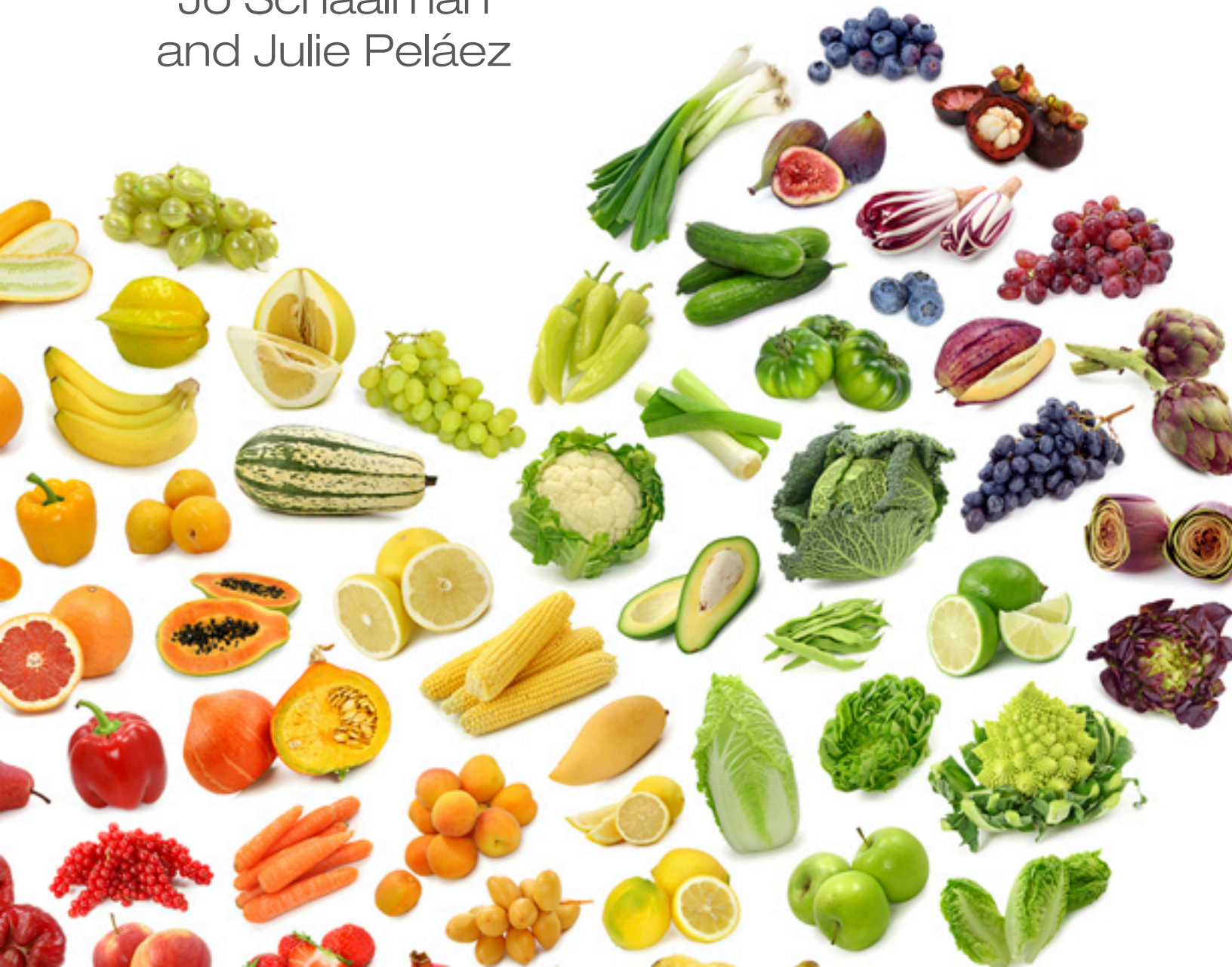


# A Taste of the Conscious Cleanse

## 10 Fresh and Fabulously Simple Recipes

Jo Schaalman  
and Julie Peláez



# Welcome to A Taste of the Conscious Cleanse!

If you're anything like us, you sometimes find yourself in a rut when it comes to figuring out what to eat – and even more so when you're looking for healthy diversity. So if you've found yourself fresh out of ideas for healthful snacks or meals and are ready to feel good, have new energy and eat the most delicious, nutrient-rich foods on the planet without spending all day in the kitchen, you've come to the right place!

We've cherry-picked the contents of this little e-cookbook from the Conscious Cleanse program to bring you some of our favorite cleanse recipes. One of the most common questions we hear from people considering our programs is "What can I eat?" And most of those people are delightfully surprised to learn that the Conscious Cleanse is filled with bountiful variety and tasty options to satisfy just about any palette.



On our own personal quests for vibrancy, ideal body weight and true healing, we've tinkered with countless recipes, gathering ideas from friends and experts alike. We're certainly not chefs by trade – just two girls who like to get creative in the kitchen when time permits and inspiration hits – which is perhaps why we naturally gravitate towards simplicity.

**What you'll find in "A Taste of The Conscious Cleanse" is a sampling of recipes for dishes and snacks we eat on a regular basis during the Conscious Cleanse and beyond.**

We strive to encourage participants to adopt the "80:20 Rule" after the cleanse – eating the Conscious Cleanse way 80% of the time, with the freedom to indulge the other 20% of the time. And with the huge selection of healthful choices, you'll find that's a super easy thing to do!

We hope you will consider joining us for our **next cleanse** or pre-order your copy of *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days*.

With love and lots of green veggies,

*Jules & Jo* ♥

Julie Peláez and Jo Schaalman, Founders of the Conscious Cleanse

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# The Recipes

*"I've never met a recipe that I didn't want to change." — Julie Peláez*

Luckily for us (and maybe you too) you don't have to be a trained chef to create extraordinary, satisfying, healthy meals. You just have to put extraordinary, satisfying, healthy ingredients together, and accept that not every experiment creates a winner. What follows are a sampling of our "winners" – the tried and true recipes that we love.

Please feel free to play with these recipes.

Our intention is to create a spark of inspiration for healthy living and intuitive eating. Remember, eating intuitively begins with cooking and preparing your own food. So as you experiment with these recipes, stay tuned-in, trust yourself, experiment, be flexible and courageous, and have fun. Making healthy food can be quick, easy and exceptionally delicious.



## Spicy Zucchini Hummus

Makes: 3 cups hummus

### Ingredients:

- 2 medium zucchini, chopped
- 3/4 cup tahini
- 1/2 cup freshly squeezed lemon juice
- 1/4 cup hemp seed oil
- 2 cloves garlic
- 2 1/2 tsp. sea salt, or to taste
- 2 TB. cumin
- 1/4 tsp. cayenne pepper, or to taste

**Instructions:** In a food processor fitted with an s blade, blend zucchini, tahini, lemon juice, hemp seed oil, garlic, sea salt, cumin and cayenne pepper until smooth and creamy. Store in a glass container in a refrigerator for up to 1 week. Serve with baby carrots or make a healthy collard wrap filled with hummus and sprouts.



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## Raspberry Creamsicle Smoothie

Makes: 1 quart

### Ingredients:

- 1 cup raspberries
- 1 large banana
- 2 cups spinach
- 1 heaping tblsp. chia seeds (soaked for at least 15 minutes in 1/4 cup water)
- 2 cups water

**Instructions:** In a high-speed blender, blend raspberries, banana, spinach, soaked chia seeds, and water until creamy.



### The Wonder Seed

The chia seed, which has been around so long even the Aztecs used it as their main energy source, comes from a small flowering plant in the mint family.

These tiny little seeds contain healthy fats, and they're packed with protein, antioxidants, soluble fiber, and tons of healthy vitamins and minerals often lacking in normal diets. Chia seeds can help restore energy levels and decrease inflammation because of their omega-3 fatty acids.



## Swiss Cinnamon Smoothie

### Green Smoothies

Green smoothies are all the rage and for good reason! It's no overstatement to say these simple concoctions can completely revolutionize and transform your health. Remember this simple formula when making a green smoothie and you will be well on your way to vibrant health.

- 1 or 2 cups water (Or try coconut water or almond milk occasionally.)
- 1 or 2 large handfuls greens (or more if you like!)
- Fruit for sweetness

The goal is to load your smoothie with as many greens as you can. In the beginning, you might be more prone to the sweet smoothies filled with fruit and just a little of the green stuff. That's fine. Just get some greens in there.



Makes: 1 quart

### Ingredients:

- 1 cup blueberries
- 1 medium banana
- 2 Swiss chard leaves, stalks removed
- 1 tsp. ground cinnamon
- 1 TB. hemp seeds
- 2 cups water

**Instructions:** In a high-speed blender, blend blueberries, banana, Swiss chard, cinnamon, hemp seeds, and water until creamy.

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## Mango Bubble Drink

Makes: 1 large drink

### Ingredients:

- 2 cups filtered water
- 1/4 cup chia seeds
- 1 cup frozen mango
- 1 frozen banana
- 1 cup almond milk (or your favorite nut milk of choice)
- 5-7 drops stevia
- 1/4 cup fresh blueberries

### Bubble Teas

Bubble teas are all the craze right now at the local tea joints!

But, with the added sugar and artificial sweeteners they aren't always the healthiest option.

Meet the healthy bubble drink. Love 'em!



**Instructions:** To make chia gel, whisk together water and chia seeds in a medium size bowl. Let sit for 5 minutes at room temperature and then whisk again. Let sit for another 10 minutes and whisk again.

Meanwhile, in a high-speed blender combine mango, banana, almond milk and stevia and blend until smooth. In the bottom of a large glass, place 1/2 cup chia gel and blueberries. Pour mango, banana, almond milk mixture on top. Garnish with a small handful of extra blueberries and enjoy with a wide-mouth straw. Any leftover chia gel can be stored in a glass container with a tight fitting lid for up to 2 weeks.



## Ginger Broiled Salmon

Makes: 2 salmon fillets

### Ingredients:

- 1 TB. sesame oil
- 1/4 cup water
- 2 tsp. minced ginger
- 1 TB. Ume plum or apple cider vinegar
- 2 (4-oz.) wild salmon fillets



**Instructions:** In a small bowl, combine sesame oil, water, ginger, and vinegar. Place wild salmon fillets in a shallow baking dish skin side down, cover with marinade, and refrigerate for 30 minutes. Preheat the broiler to medium or high if available. Remove salmon from the refrigerator, and broil skin side down 3 or 4 inches from the heat source for 6 to 8 minutes. Baste with remaining marinade once or twice while broiling. Use any remaining baking pan juices as a sauce, and serve alongside steamed veggies or with a salad.

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## Homemade Hemp Milk

Makes: 3 cups milk

### Ingredients:

- 1 cup hemp seeds, shelled
- 3 cups filtered water
- 1 tsp. vanilla extract (optional)
- 5 to 10 drops of liquid stevia
- Pinch of sea salt

**Instructions:** In a high-speed blender combine water, hemp seeds, vanilla, stevia and salt. Blend until smooth and creamy. Store in the refrigerator for up to 5 days.



## The Big Island Salad

Makes: 1 large salad

### Ingredients:

- 1/4 cup macadamia nut oil
- 1/4 cup freshly squeezed lime juice
- 1 large bowl arugula
- 1/2 cup garden peas, cooked if using frozen
- 1 carrot, shredded
- 1/4 cup purple cabbage, shredded
- 1/2 cup green cabbage, shredded
- 1 large handful hemp seeds
- 1 large handful dulse flakes
- Pinch sea salt
- Freshly ground black pepper to taste

**Instructions:** In a large bowl combine arugula, macadamia nut oil and lime juice. Toss to coat well. Add in peas, carrot, cabbage, hemp seeds and dulse flakes. Toss again. Season with sea salt and pepper, adding more oil or lime juice as needed.



## Salad Making 101

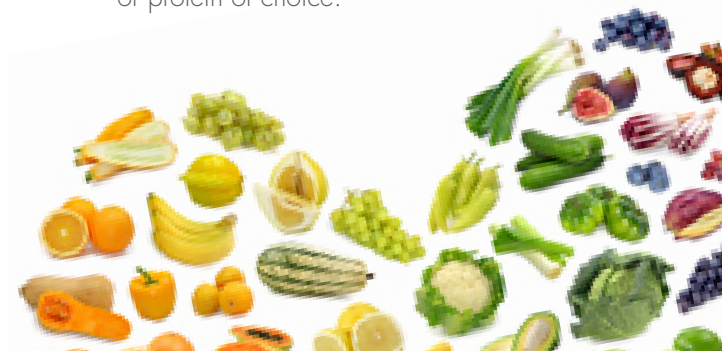
One of the staples of the Conscious Cleanse eating plan are great big salads! We love salads, but even we can get tired of the same ole salad day in and day out. The best way to keep coming back for more greens is to get creative with the salad dressing! The Sunny Sunflower is one of our favorites.

When getting creative and trying something new, salad-wise – which we encourage you to do – remember these tips:

- Start with a large, colorful bowl you love.
- Use the ingredients you have in the fridge.
- Make a great dressing.
- Don't forget a large handful of sprouts!
- Top with some seeds, nuts, or protein of choice.

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## Sunny Sunflower Salad Dressing

Makes: 3 cups of dressing

### Ingredients:

- 2 carrots, peeled
- 1 cup sunflower seeds, soaked in water for 2 hours
- 1 1/2 cups water
- 2 tsp. minced garlic, or 2 tsp. garlic granules
- 1 tsp. sea salt
- 1/8 to 1/4 tsp. cayenne (a little goes a long way so start with 1/8 and add more to taste)
- 3/4 cup olive oil

**Instructions:** In a high-speed blender, blend carrot, sunflower seeds, water, garlic, sea salt, and cayenne on the highest setting until smooth. Turn blender to medium setting, and slowly add olive oil. Blend until creamy and smooth. Store in a glass jar for 3 to 7 days. Fresh garlic will spoil faster than garlic granules, so if you use fresh garlic, dressing will keep in the refrigerator for 3 days.

This dressing is so good you may want to serve it up as a dip!



## Chilled Cucumber Dill Soup

Makes: 1 large bowl

### Ingredients:

- 1 ripe avocado, halved and pitted
- 1 large cucumber, peeled if not organic
- 1/4 cup fresh dill, or to taste
- Juice of 1/2 lemon
- 1/2 tsp. sea salt
- 1 or 2 TB. water

**Instructions:** In a high-speed blender, mix avocado, cucumber, dill, lemon juice, and sea salt until smooth. Add 1 or 2 tablespoons water as needed to make creamier. Chill soup for at least 20 minutes before serving.



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# Roasted Rosemary Green Beans

Makes: 4 servings

## Ingredients:

- 1 1/2 pounds green beans, trimmed
- 2 TB. olive oil
- 1/2 TB. fresh rosemary, finely chopped
- 1 tsp. Himalayan sea salt
- 1/2 tsp. freshly ground black pepper

**Instructions:** Preheat the oven to 425 degrees. In a large bowl, toss together green beans, olive oil, rosemary, sea salt and pepper until well coated. Spread out evenly on a parchment paper lined baking sheet. Roast until caramelized and tender, for 12 to 15 minutes, stirring once at the halfway point. Serve as a side dish or put on top of your favorite garden green salad.



## Healthy Oils

Some of our favorites are:

- Borage oil
- Coconut oil
- Flaxseed oil
- Hemp seed oil
- Olive oil
- Macadamia nut oil
- Sesame seed oil

Always buy organic, cold-pressed unrefined oils when possible. Most of these oils are best added after you cook, so you can retain the healthy benefits they offer. If you are cooking at high heat try coconut oil or sesame oil.

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## Bonus — Sweet Treats

**We couldn't leave out some of our favorite sweet alternatives.** These treats are not entirely a part of the Conscious Cleanse, but they aren't excluded either! We recommend treats like these during times of transition or when you need to get your fix – we know it happens! Say goodbye guilt, hello heaven (*just don't eat them all at once!*)



### Goji Berry Energy Balls

Makes: 24 energy balls

#### Ingredients:

- 1/2 cup sesame seeds
- 1/2 cup hemp seeds, plus 3 TB
- 2 TB. raw cacao
- Pinch of sea salt
- 1 TB. water
- 1/2 cup shredded coconut (optional)
- 1 TB. maca
- 1 cup dates, pitted
- 1/2 cup goji berries
- 1 TB. maple syrup
- 1 tsp. vanilla extract
- Dash of cinnamon

**Instructions:** In a food processor combine sesame seeds, hemp seeds, cacao, maca, dates, goji berries, maple syrup, vanilla extract, cinnamon, sea salt and water. Mix until well combined and sticky. Add more dates and water if it feels too dry. Shape small amounts of mixture into tiny, bite-sized balls, roll them in coconut or extra hemp seeds if using. Store in a sealed container in the refrigerator or freezer.



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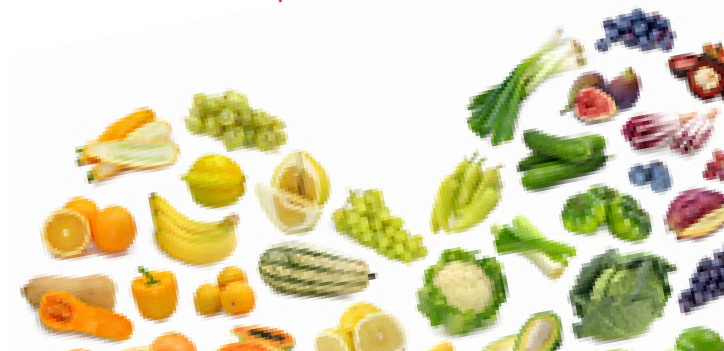
### Coco for Cacao

If you like chocolate, you will love cacao! Cacao, not to be confused with cocoa, is the raw, natural, unprocessed source of chocolate. The cacao bean, as it is often referred, comes from a South American tree and is actually a seed!

Cacao contains 15 times more antioxidants than blueberries, and is one of the most antioxidant-rich foods in the world! It's one of the highest sources of magnesium, which helps the body lower stress. It's also super high in iron, chromium and manganese, which all help regulate the blood sugar. To buy raw cacao you can go to your local health food store or visit our shop page at our [consciouscleanse.com/shop](http://consciouscleanse.com/shop)

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# Raw Cherry Pie

Makes: 8 pieces of pie

## Ingredients:

- 1 cup raw walnuts
- 1/2 cup dates, pitted
- 1 tsp. vanilla extract
- 1/2 tsp. ground cinnamon
- Pinch sea salt
- 4 cups organic fresh or frozen cherries, pits and stems removed
- 1 TB. agave nectar

**Instructions:** In a food processor fitted with an S blade, combine raw walnuts, dates, vanilla extract, cinnamon, and sea salt until smooth. Press mixture evenly into a pie dish, and refrigerate for about 1 hour or until crust is hard. Meanwhile, in the food processor fitted with an S-blade, combine cherries and agave nectar. Pour into chilled crust, and refrigerate for at least 2 hours before serving.

Variation: You can easily substitute the cherries in this recipe for blackberries, blueberries, or if you are feeling really adventurous, try a mixed berry medley.

## Cherri-licious


Cherries are a nutritional powerhouse fruit that are high in antioxidants! They contain melatonin, which helps promote the body's sleep/wake cycle.

Cherries are also anti-inflammatory, helping reduce pain and soreness associated with arthritis and gout. Cherries are referred to as "brain food" because they are thought to aid in memory and focus. They aren't in season long so enjoy them fresh when you can.





# Live Your Most Vibrant Life Now!

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With love and lots of green veggies,

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