle with sesame seeds and enjoy.

Brown rice is also delicious with a splash of tamari and/or apple cider vinegar.

### **Brussels Sprouts with Mustard Sauce**

- 2 pounds of Brussels sprouts
- ½ cup nutritional yeast
- 3 Tbsp gluten-free flour
- ¼ tsp salt
- 1 cup water
- 1 Tbsp olive oil
- 2 tsp Dijon mustard

1. Rinse Brussels sprouts and place in a pan with just enough water to mostly cover them. Bring to a boil and then cook on medium heat with lid on for 15 minutes or until tender (sticking a fork in is easy but they are not mushy). Set aside.
2. In a small saucepan, whisk together the yeast, flour and salt. Add the water and oil and continue to whisk thoroughly. Stir over medium heat until the sauce thickens, then stir in the mustard. Heat 30 seconds more and serve over the Brussels sprouts.

Great in combination with Sweet Potato Fries (see next recipe).

*Source for mustard sauce: How It All Vegan! by Tanya Barnard & Sarah Kramer*

**Black Bean Loaf**

- 1 and ½ cup black beans, cooked or 1 can, drained
- ½ cup nutritional yeast
- 1 small yellow onion, chopped
- 1 cup pumpkin or sunflower seeds
- 1 cup brown rice
- 1 tsp chili powder (or ½ if you want it less spicy)
- 1 tsp oregano
- 1 tsp salt (or more, to taste)
- 1 Tbsp olive or coconut oil

1. Preheat oven to 350. Oil a loaf pan.
2. Mix all ingredients in a large bowl.
3. Put ½ of the mixture into a food processor and process until smooth (add a small amount of water if needed, but it should be thick). Return it to the bowl and mix everything together.
4. Pour into loaf pan. (Optional: Spread a layer of tomato paste w/a touch of honey and vinegar on the top – makes it more like traditional meat loaf!)
5. Bake for 30 minutes, until cooked through.

Enjoy on a salad or with your favorite condiments (look out for sugar!). For a great homemade ketchup recipe, check out [this video from Smokin Hot Mom](#).

Freeze extras for an easy meal next week!

Great in combination with Sweet Potato Fries (see next recipe).

**Sweet Potato Fries**

- 2 Sweet potatoes
- 1 Tbsp Olive oil
- Sea Salt

1. Preheat oven (or toaster oven) to 350.
2. Chop the sweet potato into french fry slices.
3. Place on baking sheet, drizzle with oil and sprinkle with salt. A pinch of cayenne or nutmeg is good.
4. Bake until a bit soft, about 45 minutes (You may want to turn them halfway through for even baking).

**Broccoli with Spicy Nutty Sauce**

- 2 large heads of broccoli



½ cup almond or cashew butter  
 ½ cup water  
 5 Tbsp tamari/soy sauce  
 3 drops of stevia  
 ¼ tsp cayenne powder  
 Thumb-sized piece of fresh ginger, skin removed, chopped  
 ¼ tsp black strap molasses (optional)

1. Chop up the broccoli and place in a pan with about ½ inch of water. Bring to a boil, leaving it to cook with a lid on for 3 minutes or until just tender. Set aside.
2. Put all other ingredients in a food processor or blender and blend until creamy.
3. Taste and add more cayenne to make it spicier, honey to make it sweeter, or soy sauce to make it saltier. When you reach the desired flavor, pour over the broccoli and enjoy!

Great combination with Millet (see next recipe).

### Millet

1 cup millet  
 2 cups water

1. Heat medium pan and throw dry millet in. Toss around for a few minutes until it gets toasted (but not burned!).
2. Add the water and bring to a boil. Cook covered for 30 minutes or until water is absorbed.

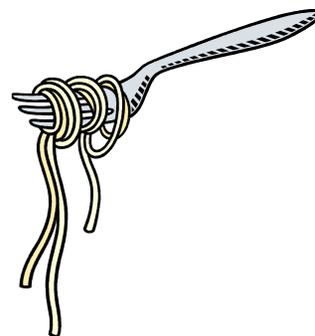
### Spaghetti Squash

1 large spaghetti squash

Sauce:

*(note: you can use a premade sauce but avoid sauces with sugar or other sweeteners on the ingredients list)*

1 small onion, diced  
 2 Tbsp olive oil  
 4 cloves garlic, diced  
 4 large tomatoes  
 1 tsp oregano (or handful of fresh)  
 1 tsp basil (or handful fresh)  
 ½ tsp fennel seed  
 Salt and pepper to taste



1. Poke a few holes in the squash with a knife and bake at 375 for 60 minutes or until you can easily pierce with a fork. (this can be done a day ahead)

2. While squash bakes, sauté onions in olive oil in medium sauce pan for a few minutes, add garlic for 30 seconds. Put into food processor and puree with the tomatoes and spices until smooth. Return to pan and simmer on medium for 20 minutes.
3. Pull squash carefully out of oven and allow to cool for 5 minutes. Slice open down the middle and scoop out the seeds. Using a fork, scrap the flesh from the squash. It should come out like angel hair pasta.
4. Serve with sauce and Parmesan “Cheese” Sprinkle (see next recipe)

### **Parmesan “Cheese” Sprinkle**

½ cup sunflower seeds or walnuts

¼ cup nutritional yeast

1 tsp sea salt

Put all ingredients into food processor or coffee grinder. Enjoy on pasta, garlic bread, salads or any dish you would sprinkle parmesan on. Keep extra in refrigerator.

### **Vegetarian Chili**

1 tablespoon olive oil

1 medium onion, chopped

3 cloves garlic, minced

2 tomatoes, diced, (or one can organic diced tomatoes)

1 carrot, cut into quarter moons

1 tablespoon chili powder

1 teaspoon ground cumin

3 cups cooked or canned red, black or kidney beans

1 cup water

2 tablespoons organic tomato paste

1 teaspoon sea salt



1. Heat oil in a large heavy pan and sauté onions and garlic for 3 minutes.
2. Add tomatoes, carrots, chili powder and cumin and sauté for 5 minutes.
3. Slowly add beans, water, tomato paste and salt.
4. Cook on low to medium heat for 20 minutes.

For an extra tang, chop a few pickles and throw them in. Many other vegetables make a great addition too, such as bell pepper, zucchini or spinach.

*Source: Institute for Integrative Nutrition*

### **Creamy Curry Squash Soup**

1 onion, chopped  
 3 Tbsp olive oil  
 1 winter squash, peeled and chopped (any other squash will work too)  
 3 large carrots, peeled and chopped  
 1 inch fresh ginger, grated or finely chopped  
 1 can coconut milk  
 1 and 1/2 cup water or broth  
 2 Tbsp curry powder (I prefer garam masala - if you don't have it, throw in a pinch of allspice or nutmeg along with turmeric, cayenne and cumin)  
 Salt and pepper to taste

1. Sauté onions in oil over medium heat in your soup pot.
2. Add in squash and carrots, sauté for one minute.
3. Add in ginger, coconut milk, broth (or water) and spices. Bring to just a boil, then allow to simmer for 15 minutes or until squash is soft.
4. Remove half of the soup, blend in food processor or blender (or use an immersion blender if you have one). Blend until smooth and return to the soup pot, mix it in and serve it up!

The blending is optional. I prefer to blend half of it so that it is creamy and chunky. If you prefer all creamy, blend it all. If you like chunky, skip the blending!

### **Roasted Root Vegetables**

Use any or all of the following root vegetables:

Onion-carrots -yams-winter squash-turnips-parsnips-beets

Use one of the following herb or spice combos:

basil & oregano

thyme & sage

rosemary & parsley

curry

cumin & garlic powder

Old Bay

#### Directions:

1. Preheat your oven to 375 degrees F.
2. Chop root vegetable into fairly uniform chunky bite sized pieces.
3. Toss with olive oil or coconut oil and herbs/spices of your choice and salt to taste.
4. Bake in a casserole dish for about 45 minutes or until vegetables are tender to a fork and browned a bit. Check after 30 minutes and toss.

Source: Carrie Weldy, a local friend, colleague and runner extraordinaire. If you are an athlete seeking better health, check out her company, Nourished Body and Soul.

[www.nourishedbodiesoul.com](http://www.nourishedbodiesoul.com)

## GREENS

### **Easy Ways to Add Greens to Your Week:**

(Try different ways of incorporating kale, chard, collards, arugula, mustard greens, beet greens, spinach and more. Variety is the spice of life!)

- Add them to salads
- Add to soups – best put in for that last few minutes of cooking
- Add to a fruit smoothie
- Incorporate into a casserole
- Dehydrate and grind up – add a small amount to baked goods
- **Steam** - Use a steam pot or regular pot with ½ inch water, bring to boil. Add ‘stripped’ (and ripped up if smaller pieces desired) and cook for 2 minutes or so. Season as desired.
  - *Recommended condiments to add to kale after steaming: Bragg’s liquid amino (or soy sauce) and Gomachio (toasted sesame seeds with salt and seaweed)*
- **Sauté** - Start with olive oil and chopped onion. Sauté for a few minutes, add garlic and kale. Season with soy sauce and a splash of apple cider vinegar, or lemon juice. Or experiment with the tastes you like – chilis, other veggies, seasonings, whatever!



## DESSERTS AND TEAS

### **Healing Chai Tea**

2 cups water  
 Ginger, fresh, approximately 2 inch square, finely chopped or grated  
 1 tsp ground cinnamon or 1 stick  
 1 tsp fennel  
 1/2 tsp peppercorn  
 1/4 tsp cardamom



Put all ingredients in a medium pan and bring to just boiling. Reduce to simmer for 30-45 minutes. Strain into mug and enjoy.

### **Easy Almond Milk**

1 cup almonds  
 5 cups water  
 4 dates (optional)

Put all ingredients in a high powered blender and blend on high for 2 minutes. Strain or just enjoy as it is.

**Lemon Ginger Tea**

1 inch fresh ginger, finely chopped or grated  
 ½ lemon  
 2 cups water

Boil water and ginger for 3-5 minutes. Squeeze in fresh lemon juice, strain out the ginger and enjoy!

**Banana Blueberry Sorbet**

1 frozen banana – chop before freezing for best results  
 1 cup frozen blueberries  
 ½ cup almond milk (if you do not have a high powered blender)

Blend until thickly creamy. Enjoy!

**Pumpkin Pie (no bake)**

For the crust:

1.5 cups walnuts  
 1 cup pitted dates  
 dash of ground cinnamon



For the filling:

2 cups pureed pumpkin (not pumpkin pie filling)  
 ¼ cup coconut butter\*, stirred well & room temperature  
 ½ cup 100% pure maple syrup  
 1 tsp. pure vanilla extract  
 1 tsp. ground cinnamon  
 ½ tsp. ground ginger  
 ¼ tsp. ground nutmeg

For the crust:

1. Add all three ingredients in the food processor.
2. Pulse until the mixture is the consistency of dough.
3. Press firmly and evenly into the bottom and up the sides of a glass pie dish.

For the filling:

1. Combine all the filling ingredients in a bowl.
2. Stir until smooth.

3. Pour onto the prepared crust and smooth until even.
4. Chill in the refrigerator for 2-3 hours until firm.

Notes:

\* Coconut butter is **not** coconut oil. The butter is actual coconut "meat" ground up until it is the consistency of other nut butters. It hardens at cool temperatures You can find it in Health Food stores or online (Artisana Organic Foods is a good brand).

*Recipe courtesy of Carrie Weldy of Nourished Body and Soul. [www.nourishedbodyandsoul.com](http://www.nourishedbodyandsoul.com)*

### **JUICING (optional)**

If you have a juicer and you'd like to take your cleanse a step further, I encourage you to make a vegetable juice each day this week. Below are a couple of recipes to get you started, but exploring to find what flavor combinations you enjoy is best. No "choking it down," please!

A good rule of thumb for juicing to cleanse is to keep the ratio 3:1 veggies to fruit. Organic is best. Rinse your produce and trim as you would for cooking.

#### **Getting Started Juice (kid friendly)**

- 2 large carrots
- 1 cucumber
- 1 apple (seeds removed)

#### **Tasty Cleansing Juice**

- 2 leaves of greens (kale, chard or spinach)
- Handful of fresh parsley
- 1 cucumber
- 2 stalks of celery
- 1 apple or 2 carrots
- 1 tsp lemon juice (add after juicing)

Tip: Start with the celery, then put in the greens and follow up with cucumber. This helps the greens get through the juicer better.

\*\*\*\*\*

*Be creative – make your own recipes or find more in cookbooks or on the internet. Remember, during your Spring Cleanse to avoid the following: caffeine, sugar, processed food, dairy, gluten, corn, potatoes, peanuts. Be sure to include plenty of vegetables, especially greens, and healing herbs such as ginger, garlic and turmeric. Enjoy!*

*Blessings and Health,*

*Blue Russ, HC, AADP*