

ClearBeing Nutritional Rebirth RECIPES

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Sample day:

(recipes to follow)

- early morning: *lemon water, warm grapefruit elixir, or infused water, or thyme tea, or tea infusion*
- on an empty stomach: *pure celery juice, or celery juice with a twist*
- first meal: *fruit, fruit salad, smoothie bowl, or fruit cereal with banana milk*
- mid-morning: *heavy metal detox smoothie*
- noon to mid-afternoon: *salad meal*
- snack: *fresh juice, fruit and vegetables (see snack ideas below)*
- end of afternoon: *another smoothie or fresh juice*
- optional: *spinach soup, everyday raw stew, or other raw soups, another salad, or fruit and vegetable plate*
- drink *tea infusions* and *mineral broths* as desired
- drink water (+ lemon or lime) throughout the day

important details:

- use only fruit and vegetables in your smoothies (avoid protein powders and added fats)
- eat 1/2 to 1 avocado per day in salads, or blend with orange or lemon juice for a dressing
- avoid nuts and seeds for the duration of the cleanse
- eliminate oils (even cold-pressed)
- Eat as much as you want to satisfy your hunger, every hour or 2 is fine. You will likely find yourself eating more fruit than usual. Eight or more servings a day is not unusual, for example 3 bananas, 2 apples, 2 oranges, 2 cups berries, 3 cups melon.

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options (these will slow down the process):

- add one meal of steamed vegetables (greens like kale and spinach, broccoli, cauliflower, asparagus, zucchini), or vegetable soup
 - add starchy vegetables such as baked sweet potatoes, squash, potatoes
 - add 1 to 2 Tbs nuts and seeds
-

After the 7 days:

- continue the Nutritional Rebirth for up to 28 days.

Or,

Move on to the Everyday Deep Healing Diet

- Keep your fruit and vegetable intake at 80% of your diet, as much raw as possible. Slowly add the following foods in the order shown, being mindful of how you feel as you add them back.
 - cooked watery vegetables such as leafy greens, asparagus, broccoli, cauliflower, zucchini, etc.
 - cooked starchy vegetables such as sweet potatoes, squashes, potatoes
 - legumes such as chick peas, black beans, lentils, etc.
 - nuts and seeds (keep moderate – ¼ cup nuts, 2 Tbs seeds/day)
 - gluten-free whole grains (millet, quinoa, brown rice, buckwheat)
 - liquid cold-pressed oils (max 2 Tbs /day)
 - good quality meat

*Suggestion: eat the Rebirth way at least one day a week
for ongoing care of the body and soul.*

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Teas, Cleansing Drinks & Broths

lemon & thyme tea

A nice alternative to lemon water. Thyme kills viruses on contact.

2 cups water

½ - 1 tsp thyme leaves (fresh or dried), about 1 thyme sprig

juice of ½ lemon

½ tsp honey (optional)

- Boil water in a small pot and add thyme leaves.
 - Simmer for 10 minutes and then let sit for 15 minutes.
 - Add lemon and honey.
-

nourishing tea infusion

Makes 2 cups

There are many recipes in Deep Healing for Tea Infusions from loose herbs.

Here are 3 simple options made from tea bags. I like the Traditional Medicinals brand.

- Bring 2 cups of water to a boil in a small pot.
- Add the 3 tea bags and let sit for 15 to 30 minutes.
- Remove the tea bags and enjoy, warming the tea as necessary.
- Add honey if desired

Version 1:

- 1 nettle tea bag
- 1 raspberry leaf tea bag
- 1 lemon balm tea bag

Version 2

- 1 nettle tea bag
- 1 raspberry leaf tea bag
- 1 licorice root tea bag

Version 3

- 1 nettle tea bag
- 1 dandelion root tea bag
- 1 licorice root tea bag

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warm grapefruit juice morning elixir

1 grapefruit
½ to 1 tsp honey
hot water

- Put the kettle on.
 - Juice the grapefruit with a citrus press and pour it into a tall glass or large mug.
 - Add enough room temperature water to double the volume, plus the honey.
 - Now add enough hot water to double the volume again and stir to dissolve the honey.
-

mineral broth

(adapted from Medical Medium.com)

Ingredients

4 carrots, chopped or 2 sweet potatoes, cubed
2 stalks of celery + leaves, roughly chopped
2 onions, sliced (or use 1 leek and include the dark green leaves)
1 cup sliced shiitake mushrooms
1 cup parsley, finely chopped
1 tomato, chopped
up to 2 cups vegetable trimmings (kale stems, asparagus stem bottoms, celery leaves)
6 garlic cloves, chopped
1 inch of fresh ginger root, sliced
1 inch of fresh turmeric root, sliced
1 strip kombu (+ any other seaweed, as desired)
8 cups of water
Optional: Chili peppers or red pepper flakes

- Place all the ingredients in a pot and bring to a gentle boil.
- Turn heat down to low and allow to simmer for about an hour.
- Strain and sip for a mineral rich, healing and restorative broth.

From Medical medium.com:

“Carrots help to lower blood pressure, reduce edema, relax muscles, steady nerves, and balance cognitive function. Onions & garlic have powerful antiviral & antibiotic properties and can help eliminate heavy metals and parasites from the body. Parsley & shiitake mushrooms contain an excellent bioavailable form of iron which helps to keep your blood strong and prevent anemia and are also rich in zinc which is highly beneficial for treating viral issues and strengthening the immune system. Ginger & turmeric root helps reduce inflammation and improve liver function and aids in keeps your hair growing strong and skin healthy and vibrant. “

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Smoothies

Directions for all smoothies: Combine all the ingredients in a blender and process until smooth. Add more water if necessary to thin to the desired consistency. Serve immediately.

heavy metal detox smoothie

Cilantro, Hawaiian spirulina, barley grass juice powder, dulse and wild blueberries are a tag team that pull heavy metals out of your body. Try to include all of them within a 24 hour period everyday while you are focused on cleaning out your body from these health robbing metals. Or include them all in this smoothie so you don't have to think about which ones you've had or haven't had. See the home page for brands of supplements that I suggest.

1 or 2 bananas
1 cup frozen wild blueberries
1 cup or more cilantro
a few fresh dates
juice of 1 lemon
1 to 2 tsp Hawaiian spirulina
1 to 2 tsp barley grass juice powder
1 to 2 tsp dulse
1 cup water plus more as needed

1. **Barley Grass Juice extract Powder:** draws out heavy metals from your spleen, intestinal tract, pancreas, and reproductive system. BG prepares the mercury for complete absorption by the spirulina.
2. **Spirulina (preferably from Hawaii):** draws out heavy metals from your brain, central nervous system, and liver and absorbs heavy metals extracted by our barley grass. Made up of more than 62% amino acids. And loaded with vitamins/minerals and antioxidants.
3. **Cilantro:** goes into hard to reach places extracting metals from yesteryear. Blend 1 cup in smoothie or juice, or add to salad or guacamole.
4. **Wild Blueberries:** draw heavy metals out from your brain. Heal and repair any gaps created when the heavy metals are removed, which is especially important for the brain. The most important food for Alzheimer's. Eat 1 to 2 cups daily.
5. **Atlantic Dulse:** binds to mercury, lead, aluminum, copper, cadmium, and nickel, and crosses the blood-brain barrier. Unlike other seaweeds, Atlantic dulse is a powerful force for removing mercury on its own. Dulse goes into deep, hidden places of the body, seeking out mercury, binding to it, and never releasing it until it leaves the body. Eat **2 teaspoons of flakes daily** or an equal amount of strips if it's in whole-leaf form.

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tropical heavy metal detox

juice of 1 orange
juice of ½ lime
1 banana
1 cup frozen mango
1 cup frozen pineapple (or papaya)
1 cup frozen blueberries
1 cup cilantro
1 teaspoon spirulina
1 teaspoon barley grass juice powder
1 teaspoon dulse flakes
1 teaspoon honey or a couple of soft dates (optional)
enough water or coconut water for desired consistency

spiced peach smoothie

2 or 3 peaches (fresh or frozen)
1 banana
handful frozen grapes
1 ½ cups loosely packed greens (for example baby spinach)
½ to 1 tsp cinnamon
¼ tsp allspice
water

kale-pineapple smoothie

1 1/2 cups pineapple (fresh or frozen), peeled
2 cups water, plus more as needed (replace part of this with apple juice if desired)
3 kale leaves, stems removed
5 pitted soft dates

creamsicle smoothie

1 cup freshly squeezed orange juice (from 2 or 3 oranges)
1 cup water
2 frozen bananas
4 pitted soft dates
½ teaspoon vanilla extract, or vanilla powder

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strawberry smoothie

1 1/2 cups strawberries
1 1/2 cups loosely packed greens
2 cups water, plus more as needed
1 banana
1 stalk celery, coarsely chopped
Pinch allspice
3 pitted soft dates

mango smoothie

1 1/2 cups frozen mango
1 banana
handful frozen grapes or a couple of soft dates
1 to 2 cups coconut water or orange juice

Juices

There are more delicious juice recipes in the book *Deep Healing*. Here are a few to get you started.

celery juice

From The Medical Medium blog: “Fresh celery juice is one of the most powerful and healing juices one can drink. Just 16 oz of fresh celery juice every morning on an empty stomach can transform your health and digestion in as little as one week.

Celery juice also has significant anti-inflammatory properties making it highly beneficial for those who suffer from autoimmune conditions such as Fibromyalgia, Chronic Fatigue Syndrome, Migraines, Vertigo, IBS, Rheumatoid Arthritis, Psoriasis, Eczema, Acne, Lupus, Guillain-Barre, Sarcoidosis, Raynaud's, Meniere's, GERD, Bursitis, Restless Leg Syndrome, and Gout.

Celery juice is also strongly alkaline and helps to prevent and counteract acid reflux, acidosis, high blood pressure, joint pain, ringing in ears, tingles & numbness, hot flashes, blurry eyes, headaches, heart palpitations, edema, heartburn, fatigue, dizziness, muscle cramps, sleep issues, constipation, and bloating. It also helps to purify the bloodstream, aid in digestion, relax the nerves, reduce blood pressure, and clear up skin problems. Celery contains compounds called coumarins which are known to enhance the activity of certain white blood cells and support the vascular system.

Celery juice is rich in organic sodium content and has the ability to dislodge calcium deposits

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from the joints and hold them in solution until they can be eliminated safely from the kidneys. It is also an effective natural diuretic and has ample ability to flush toxins out of the body which makes it excellent to use on any weight loss program.”

1 bunch celery, organic when possible* (makes approx 16oz juice)

- Wash 1 bunch of celery and run through a juicer, drink immediately for most therapeutic benefits.
 - However, if you prefer, you can also blend the celery in a Vitamix, Nutribullet, or any high speed blender with a little water and strain as desired.
 - optional: if you find the taste of straight celery juice too strong, you can add a cucumber &/or an apple to the juice, however this will slightly dilute its effectiveness. Or, if you prefer a more gentle juice you can make straight [cucumber juice](#) instead which is also very healing and beneficial.
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celery juice with a twist

10 large stalks celery, chopped

2 apples, cored with a knife and chopped into 8 or so pieces

½ lemon, remove about ½ the peel, and add to blender

A little water, enough to get the juice going in the blender (1/2 cup or so)

- You could run these through a juicer or use a blender. Simply put all ingredients in the blender, run on high for about a minute, and then strain through a nut milk bag.
 - Rinse your blender immediately with water.
-

celery-cucumber-apple juice

Anthony recommends this juice combination for maximum cleansing benefits, and the right balance of mineral salts, potassium and sugar to stabilize blood sugar levels. For a day-long cleanse, he suggests drinking a 16 ounce glass every 2 hours, with a glass of water in between each juice to assist the body in flushing out toxins. Do this on a day when you can rest and take care of yourself.

6 stalks celery, chopped

2 apples, cored with a knife and chopped into 8 or so pieces

1 field cucumber or ½ English cucumber

- Run all ingredients through a juicer, alternating the celery with the apples and cucumber to keep the screen clean.

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celery, fennel and pear juice

10 large stalks celery

1 pear

2 fennel stalks

- You could run these through a juicer, but I prefer to use my blender. Simply put all ingredients in the blender, run on high for about a minute, and then strain through a nut milk bag.
- Rinse your blender immediately with water.

basic green juice

½ lemon, peeled

6 stalks celery, leaves removed

1 field cucumber or ½ English cucumber

1 green apple

1 cup cilantro

Handful leafy greens – romaine lettuce, kale, spinach, etc.

- Peel the lemon with a serrated knife, leaving some of the white pith. Cut into chunks and remove the seeds.
 - Cut the celery, lettuce, cucumber and green apple into chunks in sizes appropriate for the juicer.
 - Run all the ingredients through the juicer, alternating the softer ingredients (the lemon and cucumber) with the denser ingredients (the celery and leaves), and finishing with celery. This technique will help keep the juicer's blades and screens clean.
 - Serve immediately.
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celery, spinach, and kale juice

½ lemon
2 green apples, unpeeled and cored
4 stalks celery
4 cups spinach, lightly packed
3 leaves kale
½ cup parsley, lightly packed

- Peel the lemon with a serrated knife, leaving some of the white pith. Cut into chunks and remove the seeds.
 - Cut the apples and celery and apple into chunks in sizes appropriate for the juicer. Depending on the juicer, you may also have to slice the spinach and kale.
 - Run all the ingredients through the juicer, alternating the softer ingredients (the lemon and apple) with the denser ingredients (the celery and leafy greens), and finishing with celery. This technique will help keep the juicer's blades and screens clean.
 - Serve immediately.
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carrot, apple, and beet juice

6 carrots, scrubbed
2 apples, unpeeled and cored
1 beet
½ lemon
½ inch fresh ginger

- Peel the lemon with a serrated knife, leaving some of the white pith. Cut into chunks and remove the seeds.
 - Cut the carrots, apples, and beet into chunks in sizes appropriate for the juicer.
 - Run the ingredients through the juicer, alternating the softer ingredients (the apples and lemon) with the denser ingredients (the beet and carrots), and finishing with carrot. This technique will help keep the juicer's blades and screens clean.
 - Serve immediately.
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Snack Ideas

(every 1 to 2 hours)

Fruit plus something green ... and maybe a couple of dates or a fat (avocado or young coconut meat)

- Apple, celery, dates
 - Orange, fennel, avocado
 - Strawberries, lettuce, dates
 - Sweet potato, sugar snap peas, raspberries
 - Banana, celery, figs
 - Cucumber, avocado, mango
 - Mandarin, pomegranate, baby spinach
 - Cherries, cucumber, young coconut meat
-

Breakfast

rebirth “oatmeal”

If you're wanting to heal from any condition it is helpful, and maybe even essential to eliminate all grains for a while. Here is a recipe for Oatmeal without the Oats.

2 bananas

1 to 2 apples

1 teaspoon cinnamon

garnishes: fresh fruit, dried fruit, coconut, sprinkle of cinnamon (I've often enjoyed strawberries, mulberries and coconut flakes)

- Put the bananas and apples in a food processor and pulse several times until it resembles the consistency of oatmeal.
 - Put in a bowl and garnish as desired.
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fruit salad with celery

1 pear, quartered and sliced
5 strawberries, sliced
handful other berries
1 cup grapes, halved
1 banana, sliced
small handful dried mulberries or raisins
2 celery stalks, sliced fine
juice of 1 orange

- Put all ingredients in a bowl and enjoy!

smoothie bowl

- Make any of the smoothies from the smoothie section above.
- Cut up some fresh fruit and put it in an individual bowl. Pour smoothie over top.
- Garnish with coconut flakes, hemp seeds, pumpkin seeds, dried fruit and/or cinnamon.
- Omit nuts and seeds for the Nutritional Rebirth

For example: sliced bananas, mandarin orange sections, kiwi slices, blackberries, topped with a strawberry/papaya smoothie (from frozen), pumpkin seeds and chopped figs

fruit salad with banana milk

1 cup berries
1 to 2 cups other fruit (pear, apple, mango, peach, plums, etc.) – diced
optional: ½ grapes
small handful dried mulberries
1 banana (for milk)

- Put fruit in a bowl and pour banana milk over top. (1 banana blended with 1 cup water). Garnish with mulberries or other dried fruit.
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good morning breakfast soup

Makes 2 servings

This sweet soup contains many ingredients that help to lubricate the intestines and promote bowel movements. Make sure to leave some consistency during processing.

2 apples with peel, cored and cut into chunks

1 cup warm water, plus more as needed (replace part of the water with apple juice if desired)

4 dried figs, soaked 4 hours or overnight

4 dried prunes, soaked 4 hours or overnight

2 celery stalks, leaves removed, coarsely chopped

2 tablespoons ground flaxseeds

1 teaspoon cinnamon powder

- Combine all the ingredients in a blender.
- Pulse for a few seconds at a time about 10 times so that the mixture is well combined, but still somewhat coarse.
- Add more water if necessary to thin to the desired consistency.
- Serve immediately in individual bowls with an additional sprinkling of cinnamon.

Raw Soups and Stews

spinach soup

This is Anthony William's favorite soup – I like it too! He says that if you eat it every day you will see amazing changes with your health in time. It's quick to make, and the clean-up is as easy as rinsing your blender.

2 cups chopped tomatoes (1 pint of grape tomatoes, 3 plum tomatoes, 2 field tomatoes)

1 bag of baby spinach or 1 bunch of leafy spinach (4 cups)

1 stalk of celery

1 small clove of garlic

1 orange, squeezed

1-2 basil leaves or a few sprigs of cilantro

1/2 avocado

1. Blend the tomatoes, celery, garlic and orange juice.
2. Add the spinach a handful at a time until well blended.
3. Lastly add the 1/2 avocado and herbs and blend until creamy and smooth.
4. Pour into a bowl and enjoy. This soup is best eaten soon after preparation.

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everyday raw stew

The reason I call this easy stew 'everyday' is that for a while, when I first learned about the basic principles for making this stew from Roger Haeske, I made it everyday. He calls this versatile dish Savory Veggie Stew. Start with this basic recipe and then play with different spices and vegetables...

2 tomatoes
1 cucumber
1 celery stalk
½ red, orange or yellow pepper (optional)
garlic, chives, onions or hot peppers (to taste)
salt (optional)
1 heaping Tbs honey (or a couple of dates)
4 cups loosely packed spinach or romaine lettuce
sprouts

- Place 2/3 of the tomatoes, cucumbers and pepper in a high-powered blender and pulse until blended. Do not overblend... leave a little texture.
- Add garlic, onion, herbs or spices, plus honey and pulse until blended.
- Then add spinach or lettuce in two batches and again pulse until blended. Taste and adjust seasoning adding salt if desired. Some people like to add hot peppers.
- Meanwhile, chop remaining vegetables in cubes or other small-ish shapes.
- Pour blended mixture in a bowl and top with chopped veggies.

Optional ingredients:

Italian stew: add sun-dried tomatoes, basil, dash oregano; top with tomatoes, cucumbers, peppers, olives

Mexican stew: add chili powder or cumin, hot sauce or hot peppers, and cilantro; top with avocado, tomatoes, peppers, cucumber

Indian stew: add curry powder; top with grated coconut plus tomatoes and cucumbers

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spinach dill soup

½ cucumber (peeled)
1 stalk celery
1 clove garlic
½ cup water
2 Tbs lemon juice
1 tsp honey
3 cups loosely packed spinach
½ avocado
½ cup fresh dill
salt to taste

1. Blend the cucumber, celery, garlic, water, lemon juice and honey.
2. Add the spinach a handful at a time until well blended.
3. Lastly add the 1/2 avocado and dill and blend until creamy and smooth.
4. Pour into a bowl and enjoy. This soup is best eaten soon after preparation.

borscht vitality soup

Makes 4 small, or 2 meal-sized servings

2 small carrots
1 1/2 cups water, plus more as needed
1 medium-sized beet, coarsely chopped
1 stalk celery, coarsely chopped
1 avocado, coarsely chopped
1/2 cucumber, peeled and coarsely chopped
Juice of 1 orange
1 inch fresh ginger, peeled
1 clove garlic, chopped
1/2 teaspoon salt
1 teaspoon dill
3/4 cup grated cabbage
1/4 cup fresh chopped parsley
1 cup sprouts

- Coarsely chop one of the carrots and grate the other.
- Put the chopped carrot, water, beet, celery, avocado, cucumber, orange juice, ginger, garlic, salt and dill in a blender and process until smooth, adding more water as needed to reach a soupy consistency.
- Pour this mixture into a large bowl and add the grated carrot, cabbage, and parsley.
- Serve at room temperature or in hot weather, refrigerate until chilled about 2 hours.
- Serve in individual bowls, garnishing with sprouts.

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minty pea and spinach soup

(2 to 3 servings)

1 small avocado
2 cups frozen green peas
1 clove garlic
2 cups spinach
1 cup loosely packed mint
2 tablespoons fresh lemon juice
2 teaspoons tamari
¼ teaspoon salt
Freshly ground black pepper
3 cups water

- Blend all ingredients until smooth. Taste and adjust seasonings. Serve cold garnished with snipped chives and a squeeze of lemon juice.
-

Salad Meals

salad meal with mango & creamy orange-avocado dressing

4 cups lettuce
1 cup sprouts
½ cup chopped cilantro
2 Tbs chopped onions or chives
1 mango, cubed
8 cherry tomatoes, halved
Dressing:
½ avocado
Juice of one orange
A few strawberries (optional)
Salt, to taste

- Put the salad ingredients in a bowl.
 - Blend avocado and orange juice (and optional strawberries) to make dressing and pour over salad. Toss and add salt to taste.
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spinach, arugula & strawberry salad

2 Tbs lemon juice
1 tsp honey
1 garlic clove, minced
Juice of 1 orange
½ avocado, diced
1 cup cucumber, diced
1 cup strawberries, sliced
1 stalk celery sliced
green or red onion, thinly sliced
1 ½ cups spinach
1 ½ cups arugula (or use more spinach, or another type of lettuce)
1 cup sunflower sprouts (optional)

- Put lemon juice, honey, garlic and orange juice on the bottom of a medium salad bowl.
- Add remaining ingredients and toss to combine.

romaine-grapefruit-avocado salad meal

2 grapefruit
1 avocado, cubed
1 head romaine lettuce, sliced
2 celery stalks, sliced
2 Tbs thinly sliced red onion
Salt to taste
Sprouts

- Halve the grapefruit, remove grapefruit sections with a small knife and put in a medium salad bowl. Squeeze out the remaining juice into the bowl.
- Halve the avocado and remove the pit. Score the avocado flesh into cubes. Scoop the cubes into the bowl.
- Add romaine, celery, red onions, salt and sprouts if desired. Toss and serve.

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citrus salad plate

2 cups arugula, or 1 head butter lettuce
6 oranges, peeled and thinly sliced (including if possible, blood oranges and tangerines)
10 green olives, pitted and chopped
1 avocado, sliced in half, scored into dice, and scooped
2 tablespoons finely sliced red onion
¼ cup chopped parsley
salt and pepper to taste

- This salad can be arranged on individual plates or on a big platter.
 - Arrange arugula, followed by the sliced citrus fruit.
 - Garnish with olives, avocado, red onion and parsley.
-

salad meal w/ creamy dill dressing

salad ingredients:

1 Romaine heart, sliced
1 cup radicchio, sliced
1 apple, diced
1/2 cup blueberries
1 celery stalk sliced fine
1 green onion, sliced fine
½ cup parsley, chopped fine
1 carrot grated
¼ cup walnuts, chopped
Sprouts

creamy dill dressing:

1 avocado
1/3 cup loosely packed dill, or 1 – 2 teaspoons dried dill
2 tablespoons lemon juice
¼ cup water
small clove garlic
½ tsp sea salt
½ tsp honey

- Blend ingredients together. I use an immersion blender.
- Just before serving, pour dressing over salad ingredients and toss to combine.

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fruity salad meal with avocado, celery and cilantro

fruit: strawberries, blueberries, raspberries, peaches, pears, mango, any combination

greens: spinach, leaf lettuce, romaine, any combination

avocado: diced

juice of 1 orange

sliced celery: 1 to 2 stalks

cilantro: ½ to 2 cups, chopped

red or green onion: ¼ cup sliced

hempseeds: 1 to 2 Tbs (omit for Nutritional Rebirth)

fruity salad meal with fennel and radicchio

fruit: sliced strawberries or blackberries, chopped oranges or blood oranges, chopped apple

greens: red leaf lettuce or mixed baby greens

avocado: diced

juice of 1 orange

sliced fennel: ½ cup

radicchio: 1 cup loosely packed and thinly sliced

red or green onion: ¼ cup, sliced

pumpkin seeds: 2 Tbs (omit for Nutritional Rebirth)

wilted kale-avocado salad

4 cups stemmed and thinly sliced kale, lightly packed

1 avocado

1 1/2 tablespoons freshly squeezed lemon juice

1/4 teaspoon salt

1 tsp finely chopped garlic (optional)

½ tsp honey

1 tomato, chopped, or 10 cherry or grape tomatoes, halved

½ cup finely chopped cauliflower

½ to 1 cup cilantro or fresh basil

1 green onion, sliced

½ red pepper sliced fine

- Put the kale, avocado, lemon juice, salt, garlic and honey in a medium serving bowl. Massage the ingredients together by hand until the avocado is creamy and the kale is wilted.
- Toss in the tomato, cauliflower, cilantro, green onion and red pepper and serve.

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angel hair with marinara sauce

2 medium sized zucchinis
2 plum tomatoes or one whole tomato
10 sun-dried tomato halves, soaked in water for 2 hours, and drained
1 apple, cored
1/2 red pepper, coarsely chopped
1/4 cup fresh basil
2 pitted soft dates
1 1/2 tablespoons lemon juice
1 tablespoon fresh oregano, or 1/2 tsp dried oregano
1 teaspoon chopped garlic
A few fresh marjoram leaves, or a pinch dried marjoram (optional)
1/2 teaspoon salt (or less - taste before adding as the sun-dried tomatoes may be very salty)
10 yellow cherry tomatoes, halved (optional)

- Make the angel hair pasta by processing the zucchini in a spiral slicer. Alternately you could use a vegetable peeler to make ribbons. Put the angel hair in a large shallow serving bowl. Cut with kitchen scissors or a knife, otherwise some of the 'noodles' could be very long!
 - Set aside a few large basil leaves for the garnish.
 - Put the tomatoes, drained sun-dried tomatoes, apple, red pepper, basil, dates, lemon juice, oregano, garlic and marjoram, in a blender or food processor and process until almost smooth. Taste and add salt if needed.
 - Stack the remaining basil leaves, roll them vertically and slice to form ribbons.
 - Wait until just before serving to assemble the dish, otherwise the marinara sauce will draw water out of zucchini and the sauce will become runny. When ready to serve, pour the marinara sauce over the angel hair, tomatoes and remaining basil and gently toss. Serve immediately.
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Sweet Treats

smoothies (minus the greens, plus some dates, honey or maple syrup)

- Frozen mango, banana, orange juice, honey or dates
 - Frozen strawberries, bananas, honey, water or coconut water
 - Frozen blueberries, ¼ avocado, banana, honey or dates, water or coconut water
 - Pineapple, banana, mango (any or all can be frozen), orange juice and/or water, juice of ½ lime, honey
-

dates or figs

carob avocado pudding

1 avocado
1 Tbs carob powder
1 teaspoon honey

Blend. I find a hand-blender works best with this recipe.

living berry ice cream

¾ cup ripe avocado
1 ½ tablespoons lemon or lime juice
¼ cup maple syrup
2 cups frozen raspberries (blueberries, cherries, strawberries or currants, or a combination)
¼ - ½ teaspoon stevia (optional - can allow you to reduce the amount of maple syrup)

Blend all ingredients on high for 30 seconds to 1 minute until completely uniform. Enjoy!

banana ice cream

Process frozen bananas in a high-powered blender or through a juicer with the blank blade on. Top with berries and honey.

Variations:

- Mix in chopped pitted cherries (fresh or frozen), honey and vanilla
- Use part frozen mango, blueberries, raspberries or strawberries