

Recipes for Supporting Detoxification

From the Book 7-Day Detox Miracle by Peter Bennett, N.D. and Stephen Barrie, N.D

Miso Soup

3 C water

1 carrot

1 onion

1 cup broccoli

Green beans or any other vegetable you like

1 c buckwheat noodles, rice noodles or bean thread noodles

3 tsp miso (a rice miso)

Boil the water. Add the carrot, onion, broccoli, and any other veggies you have with the noodles. Boil for 10-15 minutes. Take off the stove and add the miso. Whisk together.

Borscht

4 c water

1 beet

1 carrot

1 onion

½ c chopped green cabbage

1-2 potatoes

½ can tomato paste or canned tomatoes

Dill weed and light miso

Boil the water. Chop the vegetables and add them to the water. Add the tomato paste or canned tomatoes and dill. Cook over medium-low heat until all the vegetables are soft. Just before you are ready to eat, take the soup off the stove and add the miso using the method described in the recipe for miso soup.

Coleslaw

½ c cabbage

1/8 c carrots

1/8 c Chinese radish

¼ c cashews

Vinegar: Enough to make coleslaw wet but no more because it can make it too sour.

Mix the vegetables together. Dry roast the cashews in a toaster oven. When they are cool, add them, with the vinegar, to the cabbage mixture.

Gujarati -Style Cauliflower

½ c water

Cauliflower

½ tsp turmeric

¼ tsp mild curry powder

½ tsp coriander

¼ tsp mustard seeds

Cut a serving of cauliflower into small pieces. Dry roast the spices or have dried spices already. Place the cauliflower, spices, and water in a pot and cook over medium heat until the cauliflower is done the way you prefer. Some like it overcooked and soft. Some like it a bit crispy.

Pancakes on a Detox?

2 c buckwheat flour
1 tsp arrowroot powder
2 tsp baking powder
1 Tablespoon Olive Oil
1 ½ cups water
1 tsp vanilla

Mix all ingredients to form a thin batter. Ladle the batter on to a medium-hot grill or frying pan. Cook until bubbles stop forming and then flip. Enjoy with brown rice syrup or maple syrup.

Hummus

1 cup garbanzo beans
1/3 c sesame butter
2 cloves garlic, chopped
1/3 c parsley, chopped
Juice one lemon
1 teaspoon cumin
Salt to taste
1/8 tsp pepper

Mash the garbanzo beans. Blend in sesame butter. Thin with lemon juice and water until the mixture is the consistency of cooked oatmeal. Use as a vegetable dip or sandwich spread.