

## FAVORITE DETOX RECIPES



### HEAVEN IN YOUR MOUTH

**Blend:**

1 stick PURE Café

6-8 fl. oz. Unsweetened nut-based milk

Dash of vanilla extract

Blend and pour over ice!



### SUMMERTIME DETOX DRINK

**Blend:**

1 Grape ENERGY

1 scoop Hydrate

1/3 cup Strawberries

Cup of ice

Bottle of water



### MILA/GREENS RECIPE

**Blend:**

1 cup water

1 Berry ENERGY

Greens

Mila

3 ice cubes

GoYin

1/3 cup frozen berries

**FAVORITE DETOX RECIPES****BAKED SWEET POTATO BITES**

- 1 medium sweet potato
- ½ tablespoon olive oil
- Dash of salt and pepper
- Dash of cinnamon
- Dash of paprika

Wash and cube the sweet potato, skin on. Toss with just enough olive oil to coat and then add salt and pepper to taste with a dash of cinnamon and paprika. Spread in an even layer on parchment paper or a nonstick baking pan and bake at 400° for 30-40 minutes, stirring/flipping at least once. Enjoy!

*From the Kitchen of Vashti S.*

**BEEF AND BEAN SOUP**

- 1 can black beans
- 2 tablespoons olive oil
- 1 cup chopped carrots
- 1 cup chopped onion
- 1 garlic clove, minced
- 4-6 cups beef broth
- Beef, cut up
- Salt and pepper

Sauté onions and garlic in olive oil for a few minutes. Add beef broth, beef chunks, salt and pepper. Bring to a boil and simmer until cooked. Add carrots and black beans and continue to simmer until carrots are tender.

*From the Kitchen of Vashti S.*

**FAVORITE DETOX RECIPES**

Combine all ingredients in a pot and stir. Bring to a boil, cover and simmer approximately 50-60 minutes until liquid is absorbed and the rice is cooked through. Stir again and enjoy!

*From the Kitchen of Vashti S.*

**BROWN AND WILD RICE BLEND**

- 4 cups chicken broth  
(or vegetable broth, if vegan)
- 1 ½ cups brown rice
- ½ cup wild rice
- 2 tablespoons olive oil
- 2 teaspoons minced, dried onion
- 1 teaspoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon turmeric
- ½ teaspoon cumin
- ¼ teaspoon powdered ginger
- ½ teaspoon pepper
- Salt to taste

**BUTTERNUT SQUASH SOUP**

- 1 butternut squash
- 1 cup chopped carrots
- 1 cup chopped onions
- 1 tablespoon grapeseed oil
- Salt and pepper to taste
- Pinch of nutmeg and cinnamon

Cut squash in half lengthwise and place face up in ½" water in pan. Roast with carrots and onions and brush with grapeseed oil. Sprinkle with salt and pepper. Bake for one hour at 375° (or until squash is tender when pricked with a fork). Scoop carrots and onions into blender and puree with chicken stock and a pinch of nutmeg and cinnamon.

*From the Kitchen of Crimson S.*

**FAVORITE DETOX RECIPES****CHICKEN FRIED STEAK AND  
DETOX GRAVY**

2 cubed steaks	Onion powder to taste
2 eggs	Other seasonings you prefer
1 cup almond flour	1 cup beef broth
1 tablespoon olive oil	Pinch of xanthan gum
Salt and pepper to taste	
Garlic powder to taste	

Mix almond flour with salt, pepper, garlic powder, onion powder or any other seasonings you prefer in a shallow dish. In a separate dish, beat eggs until mixed. Heat olive oil in a skillet. Pat the cubed steak dry and dip them into the egg mixture, then the flour mixture and then the egg mixture again. Transfer to the skillet. Cook on both sides.

To make the gravy, heat beef broth and add salt and pepper to taste. Slowly add a pinch of xanthan gum to broth while stirring. Repeat until it reaches desired consistency. Ladle the gravy onto the steaks and enjoy!

*From the Kitchen of Vashti S.*

**CRAB CAKES**

1 can cooked crab meat in water
½ cup chopped onion
½ cup chopped mushrooms
2 eggs
¾ cup almond meal

Mix crab meat, mushrooms, onions, eggs, almond meal and favorite seasonings. Form into patties. If you want more of a crunch, make a dry mix of almond meal, seasonings and Mila and dip into mix before placing on nonstick baking sheet. Bake at 350° for approximately 25-30 minutes.

*From the Kitchen of Leslie C.*

**FAVORITE DETOX RECIPES****DETOX BROTH**

- 1 medium or 2 small leeks, chopped
- 2 garlic cloves, minced
- ½ cup coconut oil or sesame oil
- 2 bunches celery, chopped
- 5 small bag zucchinis, peeled and chopped
- 1 16 oz. bag frozen green beans
- 1 bunch parsley

Chop all vegetables except the green beans into 1-inch or smaller pieces. Sauté leeks and garlic in oil until slightly browned. Add all vegetables except parsley. Cover with water. Simmer until celery is soft, about 45 minutes. Allow mixture to cool and then puree soup in a blender or use an immersion blender. Blend in batches; on the last batch add chopped parsley. Once all of the batches are blended, combine together. May be enjoyed hot or cold. Add salt, pepper and maybe a little cayenne!

*From the Kitchen of Brandy F.*

**SEASONED CAULIFLOWER**

- 1 head cauliflower
- 1 tablespoon olive oil
- 1 garlic clove, minced
- Salt and pepper to taste
- Onion powder to taste
- Fresh rosemary to taste

Chop head of cauliflower in a big bowl, coat with olive oil. Add in minced garlic and season with salt and pepper, onion powder and rosemary. Place on a baking dish and roast at about 450° for 25-30 minutes.

*From the Kitchen of Leslie C.*

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