



The Immunity Mineral Cleanse  
Recipe Book

# Veggie Noodle with Thai Cashew Pesto

*3 medium carrots, julienne*  
*1 medium english cucumber, julienne*  
*1 medium daikon root, julienne*  
*2 cups thinly sliced napa cabbage*  
*¼ tsp. himalayan salt*  
*1 cup raw cashews*  
*½ cup lime juice*  
*¼ cup chopped green onions*  
*1 tbsp. raw honey*  
*1 jalapeno seeded, chopped*  
*2 tsp. grated ginger*  
*2 tsp. sesame oil*  
*2 cloves garlic*  
*¾ cup picked cilantro leaves*

1. Peel and slice carrots, cucumber, and daikon. Carefully slice lengthwise into matchsticks. Thinly slice cabbage. Then combine all vegetables in a bowl with cold water and himalayan salt.
2. For pesto- In a high speed blender combine the rest of the reserved ¾ cup cilantro leaves. Process until creamy and smooth.
3. Drain vegetables, reserve some of the liquid to thin out pesto if it becomes too thick.
4. Add pesto, vegetables, and optional protein and gently toss to coat evenly. Garnish with cilantro leaves.

**Calories: 260kcal | Fat:12 g | Sat. Fat:2 g | Sodium:125 mg | Carbs:18 g |  
Fiber: 5 g | Protein: 10 g**



# Avocado Chicken/Tuna Salad Lettuce Wraps

*1 can of 12 oz. organic boneless chicken, poached and shredded or  
12 oz. can tuna packed in water  
3 avocados, peeled and pitted  
juice of 1 lime  
1 garlic clove, smashed  
1 ½ tsp. himalayan salt  
1 tsp. ground black pepper  
½ cup chopped cilantro  
8 romaine heart leaves  
1 cup cherry tomatoes, halved  
½ cup chopped scallions*

1. In a mixing bowl add your choice of protein and mix in avocado mayo, and half the scallions. Mix well to combine.
2. To serve: Spread mixture onto lettuce. Add tomatoes and remaining scallions. Top with a drizzle of vegan ranch dressing.

**Per Serving 2 | Calories: 464 kcal | Carbohydrates: 21g | Protein: 34g | Fat: 4.9g | Saturated Fat: 5g | Sodium: 240mg | Fiber: 7g**

For avocado “mayo”

1. Put all ingredients in a blender or food processor and blend at medium speed until mixed and emulsified.

**Serving: 2 TBSP | Calories: 50kcal | Carbohydrates: 1.9g | Protein: 0.6g | Fat: 0.8g | Saturated Fat: 0.8g | Sodium: 126mg | Fiber: 1.3g**



# Warm Garlicky Shaved Brussels Sprouts & Asparagus Salad

10 oz. brussels sprouts (about 3 cups)  
8 oz. asparagus (about 2 cups)  
¼ cup shallot, thinly sliced  
¼ cup celery, thinly sliced  
2 tbsp. extra virgin olive oil  
¼ cup walnuts, chopped  
1 tbsp. honey  
¼ cup fresh squeezed orange juice  
1 tbsp. fresh squeezed lemon juice  
1 tsp. himalayan salt  
fresh ground black pepper to taste

For salad:

1. Use a mandoline or sharp knife to thinly slice brussels sprouts and asparagus.
2. Heat large non-stick skillet on med-high heat. Add olive oil and shallots, sauté until translucent, reduce heat as needed to prevent browning.
3. Add brussels sprouts and sauté for 5 minutes. Then add asparagus and celery, season with salt and pepper. Cook for 5 minutes more.
4. Now add walnuts, honey, orange, and lemon juice. Sauté 2 minutes more or until brussels sprouts are tender.

**Calories: 218kcal | Carbohydrates: 15g | Protein: 6g | Fat: 17g | Saturated Fat: 2g | Sodium: 22mg | Fiber: 6g**



# Zesty Shaved Broccoli Salad with Cashew, Chilis, and Cilantro Lime Dressing

*½ cup apple cider vinegar*  
*1 tbsp. lime juice*  
*¼ cup extra virgin olive oil*  
*1 cup fresh cilantro leaves, finely chopped*  
*1 garlic clove, mashed*  
*1 tsp. himalayan salt*  
*½ tsp. cumin, ground*  
*1 tbsp. fish sauce, no sugar added (red boat brand)*  
*1 tsp. honey*  
*1 jalapeno pepper, thinly sliced*  
*1 ½ lbs. organic broccoli*  
*1 cup roasted, unsalted cashews*

To make salad:

1. For dressing, in large mixing bowl combine first 10 ingredients and whisk well to combine.
2. Cut off broccoli tops and roughly chop. Trim 1 inch off the bottom of stems, use a vegetable peeler to peel stems.
3. Shave the stems into ribbons using a mandoline or a vegetable peeler.
4. Place the all the broccoli in a mixing bowl with dressing and add chilis. Let marinate at room temperature for 20 minutes or refrigerate covered overnight.
5. When ready to serve add cashews and give it a toss.

**Calories: 258kcal | Carbohydrates: 20g | Protein: 8g | Fat: 18g | Saturated Fat: 3g | Sodium: 644mg | Fiber: 4g**



# Thai Style Coconut Curry Veggie Stew

- 1 tbsp. grapeseed oil*
- 3 tbsp. yellow curry paste (recipe below)*
- 1 cup organic coconut milk*
- 1 cup organic vegetable broth*
- 1 medium sweet potato, chopped, blanched*
- 2 carrots, blanched*
- 1 cup broccoli florets, blanched*
- 1 cup cauliflower florets*
- 1 cup snow peas*
- 1 ½ tsp. salt*
- 1 tbsp. lime juice*
- ¼ cup cilantro, chopped, garnish*

To make vegetable curry:

1. Heat a large pot on med-high heat, add 1 tbsp of grapeseed oil and curry paste. Sauté for 1 minute and add coconut milk and vegetable broth. Bring mixture to a slow simmer.
2. Add in potatoes and simmer for a few minutes, until fork tender.
3. Add the rest of the vegetables. Stir and simmer for 10 minutes longer.
4. Finish with lime juice.

To serve: Ladle curry into a bowl and add fresh chopped cilantro.

Note: Add more curry paste for deeper flavor.

**Calories: 220kcal | Carbohydrates: 25g | Protein: 3.9g | Fat: 13g | Saturated Fat: 11g | Sodium: 472mg | Fiber: 6g**

## **Yellow Curry Paste:**

- 1 stalk lemongrass, rough chopped*
- 2 shallots, peeled and rough chopped*
- 1 2-inch piece ginger, peeled and sliced*
- 5 garlic cloves*
- 1 tbsp. cumin, ground*



1 tsp. coriander, ground  
¼ tsp. cinnamon, ground  
1 tbsp. turmeric, ground  
¼ tsp. white pepper, ground  
2 tbsp. honey  
3 oz organic coconut milk  
1 tbsp. fish sauce, optional, no sugar added (red boat brand)  
1 tbsp. tomato paste  
1 tbsp. fresh lime juice

To make curry paste: Add all ingredients into a highspeed blender and process until it forms a smooth paste.

## Veggie Miso Soup

3 cups filtered water or vegetable broth  
2 stripes wakame sea vegetable  
1 cup vegetables (daikon, butternut squash, bok choy, celery, shitake)  
¼ cup scallions, thinly sliced  
3 tbsp. unpasteurized, fermented miso paste

For miso broth:

1. Heat stock or water in a small saucepan.
2. Add wakame strips. Once rehydrated remove from pot. Cut into small pieces and return to the pot.
3. Add vegetables of choice and simmer for 2 minutes.
4. In a small bowl, whisk miso paste and 2 tbsp. of hot soup liquid. Mix until combined. Add the miso mixture to pot and turn off the heat.

To serve: Ladle soup into a bowl and top with sliced scallions.

**Calories: 132kcal | Carbohydrates: 12g | Protein: 4g | Fat: 8g | Saturated Fat: 4g | Sodium: 1182mg | Potassium: 352mg | Fiber: 3g**



# Avocado-Jalapeno Veggie Nori Roll

4 sheets nori  
2 tbsp. roasted red pepper hummus  
1 cup sprouts, or pea shoots  
1 cup carrots, shredded  
1 english cucumber, julienne  
1 avocado, thin sliced  
gluten free organic tamari

To make rolls:

1. Arrange the nori sheets on a work surface. Spread a thin layer hummus over the nori sheet.
2. Layer the carrots, pea shoots, cucumber, and top with avocado.
3. Roll the edge closest to you toward the center of the nori wrap, carefully rolling a “sushi” roll.
4. With a sharp knife, slice roll in half. Place halves side by side and cut two slices across.

**Calories: 226kcal | Carbohydrates: 15.8g | Protein: 17.6g | Fat: 18.4g | Saturated Fat: 7.1g | Sodium: 489mg | Fiber: 4g**





# Miso Wakame Soup

*4 cups filtered water*

*2 strips of dried wakame, cut into small squares*

*3 tbsp. fermented miso paste*

*¼ cup scallions, thinly sliced*

To make miso soup:

1. Bring water to a boil. Add wakame and simmer for 5 minutes.
2. In a separate bowl combine miso paste and some of the hot wakame broth. Stir well.
3. Let wakame broth cool slightly. Add miso mixture, stir well to combine.
4. Garnish with sliced scallions.

**Calories: 40kcal | Carbohydrates: 5g | Protein: 3g | Fat: 1g | Saturated Fat: 0.6g | Sodium: 0.86mg | Fiber: 1.9g**

# Avocado with Lime & Chili Salt

*1 large avocado*

*½ lime*

*½ tsp. himalayan salt*

*⅛ tsp. cayenne pepper, ground*

To make:

1. Cut avocado in half, remove pit.
2. In a small bowl mix salt, and cayenne pepper together.
3. Sprinkle a generous pinch of chili salt mix on each half. Finish with lime juice

**Calories: 1kcal | Carbohydrates: 8g | Protein: 2g | Fat: 1g | Saturated Fat: 1.5g | Sodium: 5mg | Fiber: 5g**



# Cucumber Roasted Red Pepper Hummus Rollups

- 1 large red pepper*
- 1 garlic head*
- 3 tbsp. extra virgin olive oil, portioned*
- 1 15 oz. can organic garbanzo beans, drained and rinsed*
- 3 tbsp. tahini*
- 4 tbsp. lemon juice, freshly squeezed*
- ½ tsp. cumin, ground*
- ½ tsp. himalayan salt*
- 1 english cucumber, peeled*

To make hummus:

1. Heat oven to 450. Cut 1 inch off the whole garlic head.
2. Place garlic and red pepper on a sheet pan. Drizzle with 1 tbsp. of olive oil. Roast for 15 minutes, then turn and roast for another 15 minutes until tender.
3. In a blender, add beans, tahini, lemon juice, cumin, and salt. Process until smooth.
4. Add roasted pepper and 4 garlic cloves to blender. While processing, drizzle in remaining olive oil until smooth.

To make rollups:

1. Using a mandoline or a large vegetable peeler, shave thin slices lengthwise. Work your way until you reach the seeds.
2. Lay each slice flat and evenly spread 1 ½ tsp. of hummus.
3. Beginning with one end, roll the cucumber slice around the filling and secure with a toothpick. Serve immediately

**Serving: 4 pieces** | **Calories: 62kcal** | **Carbohydrates: 3g** | **Protein: 2g** | **Fat: 4g** | **Saturated Fat: 1g** | **Sodium: 75mg** | **Fiber: 2g**



# Cauliflower "Couscous" with Spinach, Chard, Almonds and Currents

*¼ cup dried currents*  
*1 ½ to 2lbs. cauliflower florets (about 7 cups)*  
*3 tbsp. extra virgin olive oil*  
*1 medium sweet onion, thinly sliced*  
*2 cloves garlic, minced*  
*1 cup baby spinach, chopped*  
*1 cup swiss chard, chopped*  
*¼ cup sliced almonds*  
*1 tsp himalayan salt*  
*2 tbsp. fresh parsley leaves, finely chopped*

To make couscous:

1. In a bowl, add currents and enough boiling water to cover.
2. In a food processor cover and pulse cauliflower florets until chopped into couscous-sized pieces.
3. Heat oil on med-high in a large skillet. Add onions and cook until translucent. Stir in garlic and cook for 30 seconds. Add spinach and chard. Season with salt and pepper. Cook for 2-3 minutes, then add cauliflower and cook for 8 minutes.
4. Add currents and sliced almonds. Garnish with freshly chopped parsley.

**Calories: 156kcal | Carbohydrates: 10g | Protein: 4g | Fat: 10g | Saturated Fat: 1g | Sodium: 185mg | Fiber: 4g**



# Steel Cut Oats in Nut-milk with Hemp Hearts and Fresh Berries

*1 cup gluten free steel cut oat*  
*4 cups filtered water*  
*1 cinnamon stick*  
*1 pinch of himalayan salt*  
*1 cup unsweetened nut milk*  
*1 tbsp. hemp hearts*  
*1 cup fresh berries (blueberry, raspberry, strawberry or blackberry)*

To make oats:

1. Add water, steel cut oats, cinnamon stick, and salt into a large pot. Bring to a boil. Then reduce heat to a simmer.
2. Cook for 40 minutes, or longer for softer texture.
2. Garnish with a bit of honey, hemp, or nut milk, and fresh berries

**Calories: 156kcal | Carbohydrates: 10g | Protein: 4g | Fat: 10g | Saturated Fat: 1g | Sodium: 185mg | Fiber: 4g**

## Superfood Smoothie

*1 ripe banana*  
*½ cup frozen organic pineapple*  
*½ cup coconut meat, fresh or frozen*  
*1 cup raw coconut water, or unsweetened nut milk*  
*1 1-inch piece ginger, peeled and chopped*  
*1 2-inch piece turmeric root, peeled and chopped*  
*1 date, medjool, pitted*  
*½ a lemon, freshly squeeze juice*  
*1 tsp. organic moringa powder*  
*1 cup ice*

To make smoothie:

1. Place all ingredients in a high-speed blender and process until smooth and well combined.



## Mauren Moringa Tea

*12 oz. filtered water*  
*1-2 moringa tea bags*  
*raw honey (optional)*

To make tea:

1. Heat water to 140 degrees. Add tea bag and let steep for 5-10, minutes covered.
2. Add a bit of honey to taste. Cool and add ice for iced tea.

## Yvonne's Special Detox Tea

*10 cups water*  
*2 tbsp. crushed fennel seeds*  
*4 tbsp. fresh ginger, grated*  
*2 tbsp. raw honey*

To make tea:

1. Grate fresh ginger. Crush fennel seeds in mortar and pestle.
2. Bring fennel seeds and water to a boil. Simmer for 5 min and then turn off.
3. Add ginger and let steep for 1 hour.
4. Strain tea, put in a mug, and add raw honey to taste.

