



Detox menu week three

For this week there will be grains and eggs added. See my video on how to grains. Thus far you have learned or gathered quite a few recipes. Feel free to use any of them this week. Many of the recipes that I have given you in this week you can make extras and freeze for a later date.

This week you will be testing out grains and eggs take special care to see how your body reacts to these changes. Note what doesn't sit well with you.

Breakfast

Avocado Smoothie

1 organic avocado pitted and scooped out

1/2 cup organic raw almonds

2 cups filtered water

1 tsp natural vanilla extract

6 pitted dates

a pinch of Celtic sea salt

5-6 ice cubes

Blend (I use a Vitamix) the almonds and water for a quick rustic almond milk.

Add in the other ingredients until rich and creamy.

This mixture fills two large 8oz glasses.

You might want to add in more sweetener to taste.

Quinoa Meal (AKA Oat free meal)

1 cup of Quinoa (this will make more than you need but it is nice to have on hand for the next days breakfast)

2/3 cup of water

1 tsp coconut oil

Handful of raisins

½-1 Tbl spoon of real maple syrup

Diced banana

Handful chopped walnut

Rinse and soak the quinoa over night. Cook the Quinoa in the water much like you would rice. Once the Quinoa is light and fluffy use as much quinoa that you would like and store the leftovers for tomorrow's breakfast. Add all other ingredients

Quinoa is loaded with protein which is a great way to start the day!

Bigger eats

Veggie Burger (altered from 101 cookbooks)

2 1/2 cups sprouted garbanzo beans (chickpeas) OR canned garbanzos, drained and rinsed
4 large eggs
1/2 teaspoon fine-grain sea salt
1/3 cup chopped fresh cilantro
1 onion, chopped
Grated zest of one large lemon
1 cup micro sprouts, chopped (try broccoli, onion, or alfalfa sprouts - optional)
1 cup milled oats (you can do this in a coffee grinder)
1 tablespoon of coconut oil

If you are using sprouted garbanzos, steam them until just tender, about 10 minutes. Most of you will be using canned beans, so jump right in and combine the garbanzos, eggs, and salt in a food processor. Puree until the mixture is the consistency of a very thick, slightly chunky hummus. Pour into a mixing bowl and stir in the cilantro, onion, zest, and sprouts. Add the breadcrumbs, stir, and let sit for a couple of minutes so the oats can absorb some of the moisture. At this point, you should have a moist mixture that you can easily form into twelve 1 1/2-inch-thick patties. I err on the moist side here, because it makes for a nicely textured burger. You can always add more oats a bit at a time to firm up the dough if need be. Conversely, a bit of water or more egg can be used to moisten the batter.

Heat the oil in a heavy skillet over medium low, add 4 patties, cover, and cook for 7 to 10 minutes, until the bottoms begin to brown. Turn up the heat if there is no browning after 10 minutes. Flip the patties and cook the second side for 7 minutes, or until golden. Remove from the skillet and cool on a wire rack while you cook the remaining patties.

You can enjoy your burger between two leaves of lettuce. Pick your favorite fixings like onions, pickles, mustard, ketchup, tomatoes, grilled veggies and my favorite roasted red bell peppers.

Green Soup (adapted from 101 cookbooks)

This soup is packed with all things good for you.

1 large yellow onion
2 tablespoons coconut oil
1 1/2 teaspoons sea salt, plus more to taste
1 large sweet potato
1 large leek, white and light green parts
1 bunch spinach
1 large bunch kale
3 tablespoons chopped fresh ginger, plus more to taste
2 cups vegetable broth
2-4 teaspoons fresh lemon juice freshly ground black pepper

Chop the onion and cook it slowly in the olive oil with a sprinkle of salt, stirring now and then, over low heat until it is soft and golden, about half an hour.

Meanwhile, peel and dice the sweet potato and put it in a large soup pot with 4 cups (1 liter) water and a teaspoon of sea salt. Thoroughly wash the leek, spinach, and chard, chop them coarsely, and add them to the pot, along with the chopped ginger.

Bring the water to a boil, then lower the heat and simmer the soup, covered, for 30 minutes, or until the vegetables are completely tender. Add the caramelized onions when they are ready. When the vegetables are soft, add the vegetable broth (you can add less if you like a thicker soup) and decide whether you want your soup chunky, like this, or smooth. If the latter, puree the soup in a blender, in batches, or with an immersion blender until it is smooth.

Stir in 2 teaspoons of the lemon juice and a few grinds of black pepper. Taste, and correct the seasoning with additional salt or lemon juice.

Serves 5-6.

Quinoa and Black Bean Salad (Adapted from Epicurious)

1 1/2 cups quinoa
1 1/2 cups cooked black beans
1 1/2 tablespoons apple cider vinegar
1 1/2 cups cooked corn (fresh if you have it frozen if you don't)
3/4 cup finely chopped green bell pepper
2 pickled jalapeño chilies, seeded and minced (wear rubber gloves)
1/4 cup finely chopped fresh coriander

For dressing

5 tablespoons fresh lime juice, or to taste
1 teaspoon salt
1 1/4 teaspoons ground cumin, or to taste
1/3 cup olive oil

In a bowl wash quinoa in at least 5 changes cold water, rubbing grains and letting them settle before pouring off most of water, until water runs clear and drain in a large fine sieve.

In a saucepan of salted boiling water cook quinoa 10 minutes. Drain quinoa in sieve and rinse under cold water. Set sieve over a saucepan of boiling water (quinoa should not touch water) and steam quinoa, covered with a kitchen towel and lid, until fluffy and dry, about 10 minutes (check water level in kettle occasionally, adding water if necessary).

While quinoa is cooking, in a small bowl toss beans with vinegar and salt and pepper to taste.

Transfer quinoa to a large bowl and cool. Add beans, corn, bell pepper, jalapeños, and coriander and toss well.

Dressing:

In a small bowl whisk together lime juice, salt, and cumin and add oil in a stream, whisking.

Drizzle dressing over salad and toss well with salt and pepper to taste. Salad may be made 1 day ahead and chilled, covered. Bring salad to room temperature before serving.

Quinoa Cakes With *(By Heidi Swanson)* Arugula and Poached egg

Quinoa Cakes

2 1/2 cups cooked quinoa, at room temperature
4 large eggs, beaten
1/2 teaspoon fine-grain sea salt
1 tsp. cracked pepper
1/3 cup finely chopped fresh chives
1 yellow or white onion, finely chopped
1/3 cup freshly grated Mozzarella cheese
3 cloves garlic, finely chopped
1 cup milled oats, plus more if needed
Water, if needed
1 tablespoon extra-virgin
Coconut oil

Combine the quinoa, eggs, and salt in a medium bowl. Stir in the chives, onion, cheese, and garlic. Add the bread crumbs, stir, and let sit for a few minutes so the crumbs can absorb some of the moisture. At this point, you should have a mixture you can easily form into twelve 1-inch / 2.5cm thick patties. I err on the very moist side because it makes for a not-overly-dry patty, but you can add more bread crumbs, a bit at a time, to firm up the mixture, if need be. Conversely, a bit more beaten egg or water can be used to moisten the mixture.

Heat the oil in a large, heavy skillet over medium-low heat, add 6 patties, if they'll fit with some room between each, cover, and cook for 7 to 10 minutes, until the bottoms are deeply browned.

Turn up the heat if there is no browning after 10 minutes and continue to cook until the patties are browned. Carefully flip the patties with a spatula and cook the second sides for 7 minutes, or until golden. Remove from the skillet and cool on a wire rack while you cook the remaining patties. Alternatively, the quinoa mixture keeps nicely in the refrigerator for a few days; you can cook patties to order, if you prefer.

Top the cakes with a bed of Arugula and a poached egg

If you don't know how to poach an egg here is the crash course. Set eggs out 1 hour before poaching. Bring water almost to a boil (you want the little bubbles at

the bottom that you see just before water boils. Crack the egg and put it in a small bowl like a half cup size. Take a wooden spoon and create a whirlpool in the water. Quickly grab your bowl with the egg and gently slip it into the whirlpool. For a runny to gelled egg 3-4 min.

Spanish Cod Soup With Spinach, Chick-Peas, and Parsley (James Peterson, Simply Soups)

Note: You can make everything in advance, except poaching the fish. Do that step right before you serve the soup.

4-6 fish stock, or chicken stock or water
2 pounds cod
1 cup dry chick peas, soaked overnight
2 Tablespoons olive oil
1/2 cup slivered almonds
3 garlic cloves, minced
3 medium sized tomatoes, seeded, peeled, and chopped, or 1-1/2 cups canned tomatoes, drained seeded and chopped
1 large bunch of spinach, stems removed, large leaves torn in half--enough to make 2 cups of tightly packed spinach
2 Tablespoons finely chopped parsley
salt
pepper

Drain the chick peas and combine them with enough fish stock or chicken stock or water to cover them. Bring to a simmer, then cover them and cook gently until they are soft enough to smash a few against the side of the pan. Add more stock or water as the chick peas cook, if necessary--don't let them get dry. Set aside when done.

Heat the olive oil and saute the almonds over medium heat for 5 minutes. Don't let them burn. Add the garlic and cook for 3 minutes more. Then add the tomatoes, spinach, and parsley and cook for about 5 minutes. Add the chick peas to the mixture. Set aside.

Just before serving, put the pieces of fish into a large pan with sides, so that the fish are in a single layer. Add enough cold water (or fish stock) just to barely cover the fish. Bring the water to a simmer over medium high heat, then turn it down to low heat. Let the fish poach until done at about 4 minutes per inch thickness. When done, remove the fish to a heated platter.

Snacks

Oatmeal Pumpkin Bars

Ingredients:

2 cups coconut flakes
1 cup pecans, chopped very fine (you can run them through a blender or food processor if you like)
1 c. Amaranth flour (or Sorghum, or probably several other gluten free flours would work)
3/4 c honey (I use about 1/2 normally)
1/2 cup coconut oil melted
2 tsp vanilla
1 tsp salt

For the pumpkin filling: (very lightly adapted from Pure2Raw)

2 15 oz cans pureed pumpkin (just plain, not pumpkin pie mix)
1/2 cup almond milk . (I haven't tried it but I bet coconut milk would be awesome here also)
2/3 cup honey
2 tsp vanilla extract
4 tsp ground cinnamon
1 tsp ground ginger
1 tsp ground nutmeg
1 tsp salt
1/4 heaping cup of arrowroot (you could also use potato or corn starch. I mean it when I say heaping cup, it's probably closer to 1/4 c. plus 2 Tbsp)

Preheat oven to 350 degrees. In a medium bowl, combine all oatmeal ingredients and stir until well combined. Spread evenly into a greased 9x13 inch pan.

In a medium bowl, combine all pumpkin filling ingredients until smooth. Spread evenly over the oatmeal mixture in the pan.

Bake for 30-45 minutes, until a fork inserted in the middle comes out mostly clean and the whole thing seems solid but not too browned. Chill in the fridge for at least 10 minutes or more (an hour is good, and they are even better the next day) and slice into 2 inch squares. Serve with coconut whipped cream, top with pecans, or sprinkle with some more cinnamon and nutmeg.

Kale Chips

One bunch of Kale
2 Tbl melted coconut oil
Salt and pepper to taste

Pre heat oven to 350. Remove the large vein that runs up the middle of the kale and ripe Kale into bite size pieces (remember the kale will shrink when cooked). Toss the kale in with the oil and salt and pepper until kale is coated. Bake the kale 10-12 min or until crispy.