

## Liver Cleansing Detox Dips, Sauces, Dressing & Extra Recipes

Over the next 14-28 days you will be consuming lots of raw foods (vegetables, fruit, nuts and seeds). In the following pages you will find a variety of recipes for dips, sauces, dressings and a little bit more. Eating food in its raw and natural state will give you a powerhouse of nutrients for increased vitality. The following recipes are basic and many of them can be modified to your taste by adding more herbs and spices to liven them up.

You will find that starting with soups is an alternative to chewing on vegetables all day long and find that they are quite filling. I personally find this one of the best ways to get densely packed nutrients in a single serving. You will find that you can make a big enough batch of soup to last a couple of days. Put some in a thermos and take it to go and eat it as a meal or sip on it throughout the day.

There are many ways to liven up a salad. Add a few olives, pickles; grate ½ carrot or a small piece of beet to make it colorful. Add some nuts, seeds, salsa, hummus, or homemade dressings to enhance the taste.

You will get to sample some of our favorite recipes.

Websites and books recommended:

[www.living-foods.com/recipes](http://www.living-foods.com/recipes)

[www.welikeitraw.com/rawfood/raw-food-recipes](http://www.welikeitraw.com/rawfood/raw-food-recipes)

[www.rawglow.com/recipes](http://www.rawglow.com/recipes)

[www.fromsadoraw.com/rawrecipes](http://www.fromsadoraw.com/rawrecipes)

*Living on Live Food* by Alissa Cohen

*Raw Food Made Easy for 1 or 2 people* by Jennifer Cornbleet

*Living in the Raw Gourmet* by Rose Lee Calabro

*The Raw Food Detox Diet* by Natalia Rose

*Dips, Sauces, Dressings, Condiments & Extras*



## **CREAMY NUT DRESSING**

### Ingredients:

2 cups Macadamia Nuts

½ cups pine nuts

2 tablespoon fresh squeezed lemon juice

2 or more cups filtered water (depends on the consistency you want; less water it will be thicker and more water it will be thinner)

2-3 cloves of garlic

1-2 tablespoons of thyme (if fresh remove stems) or 1 tablespoon dried thyme

1-3 teaspoons of Sea salt or to your taste

½ small Red hot chili pepper or ½ teaspoon of chipotle habanero pepper sauce or your favorite hot sauce to your taste

### Instructions:

1. Blend all ingredients in blender.
2. Continue to add water for desired consistency.

*Optional: Add fresh basil*

## **CILANTRO DRESSING/DIP**

*This is an exquisite dressing but you will love it as a dip for your veggies.*

### Ingredients:

1 cup Macadamia Nuts

½ cup pumpkin seeds (soak for 24 hours and drain)\*

½ cup sunflower seeds (soak for 24 hours and drain)\*

Juice of 1 large lime

Juice of 1 large lemon

2 cloves of garlic

1 cup of extra virgin olive oil

¼ cup of Bragg's Liquid aminos

1 large bunch of fresh cilantro

½ to ¾ cup of filtered or distilled water

### Instructions:

1. Blend all ingredients except water. Add water as needed for desired consistency.
2. Add additional seasoning to taste *\*Soaking and draining is not necessary if prepared for immediate consumption*

## **RASPBERRY VINAIGRETTE**

### Ingredients:

1 ¼ cups raspberries  
¼ cup orange juice  
2 tablespoons olive oil  
½ tablespoon lemon juice  
Sea salt and pepper to taste

### Instructions:

Blend all ingredients in a blender until smooth.

## **RED PEPPER DRESSING**

### Ingredients:

½ cup olive oil  
1/3 cup onion  
¼ cup red bell pepper  
1 carrot  
2 tablespoons apple cider vinegar  
1 Tablespoon honey  
¼ teaspoon sea salt  
Dash pepper

### Instructions:

Blend all ingredients in a blender.

## **MAYONNAISE**

Although thinner than real mayonnaise, it tastes like the genuine article! To make this thicker, just chill it for a few hours.

### Ingredients:

¾ cup almond milk  
2 Tablespoons avocado  
1 ½ Tablespoons cider vinegar  
¾ teaspoon sea salt  
¾ cup olive oil

### Instructions:

Blend first four ingredients in a blender. Slowly add the oil and continue to blend until smooth.

## **RICOTTA CHEESE**

*This is a blander cheese. It is milder in flavor and not overpowering allowing the other flavors in a recipe to come through.*

### Ingredients:

½ cup macadamia nuts  
1 cup almonds  
½ lemon, juiced  
¼ cup orange juice  
¼ cup water

### Instructions:

Blend all ingredients in a food processor until creamy.

## **Hummus**

### Ingredients:

1 cup Chickpeas - thoroughly cooked or canned (also called Garbanzo beans)  
1/4 cup Sesame Tahini  
1/4 cup Olive Oil or Coconut Oil  
2 - 3 cloves of Garlic- minced  
1/2 cup Lemon Juice  
1 teaspoon Celtic Sea Salt

### Instructions:

1. Put chickpeas, minced garlic, tahini and salt into a blender and blend.
2. Gradually add both the lemon juice and the olive oil.

Hummus can be used as a dip or a spread. Refrigerate leftovers.

## **RAW HUMMUS**

### Ingredients:

1 c. chick pea sprouts (sprouted overnight)  
Juice of 1 lemon or lime (I prefer lime)  
2 T. fresh orange juice  
1 clove garlic  
2 T. raw tahini  
Optional seasonings: ground cumin, spike or sea salt to taste, chives, paprika, cayenne pepper

### Instructions:

Blend all of the ingredients. Add water to thin to desired consistency.

Very delicious spread on leafy greens or red bell pepper strips or even celery. Enjoy!

## **RAW SALSA**

### Ingredients:

Chop 6 Medium Tomatoes  
1/2 Cup Chopped Onion  
Chop 1 Small Banana Pepper (not Jalapeno)  
4 Celery Stalks, minced

### Directions:

Mixed chopped vegetables together and allow to stand one hour.

Add the following Seasonings:

1/2 Cup Safflower Oil  
Chopped nuts or seeds to taste, if desired.  
1-2 Minced Garlic Gloves  
1/2 Cup of Sweet Basil Leaves

### Directions:

Allow mixture to sit until flavors have blended, approximately one hour. For added zest add the juice of one lemon and one lime.

Note: Hot Jalapeno peppers damage the mucous membranes and the lining of the stomach.

## **APPLE JICAMA SALSA**

### Ingredients:

4 cups diced granny smith apples  
4 cups peeled and diced jicama  
1 fresh jalapeno (seeds removed, chopped fine)  
1 red onion (diced fine)  
juice of 3 lemons  
1 red bell pepper (diced)  
1/4 cup olive oil (optional)  
1/2 bunch fresh cilantro, chopped  
whole dulse leaf to taste (cut up with scissors)

### Instructions:

Mix all ingredients together.

## **PESTO SAUCE**

### Ingredients:

1/4 lb. basil, fresh  
2/3 cup lemon juice

1 cup pumpkin seeds (soaked organic)  
3 cloves garlic, raw  
pinch of cayenne  
a little filtered water in the blending process.

Instructions:

Mix it up.

## **CHIMICHURRI (Argentinean sauce similar to pesto)**

Ingredients:

1 cup firmly packed fresh flat-leaf parsley, timed of thick stems	2 tbsp of apple cider vinegar
3-4 garlic cloves	1 tsp sea salt
2 Tbsps fresh oregano leaves (can sub 2 tsp of dried oregano)	¼ tsp red pepper flakes
½ cup of olive oil	¼ tsp freshly ground black pepper

Instructions:

1. Finely chop the parsley, fresh oregano, and garlic (or process in a food processor several pulses).
2. Place in a small bowl.
3. Stir in the olive oil, vinegar, salt, pepper and red pepper flakes. Adjust seasonings.

Serve immediately or refrigerate. If chilled, return to room temperature before serving, Will keep for a day or two. SERVES 4

## **CAULIFLOWER RICE**

Ingredients:

1 2/3 lbs cauliflower  
½ teaspoon salt  
½ teaspoon turmeric (optional)  
3 oz. coconut oil

Instructions

1. Use a grater and grate the entire cauliflower head.
2. Melt butter or coconut oil in a skillet.
3. Add the cauliflower rice and cook over medium heat for 5-10 minutes or until the rice has softened a bit.
4. Add salt and optional turmeric while frying.
5. Mix in the coconut oil and let it melt.

4 Servings

## **CHIA PUDDING**

### Ingredients:

¾ cup of coconut milk

2 tablespoons of chia seeds

½ teaspoon vanilla extract

### Instructions

1. Mix all ingredients in a jar
2. Put a lid on and place in the fridge to let gel over night or for at least 4 hours.
3. Serve the pudding with some additional coconut milk or some fresh or frozen berries.