

Spring Detox Recipes

Overnight Oatmeal

1 cup of gluten free rolled oats
1.5 cups of nut milk (almond or cashew)
1/4 cup of chia seeds
1 T of hemp seeds
1 T of pumpkin seeds
1 T of sunflower seeds
1 tsp of cinnamon
1/2 tsp of cardamom powder
1/2 tsp of clove powder

- Mix together oats, chia seeds, nut milk, spices and seeds. Cover and refrigerate overnight to thicken.

In morning, stir oat mixture to combine. Can add fresh berries or maple syrup to sweeten. Enjoy!

Butternut Squash Quinoa

1 Butternut squash (~2lb) peeled, seeded and cut into chunks (~3cups)
5 T coconut oil
2 tsp thyme leaves (fresh or dry)
1 tsp Himalayan Salt
1/2 tsp Black pepper
1 cup of quinoa
3 cups of vegetable broth or water
1/4 cup of walnuts
handful of spinach

- Preheat oven to 400 F. Line a baking sheet with parchment paper and set aside.
- Place the cut butternut squash pieces in a medium sized bowl. Add melted coconut oil, thyme leaves, Himalayan salt and pepper to the bowl and mix ingredients until squash is well coated.
- Transfer all the squash pieces to the lined baking sheet and place in oven.
- Roast squash for about 30 minutes or until pieces are soft enough for a fork to poke.
- Rinse and strain quinoa in a fine mesh strainer
- In a medium pot, melt coconut oil on medium heat and add quinoa and walnuts.
- Stir until well coated and the quinoa gives off a nutty flavour.
- Add broth or water.
- Let broth or water come to a boil. Lower heat slightly and let simmer with a lid on until quinoa is fluffy and water has evaporated. (About 20 minutes in total)
- Add some salt and pepper to taste.
- In a large bowl toss the hot, roasted squash with the spinach until it becomes slightly wilted.
- Add quinoa and toss again.
*You can add roasted chicken or a salad on the side, if you desire.

Cauliflower Ginger Soup

2 T coconut oil
1 tsp cumin seeds
1 medium onion, finely chopped
3 ripe tomatoes, chopped
1 medium head cauliflower, cut into florets
1 green chili pepper (optional)
1 inch knob of fresh ginger, grated
1 clove garlic
1 T cumin powder
1 T coriander powder
1 tsp turmeric powder
1 can unsweetened coconut milk
1 cup of water, vegetable broth or chicken broth
1 tsp Himalayan salt or sea salt
1 cup chopped kale
2 T chopped cilantro

- In a medium stock pot, heat the coconut oil for 30 seconds on medium heat.
- Add the cumin seeds and stir until they begin to crackle.
- Add onions and cook until raw smell goes away.
- Add tomatoes, stir and cook until they soften.
- Add the ginger and garlic until fragrant. Do not burn.
- Add green chili pepper.
- Add all the dry spices.
- Add the cut cauliflower pieces and stir constantly to coat.
- Let cook for about 5 minutes.
- Add coconut milk.
- Add water or vegetable or chicken broth
- Cover pot and simmer for about 15 minutes. Stir often to prevent burning.
- Blend soup with blender or with hand blender until smooth.
- Add chopped kale and garnish with chopped cilantro.

Kichadi

1/2 cup of mung beans or yellow lentils
1 1/2 cups of brown basmati rice
3 Tbsp of ghee
1 tsp of cumin seeds
6 cloves
2 onions, finely chopped
2 garlic cloves, minced
1 inch piece of ginger, grated
1 green chili pepper *optional
1 tsp of garam masala
3 Tbsp lemon juice
1 tsp of salt

- Soak the lentils in 2 cups of water in a large pot or bowl for 2 hours.
- Wash the rice in a strainer under cold water until the water from the rice runs clear. Drain.
- Heat the ghee in a heavy bottomed saucepan over low heat and fry the cumin seeds and cloves for about 30 seconds.
- Increase the heat to medium, add onions, garlic and ginger. (I added 1 small green chili.)
- Cook onions, garlic and ginger until they soften and begin to brown.
- Add the rice and lentils and toss to thoroughly coat the ghee mixture.
- Add the garam masala, lemon juice, salt and 3 cups of boiling water
- Bring to a boil, then reduce heat to very low, cover tightly and cook for 15 minutes.
- Remove from the heat and gently fluff up with fork.
- Cover saucepan with lid or clean cloth and allow to rest for 10 minutes
- Fluff up again and season with salt to taste.

Golden Milk

1 cup of coconut milk or almond milk
1 tsp of turmeric powder (or fresh)
1/2 tsp of ground cinnamon
1/2 tsp of ground ginger (or fresh)
pinch of black pepper
1 tsp of ghee

Add all ingredients to a pot, heat over the stove on medium heat. Once hot, add to blender (especially if using fresh turmeric root or ginger root), or just use a frother to make a creamy latte style beverage. Drink this once or twice a day to help reduce inflammation and promote gut healing.

Bringing balance to mind, body and soul.

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