

Recipes

Liver Detox Drink (LDD)

- Lemon juice - 14 Tbs
- Maple syrup - 14 Tbs
- fresh Mint - chopped, 1/2 c (can sub 2 Tbs dried if you can't find fresh)
- Cardamom powder - 1/4 Tbs
- Turmeric powder - 1/4 tsp
- Water - 2L (= approx 8 1/2 c)

1. Mix all the ingredients - I suggest in a large jar (ideally at least 2 liters in size - then you can separate into smaller jars for each day).
2. Keep drinking this when hungry til 2pm.
3. Store at room temperature.

Soup #1: Butternut squash Apple

- Carrot - 1, chopped
- Celery - 1 rib, chopped + more to garnish
- Yellow onion - 1, chopped
- Ghee - 1 Tbs
- Butternut squash - 16oz, peeled, seeded, chopped
- Green apple - 3, peeled, cored, chopped
- Apple juice - 2 c
- Ginger - 1/2 tsp, grated
- Water - 3 c
- Turmeric powder - 1/4 tsp
- Nutmeg, Cinnamon, Salt & Pepper - pinches of each, to taste

1. Combine ghee, onion, celery, and carrot in large saucepan or pot. Cook for 5 minutes.
2. Add squash, apples, ginger, juice, and water. Bring to a boil.
3. Simmer for 15 minutes or until squash is soft.
4. Puree.
5. Add spices and garnish with chopped celery.

Soup #2: Moong lentil Rice

- Basmati rice - 1/2 c (rinse the rice first, then soak in water for 30min, then drain the water)
- Moong dal - 3/4 c (rinsed, soaked 30min, drained)
- Turmeric powder - 1/2 tsp
- Salt - 1 tsp
- Ghee - 1 Tbs
- Ginger - 1 tsp, grated
- Water - 10 c
- fresh Cilantro - 1 Tbs, chopped
- Lime juice - drizzle

1. Soak the moong dal (also called mung beans or moong lentils) and rice for half an hour - you can gather your other ingredients during this time.
2. Combine ALL ingredients, except for cilantro and lime juice, in a large pot. Boil for 45 minutes.
3. Garnish with the chopped cilantro and drizzle of lime juice.

Oatmeal

- Oatmeal (regular - not quick-cooking or instant) - 1p
- Water - 2p
- Almonds, Raisins, Maple syrup - to taste

1. Cook oatmeal according to directions, with almonds and raisins added with the water (generally, combine 1 part oats and 2 parts water, bring to a boil, then simmer approx 30min or until all water is absorbed).
2. Let sit for a few minutes to allow oatmeal to thicken and the rest of the water to absorb.
3. Serve with maple syrup or honey, to taste.

Kitchari

- Brown basmati rice - 1p (rinsed, soaked 30min, drained)
- Mung beans - 1p (rinsed, soaked 30min, drained)
- Vegetables - 1p (e.g., green beans, carrots, spinach, other greens)
- Water - 6p
- Onion - 1 medium, finely chopped
- Turmeric powder - 1 tsp
- Black pepper powder - 1/4 tsp
- Bay leaf - 1
- Cumin (or Coriander) seeds – 1 tsp or so
- Ghee – 2 or 3 Tbs
- Ginger, chopped – approx 1in. piece
- Garlic – 1 clove
- fresh Coriander/Cilantro leaves, pinch of salt to serve

1. Rinse the rice and lentils, soak for 30 minutes, then drain.
2. Heat ghee or olive oil in a pan over medium heat. Add cumin seeds.
3. Add the onion, ginger, and garlic - sauté until golden brown.
4. Stir in turmeric, black pepper powder, and bay leaf.
5. Add mung beans, water, vegetables, and rice.
6. Cook for about one hour.
7. When beans are completely soft, add pinch of salt.
8. Serve with ghee and chopped cilantro/coriander.

OR follow this recipe, from Dr. Vasant Lad:

www.ayurveda.com/online_resource/kitchari_recipe.html

*EXCEPT leave out the mustard seeds, hing, and cumin powder

Detox Massage Oil

- Grapeseed oil – 2 Tbs
 - Jojoba oil – 8 Tbs
 - Sesame oil – 2 Tbs
 - Geranium essential oil – 5 drops
 - Lavender essential oil – 5 drops
1. Combine oils in sanitized jar, stir. Use your hands to massage into the body.