




# 3 Delicious Detox Recipes



## Sample Recipes

From Tearson Bickmore's Whole Foods Detox





Detox your  
body with  
delicious and  
nutritious  
recipes that  
will make you  
feel energized  
and refreshed

Every recipe is made:

With whole foods  
Gluten-free  
Dairy-free  
Sugar-free  
Nutrition-dense  
Detoxing  
Delicious



# Detox Recipes

## Ginger Apple Muffins

*Makes 3 serving*

### Ingredients:

- ½ C almond flour
- ½ C brown rice flour
- ½ tsp baking powder
- ¼ tsp salt
- 2 eggs
- 1 Tbsp olive oil
- 1 Tbsp honey
- 1 tsp ground ginger
- ¾ C apple, finely diced



### Directions:

1. Preheat the oven to 350° F.
2. Sift together the almond flour, brown rice flour, ground ginger, baking powder and salt.
3. In a separate bowl, whisk together the eggs, olive oil, and honey.
4. Toss the apples in the flours and then slowly fold in the egg mixture.
5. As soon as it is a batter, dollop it into muffin cups or a mini-muffin tin.
6. Bake for 10-15 minutes for the mini-muffins and 18-25 minutes for the larger muffins. When a toothpick inserted in comes out clean, the muffins are done.

# Detox Recipes

## Tuscan Vegetable Stew

*Makes 6 serving*

### Ingredients:

- 1 Tbsp olive oil
- ½ yellow onion, chopped
- 1 zucchini, cut in half lengthwise and sliced
- 1 yellow squash, cut in half lengthwise and sliced
- 4 oz cremini mushrooms, wiped clean, tip of foot cut off and cut in quarters
- 3 garlic cloves, minced
- 1 jar or can diced tomatoes, with their juices
- 4-6 C organic vegetable or chicken broth
- 1 small bunch lacinato kale, washed, dried and cut into thin strips
- 1 sprig fresh oregano or 1 tsp dried
- 2 (14-oz) cans white kidney beans/navy beans/cannellini beans, rinsed & drained
- Freshly ground pepper



### Directions:

1. Heat a large pot to medium high. Add olive oil and onion and cook until onion is fragrant, 4-5 minutes.
2. Add zucchini, yellow squash and mushrooms and sauté for 10 minutes. Add garlic cloves and stir for about a minute.
3. Add tomatoes, broth and oregano. Bring to a low boil, reduce heat and then simmer for 15 minutes. Gently stir the beans and escarole/kale into soup and cook for another 5 minutes or until beans are heated through and greens are wilted. Serve with freshly ground pepper on top.



# Detox Recipes

## Pumpkin Curry Soup

*Makes 4 serving with leftovers*

### Ingredients:

- 1 onion
- 1 Tbsp olive oil
- 2 C pumpkin, cooked or canned
- 4 C broth
- 2 bay leaves
- 1 tsp curry powder
- ¼ tsp nutmeg
- 1 (14 oz) can full fat coconut milk
- 1 pinch salt
- 1 pinch black pepper

**Garnish:** Toasted pumpkin seeds, chopped chives, and/or the cream from the top of the coconut milk (see directions below)



### Directions:

1. For an optional garnish topping, chill the coconut milk for at least 15 minutes up to overnight. Remove the lid and scrape out a few Tbsp of the thick cream. Reserve for a garnish at the end. Use the rest of the coconut milk in the recipe.
2. Sauté the onions in the olive oil until golden brown. Add the pumpkin, ½ of the broth, bay leaf, curry powder, and nutmeg. Simmer uncovered for 15 minutes, stirring periodically.
3. Let the soup cool slightly and then purée the soup by transferring to a blender or using an immersion blender. DO NOT try to blend the soup in a blender when it is very hot. Add some of the cool broth when blending as needed. Return the soup to the pan and add the rest of the broth, the rest of the coconut milk, salt and pepper. Simmer for 5-10 min.
4. Top with a sprinkle of toasted pumpkin seeds, chopped chives and/or the reserved coconut cream. and cauliflower.



# Detox Recipes

## Join Today!

Thanks for downloading this e-book with healthy recipes from the Fall 2023 7-Day Detox!

If you're ready to up-level your health, I invite you to join my 7-Day Whole Foods Detox. With over 40 delicious recipes, you'll be able to fuel your body with delicious foods and learn how to nourish your body from the inside out!

***This program is designed to help you lose weight, increase your energy, and improve your overall health.***

Click [here](#) to learn more and sign up today!

### Here's the tl;dr:

This 7-day detox is whole foods-based, meaning you'll eat lots of fruits, veggies, whole grains, and lean proteins. No deprivation or starvation!

### When you sign up, you'll get the following:

- Tons of recipes to choose from, so you'll be able to pick meals you and your family will enjoy.
- A proven protocol that can help you drop weight, sleep better, and have more energy.
- Opportunity to reboot your system in just seven days.
- Access to several guides to support you through this journey.
- A clean eating system you can do for the rest of your life.
- Daily emails and Facebook posts to keep you inspired and motivated.

**Join me today and get ready to change your life!**



# Detox Recipes



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