

Module 2: Liquids

Super-Cleansing Detox Juice (Anti-Diabetes Juice)

This juice can be prepared in a juicer or simply in a blender with a nut-milk bag to strain the fiber. It is a great choice for every day or a few days of juice fasting. It is especially good as a diabetes 2 reversal support. The juice is cleansing and will quickly bring the blood sugar down on a juice fast. (Warning: medication or insulin needs to be adjusted and monitored in order to avoid harmfully low blood sugar levels!). Drink 4 - 8 glasses (10 oz) per day and, in addition, water or herbal tea in between veggie drinks. According to Dr. Gabriel Cousens, it is important not to consume any other food. Of course this natural self-therapy has to be stabilized by a veggie diet. More details on this are available for Better World Cuisine members. Contact Anna.



base: plenty of organic cucumber and organic celery
other: some nutrient-dense greens like kale
string-beans for diabetics
condiments: lemon juice, ginger
a green apple (leave out if diabetic)
Optional: cayenne pepper, turmeric, a little stevia
some water if you are using the Vitamix

Parsley Smoothie

The combination of parsley/pear works extremely well. You can substitute the pears with peaches or nectarines when in season. Mix in blender:



1 big bunch of organic parsley
3 pears (or peaches or nectarines)
some water
Optional: vanilla

Almond Milk

Soak almonds over night. Wash and drain well. Put in blender approx. 1/3 almonds and 2/3 water. It is up to you how creamy you want your milk to be. Strain the blended content through a nut milk bag.

Note: the left-over pulp can be used for biscottis or other cookies. It is best to drink your homemade milk fresh and keep only for one day. After 3 days the milk is spoiled.



1 cup almonds
2 cups of water
Optional: a few hazelnuts,
Vanilla

Split Pea Power Soup

Not only are split peas a great source of protein, but also they supply fiber, folic acid and iron. Split peas cook in less time than most beans. Consider soaking 2 cups of split peas ahead of cooking. If you forget you will need to cook longer. First finely chop onion, garlic, mushrooms and celery root in food processor. Put the mixture in cooking pan and add split peas and carrot juice. Cook on low temperature, if possible under boiling point, until done (about 40 min). If you mix the soup in the blender it will be smooth and creamy. Top off with some pumpkin seeds to add texture and something to chew.



2 cups of organic split peas
1 big onion and about 10 garlic cloves
1 celery root
some mushrooms
some kale and other nutrient-dense greens
1 qt of organic carrot juice (in addition, water if needed)
Optional spices: red pepper and turmeric (anti-inflammatory), Herbs de Provence

Anti-Cancer Soup (modified Hippocrates Soup)

Both celery root and leeks have medicinal qualities. The soup is a great kidney flush and easy to digest. Wash veggies in water with a bit of hydrogen peroxide. It is important not to peel the veggies. Cut coarsely and simmer them slowly on the lowest possible temperature for about 1 hour. No need to add any salt. Put in blender and make it smooth and creamy. Add water if needed. The soup keeps up to 3 days refrigerated.



1 unpeeled celery root
2 leeks
5 tomatoes or a handful of dried tomatoes
3 medium onions
2 potatoes
A few mushrooms
Garlic and parsley as much as desired
Optional: a little red pepper and turmeric

Carrot/Apple Juice For Liver

In any healing process it is crucial to stimulate the liver as it filters toxins. Every 3 minutes the blood of the entire body passes through the liver in order to be cleaned. The combination of carrot and apple provides support to this large and important organ.



For one glass of juice:
4 carrots
1 apple

Gerson Green Juice

This wonderful healing juice gives the body important micronutrients. It should be taken fresh.



1 head of romaine lettuce

1 red or 2 green apples

a small amount of the following (as many kinds as possible): **watercress, red cabbage, green pepper, young beet tops leaves, Swiss chard, endive, escarole**

Master Cleanse by Stanley Burroughs

This is a classic famous cleansing lemonade drink and not part of the Better World Cuisine because of the maple syrup. Nevertheless many people love this cleanse. It is usually consumed for 1 - 3 weeks. It works best when your body is used to a raw food diet. The cleanse provides an alkaline environment, minerals and vitamin C. Drink 6 to 12 glasses of lemonade daily (no other food). For more info go to: www.TheMasterCleanse.com.



2 Tbs of organic fresh lemon juice

2 Tbs of organic Grade B dark maple syrup

a dash of red cayenne pepper

add purified warm or cold water for a total of 10oz

Cardamom Milk

The cardamom milk is a nice variation to the almond/hazelnut milk. Made with pumpkin seeds, it provides some Omega 3. Mix in blender. Strain through a nut milk bag. Note: leftover pulp can be mixed with chickpea miso, olive oil, parsley and spices for a nice spread.

It is best to drink your homemade milk fresh and keep only for one day. After 3 days the milk is spoiled.



1 cup of pumpkin and sunflower seeds

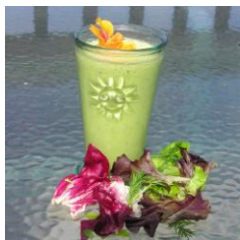
a pinch of cardamom

2 cups of water

Optional: vanilla, stevia, pinch of salt

Anti-Junk Salad Smoothie

Green smoothies are many people's favorite way to consume plenty of greens. They are easy to make and the clean up takes minimal time. Children love this.



lots of mixed organic salad

1 - 2 bananas

fill about 1/2 blender with almond milk or water

Optional: 1 Tbs freshly ground-up flax seeds

Spinach Smoothie

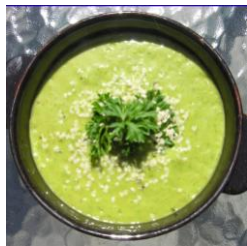
Always put the lightest items in the blender first. Fill your blender with the fresh organic spinach leaves, followed by the fruit and water.



spinach leaves
1 orange
1 apple
1 banana
some water

Raw Spinach Soup

We can use almond milk, tomato juice or just cucumbers or water as the basis for this soup. Blend soup base with the rest of ingredients. Top with fresh dill and soaked seeds.



Put all ingredients in blender and mix:
2 medium cucumbers
3 cups of spinach
1 1/2 Tbs of lemon juice and 1 green apple
1 avocado to make it creamy
water
spices like garlic, onion powder, cayenne pepper, turmeric

Raw Coconut/Curry Soup

This one is delicious! Some raw vegetables are not easy for the body to digest because of the tough and course nature of cell walls in plants. By pureeing, raw vegetables become very palatable and still maintain that nutrient/enzyme rich quality. First blend scooped out coconut meat and coconut water. Add the other ingredients to this and mix in blender. Serve warm or cold. Add some small avocado pieces.



1 young Thai coconut
2 Tbs lemon juice
2 Tbs of olive oil
1 tbs of curry
1 tbs chickpea miso
1 tbs garlic
A bit of natural salt
Optional: ginger, red pepper, avocado

