



*10 Fresh and Fabulously Simple Recipes*  
A TASTE OF THE CONSCIOUS CLEANSE



Jo Schaalman and Jules Peláez

# Welcome to A Taste of the Conscious Cleanse!



*Thank you for taking the time to download our free e-cookbook! You're in for a grand adventure.*

We're Jo and Jules, co-founders of the Conscious Cleanse and it's our sincere hope that you'll use this e-cookbook to discover just how delicious a cleansing lifestyle can be!

For nearly a decade, we've been connecting thousands of real people with real food to achieve real results. If you're looking for more energy, relief from aches, pains and other ailments, a lean body and a healthy glow then you've come to the right place.

The mission of the Conscious Cleanse is to provide simple ways to help you flourish in your own body so you can feel and look your best, and get on with living the life you were born to live.

The **Conscious Cleanse** is a step-by-step, 14-day journey that will teach you how to detoxify your body, ignite a process of deep healing, discover what food makes you feel the best, and create a sustainable way of eating that will support you on your journey to vibrant health and longevity.

What you'll find in the following pages is a sampling of recipes for dishes and snacks we eat on a regular basis during the **Conscious Cleanse** and when living our cleansing lifestyle. Our approach is not all or nothing, but realizes that the seemingly small choices you make today (drinking more water, grabbing an apple for a snack, drinking a green smoothie) lead to big sustainable changes over time.

We hope you'll consider joining us for our next live supported **cleanse** and order a copy of our best-selling book *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days* and join us on the vibrant health journey.

Please reach out to us at [connect@consciouscleanse.com](mailto:connect@consciouscleanse.com) with any questions.

With love and vibrant veggies,

*Jo & Jules* ♥



# The Recipes

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" — tried and true recipes we love.

*Feel free to experiment with these recipes.*

Substitute a pear for a banana. Don't like arugula? Try spinach instead. You get the idea.

An integral part of healthy living is learning to eat in a more intuitive way, which begins with cooking and preparing your own food. Trust yourself as you experiment with these recipes and have fun in the kitchen.



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

— Jules Peláez

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## Spicy Zucchini Hummus

Makes: 3 cups hummus

### Ingredients:

- 2 medium zucchini, chopped
- ¾ cup tahini
- ½ cup freshly squeezed lemon juice
- ¼ cup hemp seed oil
- 2 cloves garlic
- 2 ½ tsp. sea salt, or to taste
- 2 TB. cumin
- ¼ 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.







## Raspberry Creamsicle Smoothie

Makes: 1 quart

### Ingredients:

- 1 cup raspberries
- 1 large banana
- 2 cups spinach
- 1 heaping TB. chia seeds (soaked for at least 15 minutes in ¼ 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 are packed with protein. Loaded with antioxidants and soluble fiber, they also deliver vital 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

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.

## 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.



## Mango Bubble Drink

Makes: 1 large drink

### Ingredients:

- 2 cups filtered water
- ¼ 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
- ¼ cup fresh blueberries

**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.



## 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!

## 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.





## 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:

- ¼ cup macadamia nut oil
- ¼ cup freshly squeezed lime juice
- 1 large bowl arugula
- ½ cup garden peas, cooked if using frozen
- 1 carrot, shredded
- ¼ cup purple cabbage, shredded
- ½ 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 meal-size salads! We love salads, but it's easy to get tired of the same old salad day in and day out. The best way to keep coming back for more greens is to get creative with the salad dressing! Sunny Sunflower (on the next page) is one of our favorites.

Remember these tips when getting creative with your salad:

- Start with a large colorful bowl.
- Use fresh ingredients like cucumbers, radishes and herbs.
- Make a great dressing.
- Don't forget a large handful of sprouts or a few slices of avocado.
- Top with some seeds, nuts, or protein of choice.



## Sunny Sunflower Salad Dressing

Makes: 3 cups of dressing

### Ingredients:

- 2 carrots, peeled
- 1 cup sunflower seeds, soaked in water for 2 hours
- 1½ cups water
- 2 tsp. minced garlic, or 2 tsp. garlic granules
- 1 tsp. sea salt
- ⅛ to ¼ tsp. cayenne (a little goes a long way so start with ⅛ and add more to taste)
- ¾ 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
- ¼ cup fresh dill, or to taste
- Juice of ½ lemon
- ½ 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.





## Roasted Rosemary Green Beans

Makes: 4 servings

### Ingredients:

- 1 ½ pounds green beans, trimmed
- 2 TB. olive oil
- ½ TB. fresh rosemary, finely chopped
- 1 tsp. Himalayan sea salt
- ½ 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:

- Coconut oil
- Flaxseed oil
- Hemp seed oil
- Olive oil
- Macadamia nut 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.





## Bonus – Sweet Treats

Sweet treats are one of our favorite indulgences but instead of grabbing a cookie filled with refined sugars and void of any real nutritional value, we look for nutrient-dense alternatives. Below are a few of sweet alternatives that we recommend while transitioning onto the cleanse or when living our cleansing lifestyle. Say goodbye guilt and hello superfood goodness!



### Goji Berry Energy Balls

Makes: 24 energy balls

#### Ingredients:

- ½ cup sesame seeds
- ½ cup hemp seeds, plus 3 TB
- 2 TB. raw cacao
- Pinch of sea salt
- 1 TB. water
- ½ cup shredded coconut (optional)
- 1 TB. maca
- 1 cup dates, pitted
- ½ 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.

### Coco for Cacao

If you like chocolate, you're going to 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.



## Raw Cherry Pie

Makes: 8 pieces of pie

### Ingredients:

- 1 cup raw walnuts
- ½ cup dates, pitted
- 1 tsp. vanilla extract
- ½ tsp. ground cinnamon
- Pinch sea salt
- 4 cups organic fresh or frozen cherries, pits and stems removed
- 1 TB. honey

**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 honey. 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.

### *Read what health-innovator Bobbi Brown had to say about The Conscious Cleanse:*

"These girls are the real deal. Their passionate approach to health, wellness, and weight loss is inspiring. They are both foodies who love to eat and detectives who will help you figure out what works best for you. Plus, their recipes are fantastic — easy and delicious. Jo and Jules get it. The Conscious Cleanse is a program I highly recommend for anyone who wants to both feel and look better."

— Bobbi Brown, founder and chief creative officer,  
Bobbi Brown Cosmetics, beauty editor, TODAY

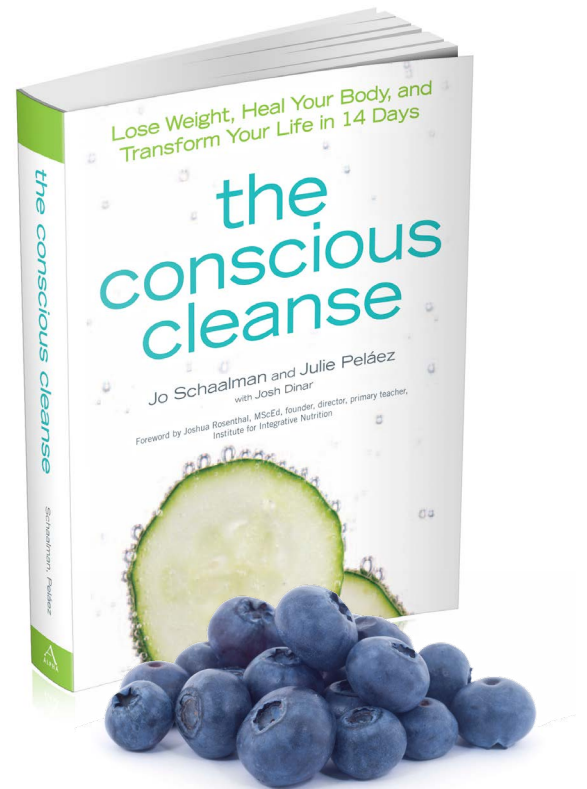


# eat real food. get real results.

## JOIN US FOR THE NEXT CLEANSE

*The Conscious Cleanse is a proven 14-day program that teaches* a gentle whole-foods-based approach to eating that allows your body to effectively remove toxins, eliminate waste, and ultimately achieve your optimal nourishment. Expertly led by co-creators, **Jo and Jules**, and a team of **health coaches**, the Conscious Cleanse community inspires every participant to thrive.

For more delicious recipes and tips for vibrant living, please join us for our next live cleanse, order a copy of our best-selling book *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days* or visit our **blog**.



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