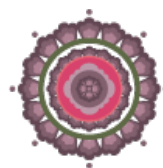


Ten Recipes for a Winter Cleanse



*Reset * Restore * Renew*



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Awakening Radiance

The Winter 10

Recipes to Enlighten your New Year

In the northern hemisphere it is winter, which means many places are wet, chilly and bare. Whether it is San Diego's drizzling rains, Washington D.C.'s record snow or Chicago's icy nip, the winter season is usually cold, windy, dry and gray.



The five elements - space, air, fire, water and earth - are always at play everywhere in nature, but in any given season one or two dominate. In the season of winter, air and water prevail. Given that the elements of air and water are both cold, to balance their effects this season, we need ***fire***.

Of course, most of us intuitively know this. We light fires at the hearth, stove, oven, or furnace. We add blankets, we drink tea, we stay indoors. What may be less obvious for warding off the winter chill is the need to stoke the inner fires of digestion and metabolism.

Three ways to burn bright this winter cleanse ~

1. *Kindle your digestive fire*: drink a **Lemon Ginger Tea** with meals. This warming tea can also be taken first thing in the morning to hydrate tissues, stimulate

digestive power, and promote healthy circulation. It is also good any time of day to keep your tissues warm and optimally hydrated for flushing.

2. *Eat warm foods*: enjoy a cooked breakfast like the fruit compote or amaranth porridge, kichari or dal for lunch, and a soup or light stir-fry for dinner.

3. *Drink warm water*: avoid ice in your water, keep it room temperature or even hot (it's winter after all!). Add lemon to optimize hydration, and sip lemony ginger tonic or a [sweet and spicy tea](#) with your meals.

Six key principals to mobilize your detox systems ~

1. **Hydrate**: Drink 8-10 glasses of water daily (best with lemon), or ginger tea.
2. **Unearth**: Include flax, and/or psyllium, or chia seeds in one meal each day.
3. **Move**: Gentle yoga and light exercise encourages good circulation for balanced detoxification.
4. **Organic**: Keep it real - enjoy natural, whole foods as unadulterated, as fresh and as close to nature as possible.
5. **Rest**: When your body is detoxifying, it is essentially healing, and will require more rest than usual.
6. **Spices**: *Add warming [spices](#) to your meals*: include your favorites such as ginger, clove, cumin, cinnamon, cardamom, nutmeg, mustard seed, cayenne, and fresh cracked black pepper.

Snacks ~ If you are hungry between meals your best snack is either the detox broth or a handful of pepitas. The broth recipe is included under “Basics” as it is also a base for your soups. You can replace it with a store bought, organic, low sodium broth if you do not have time for that extra step of prep. Pepitas are pumpkin seeds, and excellent for a cleanse because they provide great fiber and minerals that help mobilize your body's waste removal systems.

You can also snack on fresh fruit or vegetables: shake a little cinnamon on the fruit, and pop the vegetables in the oven to roast. You can season the vegetables with cinnamon also, or ginger, cumin, red pepper, depending on your tastes and even add just a pinch of pink salt. I've included a recipe for roasted cauliflower as a snack. Cauliflower sweetens up as it roasts becoming one of my favorite winter treats. But

you can follow the same recipe for carrots, sweet potato, parsnips... It can then be enjoyed warm from the oven ~ or pack it with your lunch and enjoy at room temperature. It's also good with your kichari, added to soups, or tossed with winter salads.

A note of what is not included: Gluten, dairy, and sugar clog digestion and contribute to brain fog. Meals can be delicious without them, and their elimination is important in a cleanse. Alcohol and caffeine diminish your body's capacity to release toxins. Try to eliminate or at least reduce these during the cleanse. An herbal or spice tea, or mug of detox broth or miso soup, are good replacements for an evening cocktail, and coffee can be replaced with green or ginger tea.

Above all, *do what you can*. It's not "either/or" - rather a question of degree. These recipes will help you detoxify, and your body is very responsive ~ *Whatever you do to support your own natural detoxification systems will be rewarded.*

Finally, during your detox, it is optimal to get at least one massage and take a sauna once or twice. Include yoga or light exercise daily, and try to take regular hot soaks with 2 cups of Epsom salts and 7 drops of lavender oil in your tub.



Winter Cleanse Meals

Breakfast

- * Winter Fruit Compote: apples, raisins, orange, lemon, berries, cranberries
- * Amaranth Porridge
- * Cashew Curd

Lunch/Dinner

- * Winter Kichari **
- * Land and Sea Vegetable Miso
- * Borscht
- * Soba Stir-fry
- * Curried Vegetable Stew
- * Spicy Carrot Soup

Snack

- * Roasted Cauliflower

*** Kichari is a mainstay of any Ayurvedic Cleanse. If however you start wanting something else, or can't find mung beans, you can replace it with the Dals that are linked at the back of this booklet.*



Winter Cleanse Meal Plans

1 Day Plan

Day One

Breakfast: Compote

Lunch: Kichari

Dinner: Miso Soup

3 Day Plan

Day One

Breakfast: Compote

Lunch: Kichari

Dinner: Miso soup

Day Two

Breakfast: Cashew Curd (with fruit compote if you like)

Lunch: Kichari or *Detox Dal

Dinner: Borscht

Day Three

Breakfast: Amaranth

Lunch: Stir-fry, or Kichari

Dinner: Curried Vegetable Soup

5 Day Plan

Day One

Breakfast: Compote

Lunch: Kichari

Dinner: Miso soup

Day Two

Breakfast: Cashew Curd (with fruit compote if you like)

Lunch: Kichari or *Detox Dal

Dinner: Borscht

Day Three

Breakfast: Amaranth

Lunch: Kichari

Dinner: Curried Vegetable Soup

Day Four

Breakfast: Choose kichari or your favorite breakfast recipe

Lunch: Choose kichari or your choice from lunch/dinner recipes

Dinner: Your choice from lunch/dinner recipes

Day Five

Breakfast: Choose from breakfast recipes



Lunch: Choose from lunch/dinner recipes

Dinner: Choose from lunch/dinner recipes

Winter Cleanse Recipes

Breakfast

Winter Fruit Compote

Serves 1-2

When you start your day by warming your belly and kindling your digestive fire, it makes a difference to your energy and mood. Besides, it's delicious!



- 1 organic apple
- 1 organic pear
- 1 T raisins
- 1 T dried cherries or cranberries
- 1 t ghee
- 2 shakes each of ground cinnamon, cardamom
- 1 pinch of either clove or nutmeg
- 1/4 c water
- 1 t flaxseed
- 1 t lemon juice

Chop fruit roughly into pieces. Place ghee in a small pot with spices and sauté over medium heat. Add raisins and stir. Add the water, bring to a boil and then reduce to low heat. Cook for about 10 minutes or until the fruit is tender. Stir in the flaxseed and spoon into your breakfast bowl. Lightly sprinkle with lemon juice. Drizzle with honey, if needed.

Amaranth & Apple

Serves 2

Amaranth is a high protein, gluten free, ancient grain with a lovey nutty taste. Adding flaxseeds boosts the cleansing fiber of this hearty warm breakfast while adding potassium, an important electrolyte for any detox.

1 c amaranth
3 c water
1 c coconut milk
1 T flax seeds
1 c apples, sliced
1/2 t vanilla extract
1/2 t cardamom
1/4 t cinnamon
pinch of nutmeg, ginger, *optional*
1 T maple syrup, *optional*
1 pinch pink salt
1 t lemon juice

optional garnish: coconut flakes, fresh berries, pomegranate, pepitas



Soak the amaranth in 2 cups of water overnight. In the morning, combine the amaranth, flax seeds, three cups of water, coconut milk, vanilla, spices, maple syrup and salt in a saucepan. Bring to a boil, cover, reduce and allow to simmer gently for 20 to 25 minutes. Stir regularly, and add water if starts to stick to the bottom.

Remove from heat and set aside, covered, for 10 minutes. (The longer it stands, the thicker it becomes). Scoop into your breakfast bowl and optionally garnish with coconut flakes, pepitas, pomegranate, berries.

Cashew Curd with Flax and Psyllium

Serves 2-4

Curd

1 c cashews
3 c water
1 probiotic capsule
1/4 c fresh lemon juice, or to taste
pinch pink salt



Breakfast Bowl

Curd

1 t flax seed
1/2 t psyllium

Soak cashews in two cups water for two to three hours. Drain the soaking water and rinse the cashews. Pat dry. Pour your nuts in a high speed blender or food processor. Add one cup water and blend the cashews until smooth. Add the probiotic tablet, lemon juice and salt and mix lightly.

Scrape the mixture into a bowl. Taste and take note. Cover with a plate or dark towel and put your bowl into a warming oven set to low, **or** an oven with the light on, **or** on top of your toaster set to its lowest setting, **or** any warm, dark place.

After the curd has sat for at least four hours, taste. It should taste more sour and less sweet than when you first tasted it. If it tastes sour it is done. If not, let it sit in this dark, warm place until it does taste sour. Once the souring begins, it can go fast so taste every half hour now.

Once the cashew curd is set, keep in the fridge. Cashew curd will keep for about 3 days. For breakfast, spoon curd into your breakfast bowl. Sprinkle flax and psyllium over the top. Pour warm coconut or almond milk over if it is cold from being in the fridge. Mix with compote, or fresh fruit if desired. Enjoy.

Lunch/Dinner

Johnny B's Winter Kichari

Serves 2-4

2/3 c basmati rice, rinsed thoroughly
1/3 c split mung beans, rinsed thoroughly
3.5 c filtered water
1 zucchini, chopped
1 small sweet potato, peeled and chopped
2 T ghee
3 T pumpkin seeds
2 T scallions, chopped
2 t curry powder
2 T Bragg's amino acids, or gluten-free tamari/shoyu
1/2 c organic coconut milk
2 T lemon juice
1 t maple syrup
pink or sea salt
Fresh cracked black pepper
Fresh cilantro, for garnish



**Note: Split mung beans do not need to be soaked. If you are using whole mung beans, wash the beans and soak them overnight, or for at least 6-8 hours.*

Put the rinsed rice and mung in a saucepan and add 3 1/2 cups filtered water. Bring to a boil over high heat. Reduce the heat to low and simmer for 10 minutes.

Add to the pan even layers of zucchini and sweet potato on top of the rice mixture. Cover the pan and cook until the rice and beans are soft and thoroughly cooked, about 20-25 more minutes.

Meanwhile, in a sauce pan, heat the ghee over medium heat. Add the pumpkin seeds and scallions and cook, stirring, until the seeds turn light brown, about 4 minutes. Stir in the curry powder and then the Bragg's/Tamari until thoroughly combined. Stir in the coconut milk, lemon juice, and maple syrup and cook for 2 minutes more.

When the rice mixture is done, pour in the scallion mixture and stir to blend well. Ladle into bowls and season to taste with salt and pepper. Optionally, melt a little more ghee or coconut oil, sprinkle over the top. Garnish with cilantro.

Land & Sea Vegetable Miso Soup

Serves 2

3 c detox broth (or any low sodium vegetable broth)

1 T dulse or wakame

2 spring onions, chopped

handful of scallions, chopped

2 T miso paste

Heat the broth. Add the dulse/wakame to soften. Meanwhile, ladle 1/4 of the warm broth into a small bowl. Whisk in the miso paste and stir until thoroughly mixed. Turn off the heat on the broth, and stir in the miso. Divide the spring onions and scallions into serving bowls and ladle the soup over. Enjoy warm.



Borscht

Serves 4

- 2 T ghee
- 1 onion, chopped
- 4 cloves garlic, minced
- 1/2 t fennel seeds
- 1 c potatoes, chopped
- 2 c beets, chopped
- 1 celery stalk, chopped
- 1 carrot, sliced
- 2 c coarsely chopped purple cabbage
- 6 c low sodium vegetable broth
- 2 bay leaves
- 1 c beet greens, chopped
- 2 t pink salt (or to taste)
- 2-3 T freshly ground black pepper
- 1 T balsamic vinegar, gf tamari, gf shoyu, or bragg's aminos



Garnish options: sliced spring onions, fresh dill garnish, toasted fennel seeds, cashew curd or make your own coconut yogurt

Sauté onion in ghee until it becomes translucent. Add the garlic and sauté one minute. Stir in the fennel seeds and sauté until they brown and give off their distinct aroma.

Add the vegetables, except the beet leaves, and sauté 3-4 minutes. Pour in the broth and stir in the bay leaves. Bring to a boil, cover and reduce to a gentle simmer. Cook 15 minutes and add the beet leaves. Cook another few minutes until the greens soften. Turn off heat and allow to sit for five minutes. Stir in salt, pepper, and vinegar/tamari. Ladle into serving bowls and garnish according to your taste.

Soba Stir-fry

Serves 3-4



- 1 package soba noodles
- 2 T ghee (or grapeseed oil for vegans)
- 1 package (14 ounces) extra-firm tofu, drained, patted dry, cut into 1/2-inch cubes
- 1/2 t pink salt
- 1 bunch broccoli, cut into small florets with stems sliced into coins
- 1 carrot, sliced into matchsticks
- 1 bunch kale, chard or spinach, trimmed, stems discarded and sliced
- 4 cloves garlic, minced
- 1/2 t red pepper flakes
- 3 T almond butter
- 3 T rice vinegar
- 2 T tamari, shoyu, or Bragg's
- Pepitas

Cook soba noodles in a large pot of salted water until al dente, about 10 minutes. Drain, and rinse with cold water. Set aside.

Heat 1 tablespoon ghee/oil in a large skillet over medium-high heat; add tofu and season with 1/4 teaspoon salt. Cook, tossing occasionally, until golden, 12 to 15 minutes. Transfer to a plate; set aside.

Heat remaining 1 tablespoon ghee/oil in same skillet over medium-high. Add vegetables, garlic, red pepper flakes. Season with remaining salt. Cover and cook, tossing occasionally until vegetables are crisp-tender, about 8 to 10 minutes.

While the vegetables cook, make the sauce by whisking together in a small bowl the almond butter and 2 tablespoons water, until well blended. Whisk in the vinegar and soy sauce. Combine the noodles, tofu, and sauce in the pan with vegetables. Cook for just a few minutes, tossing until the noodles are heated through. Serve in bowls and garnish with pepitas.

Curried Vegetable Soup

2 T ghee or coconut oil
1 onion, chopped
1 large potato diced
1 small head of cauliflower, chopped
2 garlic cloves, crushed
2-3 T curry powder
1 T fresh grated ginger, or ginger powder
3 c detox broth (or any low sodium broth)
1 c coconut milk
1 c kale, spinach or collards or a blend of all three, chopped
salt and freshly ground pepper (or tamari)
garnish: fresh cilantro, *raw sauerkraut optional*



Sauté the onion, potato, cauliflower in a large pan. Cover with 1/2 cup of broth and simmer with the lid on for 10 minutes. Add the garlic, ginger, and spices. Stir well and cook for another 3 minutes. Pour in the remaining broth and coconut milk. Season with salt and pepper. Bring to a boil again and simmer another 20 minutes. Somewhere in those last 20 minutes add the greens.

Remove from heat and put half of the mixture into the bowl of a food processor. Process until smooth, then return to the pan. (or use an immersion blender very lightly). Ladle into bowls, stir, season with salt and pepper or tamari, and garnish with cilantro and sauerkraut. Serve warm.

When I make soups, I like to toast pumpkin seeds (pepitas) and add a small handful to the soup for a bit of crunch. It's a healthy substitute for croutons or crackers, and a great detox boost.

Spicy Carrot Soup

1 bag carrots
2 T ghee or coconut oil
1/2 t ginger powder
1/4 t aleppo, or favorite red pepper
1 pinch pink or sea salt
1 onion, chopped
2-3 cloves garlic
1 T curry powder
1/8 t coriander powder, *optional*
1 dash cinnamon
1 pinch clove
4 c broth
pink or sea salt
fresh cracked pepper
cilantro or parsley
pepitas



Preheat your oven to 425F. Clean and chop the carrots. Melt one tablespoon ghee or coconut oil and pour into a mixing bowl. Stir in the ginger powder, red pepper, salt. Toss the carrots in this spicy oil and then pour out onto a baking tray. Roast until the carrots brown and have softened all the way through. While allowing the carrots to cool, melt the remaining ghee in a pot, and sauté the onion. Once the onion “sweats,” stir in the garlic and remaining spices. Pour in the vegetable broth, add the carrots and pure with an immersion blender - or put the onion and spices with the carrots and broth in a blender and puree until smooth. Bring the soup to a gentle bowl, then season to taste with salt and pepper. Ladle into soup bowls and serve with cilantro, parsley, and or pepitas.

Snack

Roasted Cauliflower

1 head cauliflower
2 T ghee
1/2 t garlic powder
1/2 t cumin powder
1/4 t pink or sea salt
fresh cracked black pepper, or red pepper flakes



Preheat your oven to 425°F. Melt the ghee and pour into a bowl. Stir in the garlic, cumin, salt and pepper. Snap the cauliflower into florets and add to the bowl. Toss the florets until they are thoroughly covered in the spicy ghee.

Pour the florets onto a large rimmed baking sheet. Roast, tossing occasionally, until they brown on the edges, about 35-45 minutes.

Basics

Detox Broth

- 1 onion
- 1 clove garlic, *optional*
- 1 potato, scrubbed and quartered
- 2 carrots, scrubbed and roughly chopped
- 1 handful string beans, ends removed
- 2 sticks celery, roughly chopped
- 2 bunches parsley, stems removed
- 2 quarts filtered water
- 2 T ghee
- sea salt or pink salt to taste



Put everything into a soup pot and bring to a boil. Cover and reduce to simmer. Allow to gently boil for 2-3 hours. Strain and store. Enjoy as the basic broth for your soups and kichari, or as an afternoon snack.

Lemon Water

- 1 pitcher water
- 1 lemon
- 2-3 mint leaves

Squeeze the juice of one lemon into a pitcher of water. Tear the mint leaves and float on the water. Enjoy lemon water all day long. Stay hydrated.

FLS Teas & Tonics

Click the titles below to go to my blog for recipes.

[Ginger Brew](#)

[Lighten Up Tea](#)

[Smooth Move Tonic](#)



Additional Recipes to Enhance your Cleanse

[How to Make Your Own Ghee](#)

[Detox Dal](#)

[Wintry Dal](#)

[Detox Cilantro Pesto](#)

To Your Good Health!

Namaste!

