

# 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!

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## 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!**

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## **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.

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## **Lemon Elixir**

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

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# 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.

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# 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!

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## 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!

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## 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!**

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## **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!**