

BEVERAGES AND SMOOTHIES

Carrot Juice

Organic carrot juice is one of the healthiest beverages one can drink because carrot juice is nearly identical to the blood in composition. Carrot juice is one of the strongest juices for healing. Adding in the juice of one beet and other vegetables such as cabbage and green leafy vegetables increase the nutrition. This is the greatest healing drink you can make.

Herbal Sun Tea

Celestial Seasonings Wild Berry Zinger

Put tea bags in glass tea jar with distilled water. Let sit in sun for several hours. Pour into a glass with ice.

Young Coconut Beverage

The young coconut has three eyes in bottom of coconut. Cut through one eye with a knife, insert straw, and enjoy the coconut juice.

Apple Lemonade

Juice 5 apples and ½ lemon (including rind). Mix together. Pour over ice and enjoy.

Coconut Smoothie

Blend fresh coconut and coconut water with 1 tsp cinnamon following directions for Coconut Pudding, except add more coconut water and less coconut flesh so it is not as thick as the pudding. Pour over ice in a glass. Serve with a straw.

Eggnog

Place the following in blender:

2 boxes silken tofu

2 Cups soy milk

½ Cup pure maple syrup

1 tsp turmeric

1 tsp vanilla

Blend well and chill before serving. When serving sprinkle nutmeg on top of each glass.

Fresh Apple Juice

Juice raw apples, chill and then pour into glasses with a cinnamon stick or sprinkle cinnamon on top of each glass.

Frosted Surprise

1 12 oz. can mango nectar, chilled
1 6 oz. can pineapple juice, chilled
1/3 cup cream of coconut
14 to 16 ice cubes

Place first three ingredients in the blender and blend. With blender still running, slowly add ice cubes one at a time through opening in lid until mixture is foamy and ice is in small pieces. For a stronger pineapple taste, substitute frozen pineapple concentrate for the pineapple juice (do not reconstitute with water).

Smooth Move

1 ¼ Cups plain soy milk
1 cup acai juice (available at a natural food store)
¼ Cup orange juice
1 large mango, peeled and cut into chunks
1 Cup frozen blueberries

Blend well in blender and serve.

Energizing Flax Shake

Grind 2 Tbsp of golden flaxseeds in a coffee grinder. Add 8-10 oz. of chilled soymilk and blend in blender. Variation: Add strawberries or blueberries, or your favorite fruit. This shake is a delicious meal replacement. And, when followed by 1-2 glasses of water, will reduce your appetite for the next meal.

Hot Spicy Cider

2 quarts apple juice
1 quart orange juice
2 cinnamon sticks
½ tsp nutmeg

Mix and heat until hot. Serve hot.

Heavenly Sunshine

5 large cans unsweetened pineapple juice
1 16-oz can frozen orange juice
10 bananas

Whiz bananas and orange juice in blender. Mix all together. Add ice cubes and additional water as desired to reconstitute the orange juice.

Almond Butter Milkshake

1 Cup soymilk
1 banana
2 Tbsp almond butter
3 dates
2-3 ice cubes

Blend in blender.

Raspberry Delight

½ Cup frozen raspberries
1 Cup soymilk
½ banana
1 tsp vanilla

Blend until fluffy. Makes about 2 8-oz. glasses.

Fruit Smoothie

3-4 bananas
1/4th piece of cantaloupe
1/4th piece of melon
Juice of 5 oranges
Juice of 2 lemons
Juice of 3 tangerines
Juice of 1-2 grapefruits
2 apples
2 pears
2 Tbsp flaxseed oil

Blend and drink.

Cranberry Lemonade

8 Cups water
2 Cups raw Agave Nectar (available at health food stores)
Juice of 12 lemons or limes
3 Cups cranberries

Blend 2 Cups of the cranberries with 2 Cups of the water. Stir together with remaining water, Agave, lemon/lime juice, and the remaining 1 Cup of whole cranberries. Chill. Add more Agave to taste if needed. Double the recipe and serve in a punch bowl.

Hot Carob Cocoa

Nondairy milk of choice
Black Tar to taste (see following recipe)

Warm the milk in a saucepan to the desired temperature. Add the Black Tar to taste and enjoy.

Black Tar (Imitation Chocolate Syrup)

1 1/2 Cups maple syrup
1/3 Cup extra virgin olive oil
1 Tbsp vanilla
1/2 Cup raw carob powder

Combine the above ingredients in a blender. Blend well and enjoy. This recipe keeps in the refrigerator indefinitely.

Spinach Pineapple Delight

Frozen pineapple juice concentrate
Fresh organic spinach

Dilute pineapple juice concentrate with 2 cans of distilled water instead of three. Pour 1 cup of this juice into a blender. Add several handfuls of organic spinach. If the weather is hot, may add some ice cubes. Blend well and enjoy! This drink is full of vitamins and has a delicious creamy taste. Very refreshing on a hot summer evening.

Salsa Juice

4-6 juicy ripe tomatoes
1 lime
3 sprigs fresh cilantro
1 sliver garlic
1/2 red bell pepper
1 sliver jalapeno
Juice all in juicer except the lime. Squeeze lime in by hand.

Blue Smoothie

3 frozen bananas
1/4 Cup frozen organic blueberries
1/4 Cup ground flaxseeds (grind in a seed or coffee grinder)
2 Cups apple juice or almond milk

Blend and enjoy. Great for children. Very high in nutrition.

Melons Alive

- 1 Cup fresh melon
- 1 Cup frozen melon

Use any kind of melon or combination of melons. Run through a juicer.

Eight Vegetable Juice

- ½ tomato
- ¼ cucumber
- 1 carrot
- 1 celery stalk
- 1 handful spinach
- ½ red pepper
- ½ Cup cabbage
- 1 green onion

Run through a juicer. To spice it up add a few drops of cayenne pepper and juice in a tiny sliver of garlic. Note: You can buy liquid cayenne pepper at www.herbdoc.com.

Cranberry Blush

- 1 Cup freshly squeezed cranberry juice
- 2 sweet apples
- 1 orange

Run the cranberries through a juicer until you have 1 cup of juice. Put the orange and one apple through the juicer. Peel, core, and slice the second apple. Combine the juices with the apple in a blender and puree.

Healing Beverage

- 1/3 Cup raw sunflower seeds, ground in a seed grinder or blender
- 2 Cups pineapple juice
- One large handful of fresh spinach or any other comfrey or chickweed; however spinach is highest in minerals
- One small handful fresh parsley
- 1 Tbsp lecithin granules
- 1 Tbsp cold pressed flaxseed oil
- 1 Tbsp raw honey
- Fresh mint leaves to taste, optional

Blend till smooth and drink immediately. If one's health is poor drink this twice a day. This will also help to heal hormones and the endocrine system.

Healing Tea

Mix together equal amounts of Irish Moss, Peppermint Leaf, Eleuthero Root, and Elder Berry Flower. Bring 1 Cup of water to a boil and remove from heat. Steep 1 Tbsp tea in the hot water for 20 minutes, strain and drink. You can obtain the herbs at Mountain Rose herbs (800-879-3337), from Pacific Botanicals (541-479-7777), or from Dr. Christopher's Herb Shop at www.drchristophersherbshop.com. These are the only three places that sell herbs that I trust because most herb shops get their herbs from overseas, the quality is poor, they are dirty, and they have been irradiated. This herb tea was formulated by a medical doctor who was an endocrinologist who studied herbs to find the herbs that were the highest in nutritional content and in healing qualities. He discovered that many of his patients had amazing healing happen when they drank 4-5 cups of this tea every day.