

# 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**

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.*