

DETOX RECIPES

Juices

Be creative with juices. Combine a variety of different coloured vegetables, a piece of fruit to sweeten, and a small piece of ginger to each daily juice.

Veggie juice

70% carrot
15% celery
15% parsley

Green leaf juice

4-5 lettuce leaves
2 cabbage leaves
2 celery sticks
spinach leaves or beetroot
¼ green apple

Cleansing juice

Beetroot
Carrot
Celery
Lemon
Ginger
Apple

Booster juice

Carrot
Celery
Beetroot
Capsicum
Ginger
Garlic
Orange

Lunch recipes

Nutty garden salad

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|---------------------------|-------------------------|
| ½ cup assorted sprouts | 1 cup spinach |
| 1 cup endive or radicchio | ½ cup broccoli |
| ¼ cup chopped basil | ½ sliced cucumber |
| ¼ cup chopped coriander | ½ cup corn off cob |
| ¼ cup grated beetroot | 1 medium tomato, sliced |
| ¼ cup pumpkin | 1 tsp kelp |

Toss all the ingredients in a bowl and drizzle with a good quality cold pressed extra virgin olive oil and lemon juice.

Dinner recipes

Hearty vegetable soup

4-5 tomatoes
1/2 onion
3 cloves garlic
1/2 cup diced pumpkin
1/2 cup diced celery
1/2 cup diced carrot
chickpeas
1/2 cup diced zucchini
1/2 cup diced broccoli
1/2 cup green beans
1/2 diced capsicum
1 tsp fennel seeds
1 tsp whole black pepper
assorted legumes such as beans and

Roast tomatoes until soft, then mash and use this as the soup base. Combine all ingredients in a large saucepan. Bring to the boil and then allow to simmer.

Tofu and vegetable stir-fry

Small block of tofu, cubed
3 cups of mixed seasonal vegetables of choice – e.g. broccoli, carrot, snow peas, bok chow, capsicum and bean shoots.
2 cloves of garlic, chopped
1/2 brown onion, diced
Small knob of ginger, grated
1 small chilli, chopped
2 tbsp tamari

Lightly brown onion, garlic and ginger. Add vegetables and cook for a few minutes, adding the tofu, tamari and chilli in a few minutes before serving. Squeeze lemon juice over to serve.

Chickpea and salmon patties

2 cups chickpeas, cooked and blended
400g canned salmon
1 medium onion, finely chopped
1 free range egg, gently beaten
Spelt flour or breadcrumbs to coat patties
Cold pressed extra virgin olive oil for frying
1 carrot, grated
1 small zucchini
1 green capsicum
1 tbsp chopped chives or basil leaves

Mix all ingredients in large bowl. Form mixture into small patties and coat in flour or breadcrumbs. Heat a small amount of olive oil in frying pan over moderate heat, and fry patties on each side until golden brown. Drain on absorbent paper.

These can be kept in fridge for 2 days, or frozen for later use.

Makes 10-12 patties.