

DOCOFDETOX

WHOLE PLANT BASED

BLENDER DRINK RECIPES

*The Worlds Healthiest & Best
Tasting Non-Milk Shakes!*

Blend until ingredients are smooth, and enjoy!

Organic Plant Based Protein - This is included in many of the recipes below. We do not have a specific brand to recommend. Look for an organic plant protein that is made from any of the following proteins: chick pea, sprouted grains or hemp. Also, review the ingredients to find a clean product that does not contain fillers.



Plant Protein Power

1 serving Organic Plant Based Protein
of your choice

1-2 organic free range, raw eggs
(optional)

1 cup fresh or frozen berries and/or
half a banana (organic is always best!)

1 cup ice or to your preference

1-3 scoops MagInfusion (magnesium)

1-3 tsp Black Gold

1-3 drops of DOCOFDETOX Essential Oil
(Optional)

Organic coconut or almond milk (no
carrageenan, it is carcinogenic) or
structured water to your preferred
consistency.

*Peppermint, Orange Burst or Lemon
Lift essential oil can be added for
additional flavor if desired.*

The Ultimate Amino Boost Chocolate Shake



By: Rommy Burkhart

Meal Replacement, after workouts or at night.

1/2 Cup - Organic Milk Substitute Of Your Choice

Structured Water (*Amount May Vary Depending On If You Use Milk Substitute Or Not*)

1 Tbsp Organic Cacao

1-3 Frozen Bananas Organic

1 Tbsp. DOCOFDETOX Amino Boost

3-4 DOCOFDETOX SON Formula Caps

2tbsp. Nut Butter Of Your Choice Organic

1 Tsp. Sprouted Hemp Or Chia Seeds. (Optional)

1 To 2 Small Organic Medjool Dates (Optional)

1/4 Tsp. DOCOFDETOX Black Diamond

Ice (Optional)

Note: this is NOT cocoa. While cacao refers to cacao beans that have not been roasted, what is called cocoa is made of beans that have been roasted. So, in turn, a product that is labeled cacao is the raw bean and is often packaged as vegan chocolate that has been minimally processed with no additives.

Blend well on a high speed blender, ENJOY!

Note:

May also add the following to vary taste.

Small handful of mint or 1-2 drops of DOCOFDETOX peppermint essential oil.

1-2 drops of DOCOFDETOX Super Cinnamon essential oil or a dash of ground cinnamon.

Handful of fresh spinach.

1/2 tsp. of Vanilla

Shot of organic coffee.

Minty Blueberry

1 Cup Fresh Or Frozen Blueberries

1 Fresh Or Frozen Banana

1 Cup Spinach Or 1/2 Cup Of Kale

1 Cup Structured Water

1-4 Drops Of DOCOFDETOX Peppermint Essential Oil

3-4 DOCOFDETOX SON Formula Caps

1/4 Tsp. DOCOFDETOX Black Dimond

And/Or 1/4 Cup Fresh Mint

1 Cup Of Ice If Using Fresh Fruit

Blend and ENJOY!



Berry Avo

8-10 Oz Of Structured Water

1/4 Tsp. DOCOFDETOX Black Dimond

1 -2 Scoops Of DOCOFDETOX Amino Boost

3-4 DOCOFDETOX SON Formula Caps

2 Packed Cups Of Baby Spinach

1 Avocado

1 Cup Strawberries

Blend and ENJOY!



Peppermint Patty

1 Serving Organic Plant Based Protein of your choice

1-2 Organic free range, raw eggs (Optional)

1 cup fresh or frozen berries and/or half a banana (organic is always best!)

1 tbs organic cacao powder

1-3 scoops MagInfusion (magnesium)

1-3 tsp Black Gold

1-3 drops of DOCOFDETOX Peppermint Essential Oil

Organic coconut or almond milk (no carrageenan, it is carcinogenic) or structured water to your preferred consistency.

Green Island

1 cup fresh or frozen tropical fruit mix (banana, mango, pineapple)

1-2 handfuls of spinach or kale

1-2 organic free range, raw eggs (Optional)

1-3 scoops MagInfusion (magnesium)

Organic coconut or almond milk (no carrageenan, it is carcinogenic) or structured water to your preferred consistency.



Banana Rama

1 cup ice

1 ripe banana

1 serving Organic Plant Based Protein
of your choice

1-2 organic free range, raw eggs
(Optional)

1-3 scoops MagInfusion (magnesium)

½-1 tsp vanilla extract

Organic coconut or almond milk (no
carrageenan, it is carcinogenic) or
structured water to your preferred
consistency.

Berry Lemonade

1 cup fresh or frozen strawberries

1 cup fresh or frozen raspberries

1 tsp honey

1 cup ice

¼ cup fresh lemon juice

1 cup structured water





Berry Burst

1 cup of fresh or frozen berries

1-2 handfuls of spinach or kale
(Optional)

1 serving Organic Plant Based Protein
of your choice

1-2 organic free range, raw eggs
(Optional)

1-3 scoops MagInfusion (magnesium)

Organic coconut or almond milk (no
carrageenan, it is carcinogenic) or
structured water to your preferred
consistency.

Blueberry Mint

1 cup fresh or frozen blueberries

1 fresh or frozen banana

1 cup spinach

1 cup structured water

¼ cup fresh mint and/or 1-3 drops
of Peppermint Essential Oil

1 cup of ice if using fresh fruit



CREATE YOUR OWN SUPER GREEN SMOOTHIE:

Great for breakfast, lunch, or a snack!

CHOOSE 1:

2 packed cups of either baby spinach, romaine, green or red leaf lettuce.

CHOOSE 1:

2 leaves of collard or kale (stems removed).

CHOOSE 1:

whole apple, avocado, or pear.

CHOOSE 1:

fresh or frozen mango, pineapple, or berries of choice.



Avo Spinach

8-10 oz of structured water

2 packed cups of baby spinach

1 avocado

1 cup strawberries
8-10 oz of structured water

2 packed cups of baby spinach

1 orange or grapefruit (peeled)

1 cup pineapple

1 tablespoon chia seeds

1-2 sprigs of mint or basil (optional)

Mango-Licious

8-10 oz of structured water 2 packed cups of baby spinach

1 pear or banana

1 cup mangos

1-2 tablespoons hemp hearts

Pinacado

8-10 oz of structured coconut water or coconut milk (pour the coconut water or milk through your structure unit!)

2 packed cups of baby spinach

1 avocado

1 cup pineapple

ADD-INS & OPTIONS

Exchange baby spinach for romaine, green or red leaf lettuce.

Add 1-2 leaves of kale or collard greens (stems removed).

Exchange any fruit with one of choice.

Add raw honey or liquid stevia for added sweetness.

Add 1-3 teaspoons of Spirulina.

Variety is key; remember to rotate.



Mint for Me

- 1 Cup Frozen Pineapple
- 1 Cup Frozen Mango
- 1 Cup Of Spinach.
- 1-2 Drops DOCOFDETOX Peppermint Essential Oil Or Handful Of Fresh Mint.
- 2 Mejdool Dates (Optional)
- 1 Apple Green Preferably (Or Red For Sweeter Version)
- 1 Cup Of Coconut Milk
- 3-4 DOCOFDETOX SON Formula Caps
- Structured Water

Blend and ENJOY!



Rawsome Recipes

DOCOFDETOX JUICES

Vegetable Juice is a great addition especially if you are dealing with Cancer or any other chronic illness. When dealing with a chronic illness, up to 8 oz of fresh vegetable juice 8x a day is a great addition to your routine! Talk to the Doc for recommendations. If you have a Portable Structure Water Unit, pour your fresh vegetable juice through to structure, boost and energize your juice!



Energy Elixir

- 1 beet
- 1 carrot
- 1 celery stalk
- 1-2 inches of ginger
- 1 lemon

Vitality Elixir

- 1 celery stalk
- 1 lemon
- 1 green apple
- 1 cucumber

Celery Juice

- 1 Bunch of celery
- (Drink 16oz of celery juice on an empty stomach)

Carrot Juice

- 15-20 carrots
- (Drink 20-64oz of carrot juice a day)

Green Detox Juices

by Karen Di Gloria



DOCOFDETOX JUICES

Best for breakfast and on an empty stomach, between meals!

Green Detox Juice #1

1 granny smith apple
1 cucumber (with skin)
2-3 celery stocks
½ head of romaine
½ bunch cilantro
½ lime (Optional)

Green Detox Juice #2

1 granny smith apple
1 cucumber (with skin)
2-3 celery stocks
½ bunch of dandelion greens
½ lemon (Optional)

Green Detox Juice #3

1 red bell pepper
1 cucumber (with skin)
2-3 celery stocks
½ head of romaine
½ bunch parsley
1-2 garlic cloves (Optional)

Kidney Cleanse Juice

6-8 carrots (tops removed)

2 granny smith apples

1 cucumber (with skin)



Lymph Cleanse Juice

6-8 celery stocks

1 granny smith apple

½ beet

1 lemon

ADD-INS & OPTIONS

Add garlic, ginger, turmeric, cayenne, or jalapeño (to desired heat) to any juice.

Exchange romaine for green or red leaf lettuce.

Add sprouts (such as sunflower or broccoli).

Exchange any portion of leafy greens for arugula, collards, kale, watercress, etc.

Exchange red bell pepper for apple.

Variety is key; remember to rotate.

DOCOFDETOX SALAD RECIPES

Salad Dressing Options

Organic Dressing — NO corn, dairy, gluten, soy, sugar, or any words you cannot pronounce!

Lemon or Lime Juice &
Cold-Pressed Hemp Oil

Lemon or Lime Juice &
Cold-Pressed Olive Oil

Apple Cider Vinegar &
Cold-Pressed Hemp Oil

Apple Cider Vinegar &
Cold-Pressed Olive Oil

Homemade Healthy Dressings: use Olive Oil, Spices, Vinegars, keep it natural and organic!



RAINBOW OF VEGETABLES

Arugula
Asparagus
Baby Spinach
Bok Choy
Broccoli
Brussel Sprouts
Carrots
Cauliflower
Celery
Collard Greens

Cucumber
Endive
Fennel
Green Leafy
Herbs
Kale
Napa Cabbage
Red Cabbage
Radicchio
Radish

Red Onion
Sea Vegetables
(Dulse, Kelp, Nori)
Scallions
Snap Peas
Sprouts (Alfalfa,
Broccoli, Clover,
Lentil, Sunflower)
Swiss Chard
Zucchini



SALAD TIPS

Chop all vegetables into small pieces to enhance digestion!

Stay away from nightshade vegetables if you are suffering from an inflammatory situation because they are inflammatory to an inflamed body. If you don't have **inflammation** they won't bother you and will not trigger an inflammatory response. These include: tomatoes, white potatoes, eggplant, okra, peppers, goji berries, tomatillos, sorrel, gooseberries, ground cherries, pepino melons, tobacco, and paprika.

Best is not to mix different proteins together. Note that avocado is considered a protein as well. When choosing avocado, I feel it is best to not add additional oil. However, if you must, I would choose olive oil. Avocado and olives are both fruit fats and, I believe, blend better than avocado with nut or seed oil varieties.

When choosing nuts and/or seeds as your protein, I suggest choosing hemp oil or a different cold-pressed nut or seed oil of choice. Raw nut or seed butters also make great creamy dressing options.

Soak and store chickpeas and lentils in some coconut aminos for an amazing burst of flavor! Be sure to keep them in the fridge! If it is impossible for you to make fresh chickpeas, beans or lentils, be sure to buy organic and in BPA free cans. Then rinse them well with structured water.

Sprinkle your salad with nutritional yeast flakes—a great source of high quality, bioavailable protein, containing both essential and non-essential amino acids that is suitable for everyone, including vegetarians and vegans.

Sprinkle your salad with spirulina—a nutritional powerhouse, rich in vitamins, minerals, amino acids, essential fatty acids, and enzymes.

Add up to 1 teaspoon of stone-ground Himalayan rock salt or sea salt to your diet. This is a balanced way to take sodium along with essential trace minerals.

Rainbow Vegetable Salad

Perfect for lunch or dinner!

6-8 oz or approximately 6-8 packed cups of the following:

Sweet baby lettuce, spring mix, romaine, kale, butterhead, green or red leaf lettuce.

Choose ONE: Avocado, chickpeas, black beans, lentils, raw nuts/seeds as your protein.

Add as many veggies as you like from the Rainbow of Vegetables list.

Use any dressing from the Salad Dressing Options.

Please Note: If you choose baby spinach, kale, or other varieties known to be higher in goitrogens and oxalates, be sure to rotate. Nutritional imbalances are far less of a concern when you learn to change up your choices every couple of days.



Kale Salad

Ingredients:

2 Large leaves Kale - stem removed, sliced thin crosswise

1 Avocado - cut into bite size chunks

2 Tbsp. Olive oil

2 Tbsp. dried black currants or ½ a peeled apple, diced. (I prefer Spartan apples because of the tartness)

2 Tbsp. fresh squeezed lemon juice or apple cider vinegar

2 Tbsp. raw sliced almonds - toasted in pan

Salt to taste

Ground black pepper to taste

Directions:

Mix ingredients all together.

Let sit at room temperature for 10 minutes and stir occasionally.

Enjoy!



Rainbow Chopped Salad

Orange-Oregano Dressing Ingredients:

½ teaspoon orange zest

½ cup freshly squeezed orange juice

¼ cup apple cider vinegar

1 tablespoon extra-virgin olive oil

2 teaspoons fresh oregano, chopped,
or ¾ teaspoon dried

1 teaspoon Dijon mustard

Pink Himalayan Salt to taste

Ground black pepper to taste

Salad Ingredients:

1 ½ cups broccoli florets, chopped

1 cup shredded carrots

½ cup radishes, diced

1 tablespoon red onion, minced

½ cup Orange-Oregano Dressing

Directions:

To prepare dressing: Place orange zest and juice, vinegar, oil, oregano, mustard, salt and pepper in a jar. Cover and shake to combine. (Makes about 1 cup.)

To prepare salad: Combine broccoli, carrots, radishes and onion in a medium bowl. Add ½ cup of the dressing and toss to coat. Refrigerate until ready to serve. (Refrigerate extra dressing for up to 1 week.)



Inner Goddess Detox Salad

2 cups loosely packed fresh kale, torn into bite-sized pieces

2 cups loosely packed baby spinach, torn into bite-sized pieces

1 cup shredded cabbage

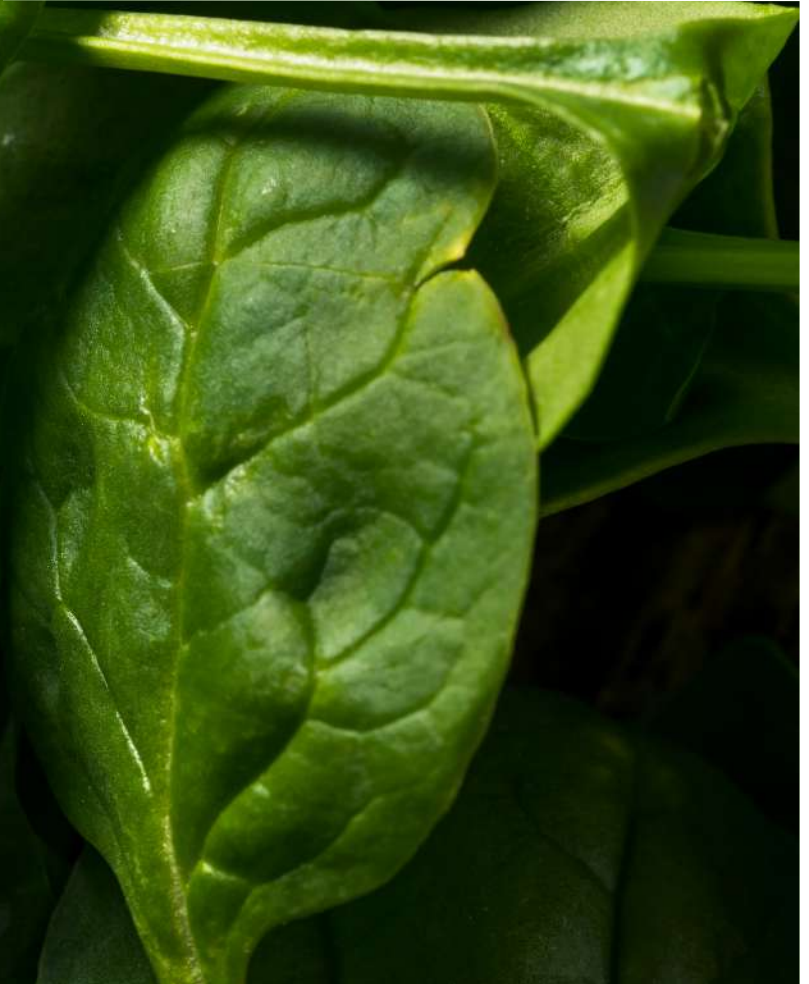
10 raw, unsalted almonds, roughly chopped

3 strawberries, sliced

1 large carrot, peeled & sliced

¼ cup blueberries

½ cucumber, peeled & sliced



SWEET & SAVORY SPECIALITY SALADS

Fennel & Grapefruit Salad

Salad Base

Chop or slice veggies and fruits (as described below) into small, bite-sized pieces, and then place in a large mixing or serving bowl with all other ingredients.

5 oz baby arugula

1-2 fennel bulbs (fronds removed & thinly sliced)

½ cup packed, fresh parsley (finely chopped leaves & tender stems only)

¼ cup packed, fresh mint (finely chopped leaves & tender stems only)

1 pink grapefruit (peeled, seeded, & finely chopped)

1-2 avocados (peeled, pitted, & diced)

2-3 tbsp golden gooseberries

1-2 tbsp coconut flakes (Optional)

Dressing

Add the following ingredients to salad base in mixing bowl and toss together until well combined and coated:

1-2 tbsp coconut vinegar

1-2 tbsp raw honey (optional)

1 inch piece ginger root, minced (Optional)

¼ tsp sea salt (or to taste)

1 dash cayenne (or to taste)

1 pinch asafoetida* (or to taste)



Optional Variations

Substitute one head finely chopped endive, escarole, or romaine lettuce for arugula.

Substitute 2-3 finely chopped blood oranges (peeled & seeded) for grapefruit.

Substitute 2-3 tbsp goji berries for golden gooseberries.

If time allows, cover and chill before serving to allow flavors to set in and veggies to tenderize. Then gently toss again just before serving and enjoy!

*Note: asafoetida (aka hing) is a spice used as a substitute for onions and garlic. It is perfect when one desires the depth and savory flavors of onions and garlic, but not the lingering aftertaste or overpowering odor. A tiny bit of asafoetida goes a long way, so be sure not to use in the same way you would onion or garlic powder.

Asafoetida is also great for individuals who are sensitive to onions and garlic and their somewhat irritating effects. What's more, asafoetida is well known as a digestive aid. Regular use has also been known to help those who have problems with asthma and bronchitis.



Apple/Pear Walnut Salad

Salad Base

Chop or slice veggies and fruits (as described below) into small, bite-sized pieces, and then place in a large mixing or serving bowl with all other ingredients.

5 oz baby arugula

2 stalks celery (thinly sliced)

1-2 ripe, pears and/or apples (chopped)

¼ cup walnut halves or pieces

2-3 tbsp dried, purple mulberries

Optional Variations

Substitute one head finely chopped endive, escarole, or romaine lettuce for arugula.

Substitute hemp hearts or pecans for walnuts.

Substitute currants for purple mulberries.

Dressing

Add the following ingredients to salad base in mixing bowl and toss together until well combined and coated.

1-2 tbsp coconut vinegar

1-2 tbsp maple syrup or raw honey

1-2 tbsp hemp oil

½ tsp ground cinnamon (or to taste)

¼ tsp sea salt (or to taste)

Massaged Kale & Avocado Salad

Kale Salad Instructions

Please see and follow step-by-step Kale Salad Instructions BEFORE placing all ingredients in a large mixing or serving bowl.

Chiffonade cut kale and place in a large mixing bowl by itself.

Sprinkle finely chopped kale with sea salt and massage for 2-3 minutes with your hands until kale begins to soften and wilt.

Cut avocados in half, remove seed, and with a knife slice a tic-tac-toe like grid through the avocado. Using a spoon, scoop avocado out of the peel.

Add diced avocados and gently massage through the kale with your hand. If you would rather not massage with your hand, just be sure to smash up avocados a bit with two forks and toss with the kale.

Add diced tomatoes or mangos, lemon juice, herbs, and spices straight into mixing bowl and toss again until all the ingredients are well combined.

If time allows, cover and chill before serving to allow flavors to set in and veggies to tenderize. Then gently toss again just before serving and enjoy!

Ingredients:

1 bunch lacinato or curly kale (stems removed)

2 avocados (peeled, pitted, & diced)

¼ cup lemon juice

1-3 tsp of dried basil, cilantro, or oregano (or to taste)

1 dash asafoetida (or to taste)*

Sea salt and/or cayenne to taste

Optional Add-Ins

Add dried basil, cilantro, or oregano to taste.



*Note: asafoetida (aka hing) is a spice used as a substitute for onions and garlic.

Massaged Kale & Tropical Fruit Salad

Ingredients:

1 bunch lacinato or curly kale (stems removed)

2 avocados (peeled, pitted, & diced)

1-2 cup fresh mangos, diced (or papaya)

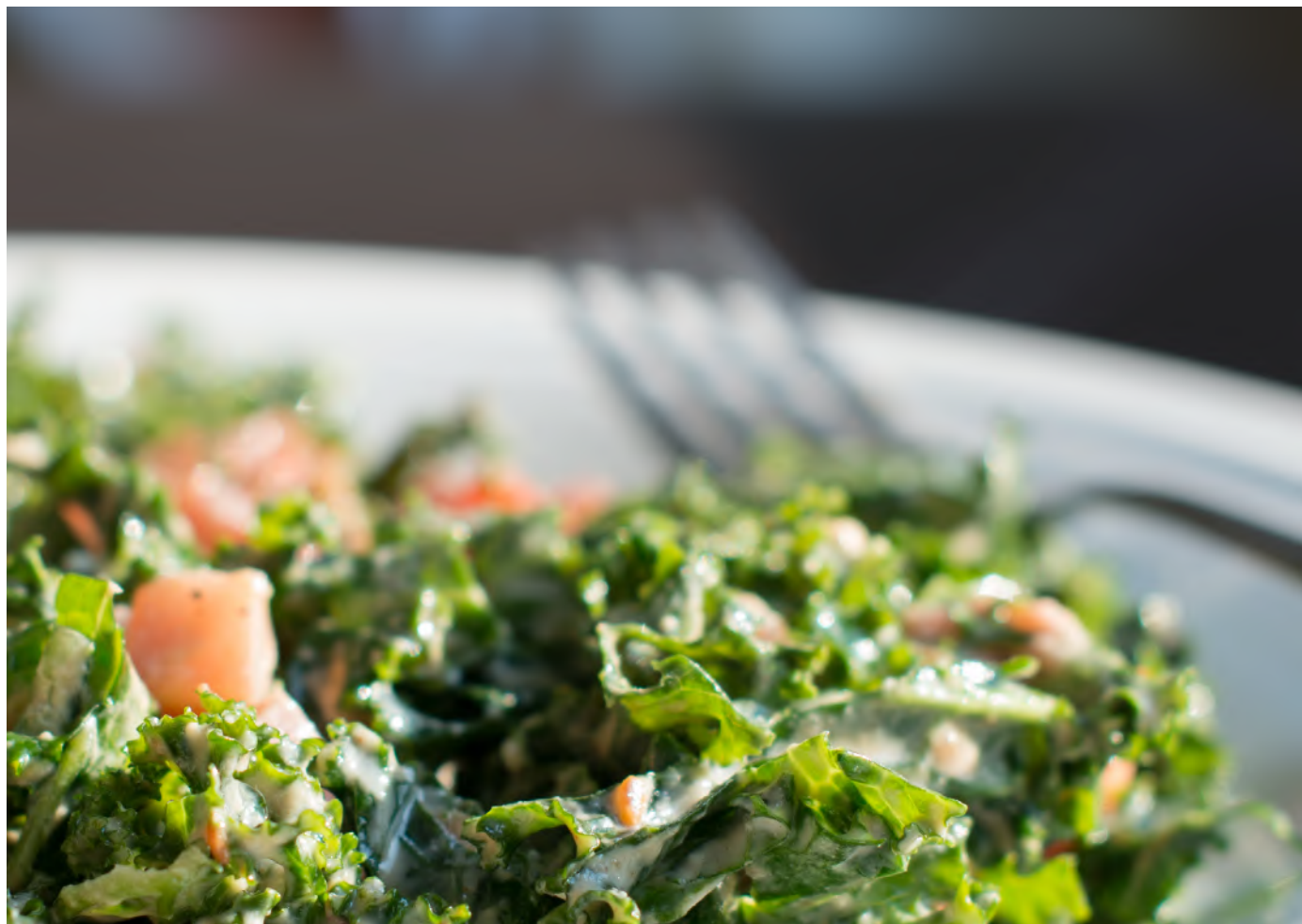
2 whole limes, juiced

1 dash asafoetida (or to taste)*

Sea salt and/or cayenne to taste

Optional Add-Ins

Add a few sprigs of finely chopped fresh mint, cilantro, and/or Thai basil (leaves & tender stems only).



DOCOFDETOX

SIDE DISHES & SALAD TOPPERS

Guacamole

Combine the following ingredients in a mixing bowl (as described), following the instructions below.

Ingredients:

4 avocados (peeled & pitted)

1 whole lime, juiced

¼ cup packed, fresh cilantro (finely chopped leaves & tender stems only)

1 red serrano chilli pepper (seeds removed & minced)

½ tsp sea salt (or to taste)

¼ tsp asafoetida*

Optional Variations

Add to above dried basil, cilantro, dill, parsley, or thyme to taste. If black sesame oil is unavailable, may replace with extra virgin olive oil.

This is great as a dip, as a spread in collard or lettuce leaf wraps, or tossed in a salad. Delish when accompanied by chopped cucumber, red bell pepper, sundried tomatoes, and sundried olives.



Directions:

Cut avocados in half, remove seed, and with a knife slice a tic-tac-toe like grid through the avocado. Use a spoon to scoop out avocado from the peel and into the mixing bowl.

Add the rest of the ingredients and, using a fork, roughly mash the avocado—but don't overdo it, as guacamole should be a little chunky. I suggest adding only 1/2 of the chilli pepper to start, adding the other half if you desire a higher level of heat. If you prefer no chilli pepper, or to sprinkle with cayenne instead, it will still be delicious.

Prior to serving, add 2 chopped roma tomatoes and stir through.

Now your simple guacamole is ready to be served with chopped and sliced veggies or whatever your little heart hungers for!

*Note: asafoetida (aka hing) is a spice used as a substitute for onions and garlic.



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SALAD DRESSING OPTIONS

Place the following ingredients in high-speed blender and blend until smooth and creamy.

ORGANIC DRESSING - NO Corn, Dairy, Gluten, Soy, Sugar, or any other words you cannot pronounce.

Lemon or Lime Juice & Cold Pressed Hemp Oil

Lemon or Lime Juice & Cold-Pressed Olive Oil

Apple Cider Vinegar & Cold-Pressed Hemp Oil

Apple Cider Vinegar & Cold-Pressed Olive Oil

Homemade Healthy Dressings - Use Olive Oil, Spices, Vinegars

Keep it natural & organic!



Genie

Zucchini Hummus

Chop veggies into small chunks, place in high-speed blender along with all other ingredients, and then blend until smooth.

Ingredients:

2 medium zucchini (peeled)

½ - ¾ cup unhulled, tan sesame seeds

½ cup raw sesame tahini

2 tbsp chickpea miso paste

1 tsp cumin

½ tsp sea salt (or to taste)

¼ tsp asafoetida*

1 dash cayenne (or to taste)

½ cup lemon juice

1-2 tbsp black sesame seed oil

Optional Variations

Add to above dried basil, cilantro, dill, parsley, or thyme to taste. If black sesame oil is unavailable, may replace with extra virgin olive oil.

This is great as a dip, as a spread in collard or lettuce leaf wraps, or tossed in a salad. Delish when accompanied by chopped cucumber, red bell pepper, sundried tomatoes, and sundried olives.

*Note: asafoetida (aka hing) is a spice used as a substitute for onions and garlic.

Cauliflower Rice

Ingredients:

1 head of cauliflower—washed, and then roughly chopped into florets. Do not include much of the stock.

Hemp or olive oil (see instructions below)

Directions:

Place cauliflower florets in food processor, and pulse chop until rice-sized pieces.

Transfer to a bowl and stir in the oil and sea salt until well combined. Note: for every 2 cups of cauliflower rice that comes out of the food processor, add approx. 1-2 tablespoons of oil and 1/8 teaspoon of sea salt (or to taste).

Be creative! Add some of your favorite veggies from the Rainbow of Vegetables list.

Be sure to chop or thinly slice them into bite size pieces for an even distribution of flavors on the palate. Add lemon or lime juice, if desired.

Variety is the spice of life! Go ahead and toss in some fresh or dried herbs and spices.

Mountain Rose Herbs has amazing blends... from Caribbean to Thai Curry, you can be traveling the globe with flavor!



Optional Variations

For Asian Cauliflower Rice:

Add a splash of coconut aminos, a few sprigs of Thai basil, and thinly sliced carrot, bell pepper, scallions, and snap peas.

For Curry Cauliflower Rice:

Add a bit of curry or garam masala blend, a few sprigs of cilantro or parsley, some thinly sliced carrot and scallions, and some chopped tomato.

For Mexican Cauliflower Rice:

Add a squeeze or two of a lime, a bit of Mexican seasoning, a few sprigs of cilantro, some scallions and/or jalapeño. Delish by itself, as a side dish, or tossed in your salad.



Summer Squash Rawgetti

Follow the following step-by-step instructions for spiral cutting zucchini or summer squash when planning to make a rawgetti (aka noodle) dish with either of these two vegetables.

For Zucchini & Summer Squash Rawgetti you will need a Spirooli (spiral 3-in-1 slicer).

Choose the smaller of the two shredder blades and follow the illustrated instructions on the box for spiraling. You may choose to peel zucchini or summer squash or keep the skin intact (which is what I prefer). Just be sure to thoroughly wash the outer skin and chop the ends off before placing zucchini or summer squash in position for spiraling. Also, be careful when locking the blades in position, as they are sharper than they look.

For a personal serving, I usually like to use two medium zucchinis or two medium summer squashes. If you are making rawgetti for more than one person or would like to prep for more than one meal ahead of time, plan to spiral cut two zucchini or summer squashes per serving.

Once you are done spiraling, give the long strands a few course chops for easier twirling.

Pour your dressing of choice over your spiralized veggies, allowing them to marinate for at least 20-30 minutes (if time permits).

Remove the amount you plan to eat and store the remainder in the fridge for your next meal. Marinated spiralized veggies are great eaten alone or tossed onto a bed of mixed greens.

Feel free to add any combinations of chopped, diced and/or shredded veggies to the mix (such as bell peppers, carrots, tomatoes, etc.) to make this meal as colorful as it is complete!

DOCOFDETOX SOUP RECIPES

Homemade Vegetable Soup

Prep & Cook Time: 35-50 min

Serves: 2 - 8

Makes: 8 cups

Ingredients:

2 medium onions, chopped
1 large handful of kale or chard, chopped
4 stalks of fresh grown celery, chopped
3 cloves of garlic
1 tsp. Himalayan crystal salt
Cayenne pepper, to taste (optional)



Directions:

Place ingredients in 2 quarts (about 2 liters) of pure or distilled water. Bring to boil and simmer for 20 minutes, then strain the liquid and discard the veggies. If you'd like to spice it up a little, throw in some cayenne pepper.



Black Bean Soup

Prep & Cook Time: 35-50 min

Serves: 8

Ingredients:

1 Cup Finely Chopped Carrot
1 Cup Fine Chopped Celery
1 Cup Fine Chopped Onion
3 Cloves Of Minced Garlic
1 Pound Of Black Beans
1 Spoon Of Ground Black Pepper
2 Spoons Of Sea Salt
1 Spoon Of Olive Oil
1/3 Cup Minced Skinless Tomato

Directions:

First, cook the beans. Follow by sautéing the mix of carrot, celery and onion until softened. Add garlic and minced tomatoes until fully cooked. Blend half of the beans and add them to the pot. Mix in the whole beans, and add the veggie stock. Let it simmer for 10 - 15 minutes. Serve and sprinkle chopped cilantro if desired.

Carrot, Orange, Ginger Soup

Carrot Orange & Ginger Soup is loaded with heaps of vitamin A especially from the carrots, vitamin C from the oranges, and warming ginger which provides digestive aid amongst other health benefits. Not only is this soup nutrient dense, but it's also low in calories.

The amazing thing about this soup is the flavor translates really well both eaten cold/slightly chilled or warm/hot. I accidentally found this out this past week! I've been moving from one home to another and at the same time remodelling the kitchen, bath, and completely painting our entire home- a lot of fun yet tiring work and not a lot of time to cook. I batch cooked this Carrot Orange & Ginger Soup on Sunday in preparation for our busy week ahead; I had no way of heating this soup but still enjoyed it slightly chilled, it tasted just as amazing if not more so when warmed.

Tip: Although you could skip the entire steps that deal with cooking and make this an all raw soup, carrots are one of few vegetables that actually increase in nutrition with cooking!

Prep & Cook Time: 45 mins

Serves: 2-8

Makes: 10 Cups



Ingredients:

1½ lbs. raw carrots, chopped

3 cups vegetable stock

3 cups Structured Water

1 whole orange (about 1 cup)

½ cup sweet onion, chopped

1 stalk celery, chopped

2 cloves of garlic, chopped

3-4 dates, pitted (adjust to sweeten)

1½ inch fresh ginger root

2 tablespoons coconut oil

1 tablespoon orange zest

1 teaspoon sea salt (to taste)

Garnish with pumpkin seeds, hemp seeds and fresh cilantro



Directions:

In a large soup pot, on medium heat add coconut oil, garlic, onions, sea salt, and celery to soften. Cook for about 5-8 minutes.

Add chopped carrots and cook for about 10 minutes allowing the vegetables to slightly caramelize.

Add vegetable stock and Structured Water.

Cook until the carrots are fork tender, about 15 minutes.

Carefully pour the hot liquids with vegetables in a high speed blender (or if you have an immersion blender you may use this as well) with all remaining ingredients and blend until smooth.

At this point, add the orange and fresh ginger and blend again until smooth. You can adjust the liquid at this point, if you like a thinner soup just add more water or leave it be and the soup will be thicker.

Reheat as needed on the stovetop or else store in the fridge for leftovers!

Garnish with your favorite seeds and fresh herbs or cashew cheese.

Enjoy!

Vegetable Broth

Prep & Cook Time: 45-60 mins

Serves: 2-6

Makes: 8 cups

Ingredients:

3 quarts structured water

1 large onion, chopped

2 carrots, sliced

1 cup winter squash, cut into large cubes

1 cup root vegetables (any of the following: turnips, parsnips, and rutabagas for sweetness)

2 celery stalks

½ cup cabbage

4 ½ fresh ginger slices

3 cloves of whole garlic

Himalayan crystal salt (to taste)



Directions:

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.

Lemony Spring Spinach Soup

Tart and tangy lemon brings out the delicate flavor of baby spinach in this quick and super easy soup. Clean and creamy, this bright soup is a perfect “go-to” for spring.



Ingredients:

4 cups loose baby spinach

2 cups organic cashew milk (original unsweetened)

3 tablespoons lemon juice

1 tablespoon lemon zest

1 green onion, chopped

1 clove garlic

Minced pepper to taste

Himalayan crystal salt to taste

Prep & Cook Time: 30-45 mins

Serves: 2-4

Makes: 2-3 cups

Directions:

Blend everything until smooth. Garnish with black sesame seeds and avocado.



Pea Soup

Peas really are the bee's knees. Their juice is highly beneficial for people with gluten intolerance, as it repairs the membranes in the small intestine that can prevent fats being absorbed. Peas are also rich in protein, fibre, iron and vitamins A, C and B1 (thiamine), which is essential for energy production, nerve function and carbohydrate metabolism.

The water-soluble fibre in peas bind with cholesterol and help reduce inflammation and lower your risk of chronic conditions, including diabetes, heart disease, and arthritis.

Prep & Cook Time: 45 mins

Serves: 2-8

Makes: 10 Cups

Ingredients:

- 1 garlic bulb (corm)
- ¼ cup cold-pressed extra virgin olive oil, plus extra to serve
- 1 brown onion, diced
- 3 thyme sprigs, leaves only
- 4 cups vegetable stock
- 1lb 2oz fresh or frozen peas
- 1 tablespoon apple cider vinegar
- Himalayan salt and freshly ground pepper
- Handful of parsley leaves, plus extra to serve

For this recipe, the sweetness of the soup comes from pre-roasting the garlic bulb in the oven. Simmering the soup on the stove increases the flavour ten-fold; if you're not pushed for time, let it simmer for 15 minutes before blending.

Directions:

Preheat the oven to 200C/400F.

Cut the top off the garlic bulb, place on a baking tray, drizzle with 1 tablespoon of the olive oil and bake for 30-35 minutes.

Meanwhile, heat the remaining 2 tablespoons of olive oil in a large saucepan over medium heat and cook the onion and thyme for 5 minutes.

Add the stock, peas, apple cider vinegar, salt and pepper and bring to the boil.

Reduce the heat to low, add the parsley and simmer gently, partially covered, for 5-10 minutes. (Cook for longer if you would like a stronger flavour).

Remove from the heat and place in a blender.

Remove the garlic from the oven and squeeze the garlic cloves out of their skins. Add to the blender and blend until smooth.

Serve sprinkled with the extra parsley leaves and a drizzle of extra virgin olive oil.

Enjoy!

Raw Soup

By: Rommy Burkhart

Ingredients:

Raw Red Pepper Soup In Blender

1 Red Pepper

1 Garlic Clove

1/2 Tsp. DOCOFDETOX Curcumin - Cayenne Or Turmeric

3-4 DOCOFDETOX SON Formula Caps

Directions:

Blend in a high speed blender for 8 min. till hot then serve.

(Optional) Garnish With:

1 tsp. DOCOFDETOX C60 Coconut oil and
Raw Fresh Sprouts (Like Cilantro Sprouts).





DOCOFDETOX NUT CREMES & CHEEZES

Sour Nut Crème

Place the following ingredients in high-speed blender and blend until smooth and creamy.

Ingredients

2 cup macadamia nuts

½ tsp sea salt (or to taste)

¼ cup lemon juice

6-8 oz purified, Structured Water
(more as needed for thinner consistency)

Optional Serving Ideas

This recipe is extremely versatile!

Serve as an appetizer to dip chopped veggies, chia, or flax crackers in, or as a base for any creamy, herb dressing you desire.

Macho Nacho Cheeze

Chop veggies into small chunks, place in high-speed blender along with all other ingredients, and then blend until smooth and creamy.

Ingredients:

1 red bell pepper

2 cup macadamia or Brazil nuts

½ tsp sea salt (or to taste)

1 dash asafoetida (or to taste)*

¼ cup lemon juice

3-4 oz structured water (more as needed for thinner consistency)

Optional Variations

Another extremely versatile recipe!

Substitute organic Mexican or taco seasoning for asafoetida.

Keep it thick for a dip or thin it out for a drizzly dressing.

*Note: asafoetida (aka hing) is a spice used as a substitute for onions and garlic.

DOCOFDETOX SAUCES & DRESSINGS



Hemp Pesto Sauce

Place the following ingredients in high-speed blender and blend until smooth and creamy.

Ingredients:

½ cup hemp hearts

¼ cup dried basil

2 tbsp dried cilantro

¼ tsp sea salt (or to taste)

1 dash asafoetida*

2 tbsp lemon juice

½ cup hemp oil

4-6 oz purified, Structured Water (more as needed for thinner consistency)

Optional Serving Ideas

Savory and satisfying as a dip for chopped veggies, chia, or flax crackers.

If needed, add a bit more water (up to 1/2 cup more) and you have the perfect sauce for spiralized zucchini or summer squash noodles .

Spectacular as a dressing for your Rainbow Vegetable Salad.

*Note: asafoetida (aka hing) is a spice used as a substitute for onions and garlic.