

Liver Supporting Dandelion Smoothie

Ingredients

- 2 cups unsweetened nut milk (almond, coconut, cashew) – calcium
- 2 cups dandelion greens – liver support
- 1 cup spinach – alkalizing, iron
- 2 Tablespoons parsley – liver support
- 2 Tablespoons lime juice – alkalizing and liver support
- 2 Tablespoons flaxseed – regulates estrogen
- 1 teaspoon camu – vitamin C
- 1 Tablespoons pecans – fats and fiber
- 2 Tablespoons nut butter – fat and protein
- 1 Tablespoon raw maple syrup – polyphenol antioxidants

Directions

Blend all ingredients in blender and enjoy!

Ronit's Green Smoothie

I love to make a big batch all at once to save time. It keeps in the refrigerator for two to three days or you can freeze in a glass container and thaw the night before drinking.

- 2 cups water or coconut water
- Organic spinach
- 1 head organic romaine
- Juice of $\frac{1}{2}$ organic lemon or one lime
- 3 to 4 sticks organic celery
- 1 organic apple

- 1 organic pear
- Parsley, optional
- Pinch cayenne pepper, optional
- 1 shot wheatgrass, optional

Blend water, spinach and romaine. Add celery, apple, pear, lemon juice and herbs.

Enjoy the energy!

Ginger Tea

For cold relief, sip some Ginger Tea.

Recipe

Grate a 1-inch piece of peeled ginger root into two cups of water. Bring to a boil then lower heat, simmer 5 minutes. Remove tea from heat and add 2 tablespoons of fresh lemon juice, raw honey to taste. Add one clove of mashed garlic (optional).

Let it cool and strain.

Lemon Elixir

This natural detoxifier stimulates digestion, releases toxins from your liver and jumpstarts your digestive enzymes.

Prosecco Spritzer

Mother's Day isn't complete without a proper toast to mom. This innovative spritzer combines a mom favorite – Earl Gray tea – with bubbles. Pair with it TLC.

- 1/2 cup date sugar
 - 1/2 cup water
 - 1 Earl Grey tea bag
 - 1/2 teaspoon whole coriander seeds
 - 1 750 ml bottle prosecco
1. Make syrup by simmering sugar, water and coriander in a medium saucepan until sugar dissolves, about 4 minutes. Remove from heat, add tea bag and steep 2 minutes. Strain and cool.
 2. Spoon 2 teaspoons of syrup into each of 6 glasses. Top with prosecco and toast mom in style.

Guilt-Free Hot Chocolate

When it's cold outside and you want to warm up your insides, all you need is a guilt-free hot chocolate.

- 1/2 cup raw cashew nuts, soaked in water for 20 minutes
- 2 cups water (1 cup room temperature, 1 cup boiling)
- 4 dates, pitted
- 1 tablespoon raw cacao powder

Drain and rinse the cashews. Blend all the ingredients in a blender until smooth. Add the boiling water and pulse until combined. Drink it while it's hot!

Warm Spice Smoothie

When it's cold outside and you want to warm up your insides, a frozen smoothie just won't do the trick. You can still have all the components of a healthy shake but the warmth and nourishment of comfort food by creating "hot" smoothies. Use the recipe below as a base and switch up spices, drop in some berries or add protein powders to suit your palate. All you'll need now is a frosty winter day.

- 1 ripe banana
- $\frac{1}{4}$ -inch knob fresh ginger
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{3}{4}$ cup hot almond milk

Warm the banana in the microwave for 20 to 30 seconds, while heating the milk on the stove. Blend all the ingredients in a blender for 2 minutes and you're done. Drink it while it's hot!

Ronit's Berry Energy Smoothie

I love to drink a cup of this smoothie in the morning before my workout. I save another $\frac{1}{2}$ cup for refueling afterward. Store the extra in your refrigerator for a snack later that day.

- 2 cups unsweetened almond milk or water
- 2 tablespoons chia seeds
- $\frac{1}{2}$ packet of frozen Sambazon Acai Berry + Guarana Smoothie Pack
- $\frac{1}{4}$ cup Vegan Protein Factors powder in Vanilla Bean flavor
- Fresh strawberries
- Fresh blueberries

Blend all ingredients and enjoy a boost of energy!

Ronit's Fruity Green Juice for Kids

This juice is great for kids or anyone new to green juices. I adapted this recipe from Reboot With Joe and it's a hit!

- 15 strawberries
- 1 apple
- 1 pear
- 12 kale leaves
- 4 celery stalks

Wash all ingredients well and put through a juicer.

Enjoy!