



NUTRITION GUIDE

ESSENTIAL DETOX RECIPES

Detoxing has been a buzzing word all around the world for the last few years. With more and more people joining this trend, we thought this would be the perfect opportunity to share with you our three essential detox recipes. You'll learn how to prepare a delicious bread, a salad filled with fresh flavours and an astonishing minestrone.

Ready to indulge with these treats?

THREE ESSENTIAL DETOX RECIPES

DAY 1. SPELT AND BROWN RICE BREAD

DAY 2. FDETOX RAW BEETROOT AND FENNEL SALAD

DAY 3. CLEANSING MINISTRONE

When setting up a plan to detox, the main aim is to achieve general wellbeing, that is, to cleanse, be calm and feel ultimate tranquility. Detox is basically short for detoxification. Detox is more than a diet, but selecting what to eat and drink is a fundamental part of this process.

Toxins are toxic substances that get into our system mostly through the foods and drinks we ingest, but they also come from the environment around us and our own bodies produce some of them. The level of harmfulness depends on the way they are generated. **Usually, our own bodies are able to eliminate them naturally, however, due to the amount of chemicals and pollution that surrounds us, we can definitely use help.**

You can decide to engage with our diet and pick it up when the time is convenient for you.



WHEN YOU DECIDE TO START,
THIS IS WHERE TO BEGIN,
WITH THE ESSENTIAL RECIPES
BY STACEY FISHER

GOODNESSIS.COM

Enjoy

*Enjoy with
your loved
ones*

DAY 1

*Spelt and Brown
Rice Bread*

INGREDIENTS

2 ½ cups whole spelt flour or sprouted spelt flour

½ cup organic cornmeal (you can use polenta)

½ tsp instant yeast

1 ½ tsp fine Himalayan salt

1 ½ cups warm filtered water

1 tsp of ghee, unrefined sesame oil or coconut oil, for oiling the bread pan

2 cups cooked round brown rice and amaranth (½ cup brown rice and ¼ cup amaranth, preferably soak overnight)

¼ cup unhulled sesame seeds, divided



Preparation

TO FERMENT THE BREAD

Combine spelt flour, cornmeal, yeast, and salt in a medium bowl. Add water and mix until combined. Dough will be sticky and quite wet. Cover bowl with a plastic bag secured with a rubber band, or plastic wrap, and allow to sit at room temperature (70F/21C) for fourteen hours.

TO COOK THE RICE AND AMARANTH

Place the rinsed, soaked brown rice and amaranth in a small saucepan with 1 cups of water. Add four more tablespoons of water if the rice and amaranth has not been soaked overnight and simmer covered until cooked. Set aside to cool completely.



TO ASSEMBLE THE BREAD

Brush loaf pan with oil. Remove plastic from bowl and save it for covering the bread again, measure two cups of cooked brown rice and amaranth, and add half the sesame seeds to the dough. With your hands, mix together the rice and seeds, **taking a moment to enjoy the process.** Sprinkle some of the leftover seeds into the loaf pan, they should stick to the sides and bottom. **Leave some for sprinkling over the top.** Place the dough in the oiled pan and press lightly to distribute evenly. Sprinkle the top with remaining sesame seeds and cover with the reserved plastic wrap. Place in a draft-free place to rise for one hour.

TO BAKE THE BREAD

Pre-heat oven to 350F/180C.

Bake bread for an hour and fifteen minutes or until a crust has formed and the bread sounds hollow when tapped. Allow to cool, then remove bread from pan.

This bread is simply delicious with a good quality olive oil, a sprinkling of Maldon salt, a few rounds of freshly ground pepper and spring greens, all compliments of the garden!



DAY 2

*Detox Raw Beetroot
and Fennel Salad*

INGREDIENTS

2 medium-sized beetroots, washed. If using organic beetroot leave the skin on as the skin holds all the nutrients.

1 tart apple, washed, not peeled

1 tblsp lemon juice

½ bulb fennel or 3 stalks of celery

1 medium carrot

⅓ cup sesame seeds

½ cup packed coriander leaves

FOR THE DRESSING

¼ cup freshly squeezed lemon juice

3 tblsp minced/grated ginger

3 tblsp olive oil

1 - 2 tblsp liquid honey

¼ tsp rock salt



Preparation

TO MAKE THE SALAD

Grate or finely chop the apple and stir in one tablespoon of lemon juice to prevent the apple from browning. Place in a large bowl. You could use a box grater. Grate or very finely chop the beetroot, carrot and fennel, and place in a large bowl with the apple.

On medium heat, toast sesame seeds in a dry skillet until they start to pop, but be careful not to overtoast them as they can become bitter. Set aside to cool.

TO MAKE THE DRESSING

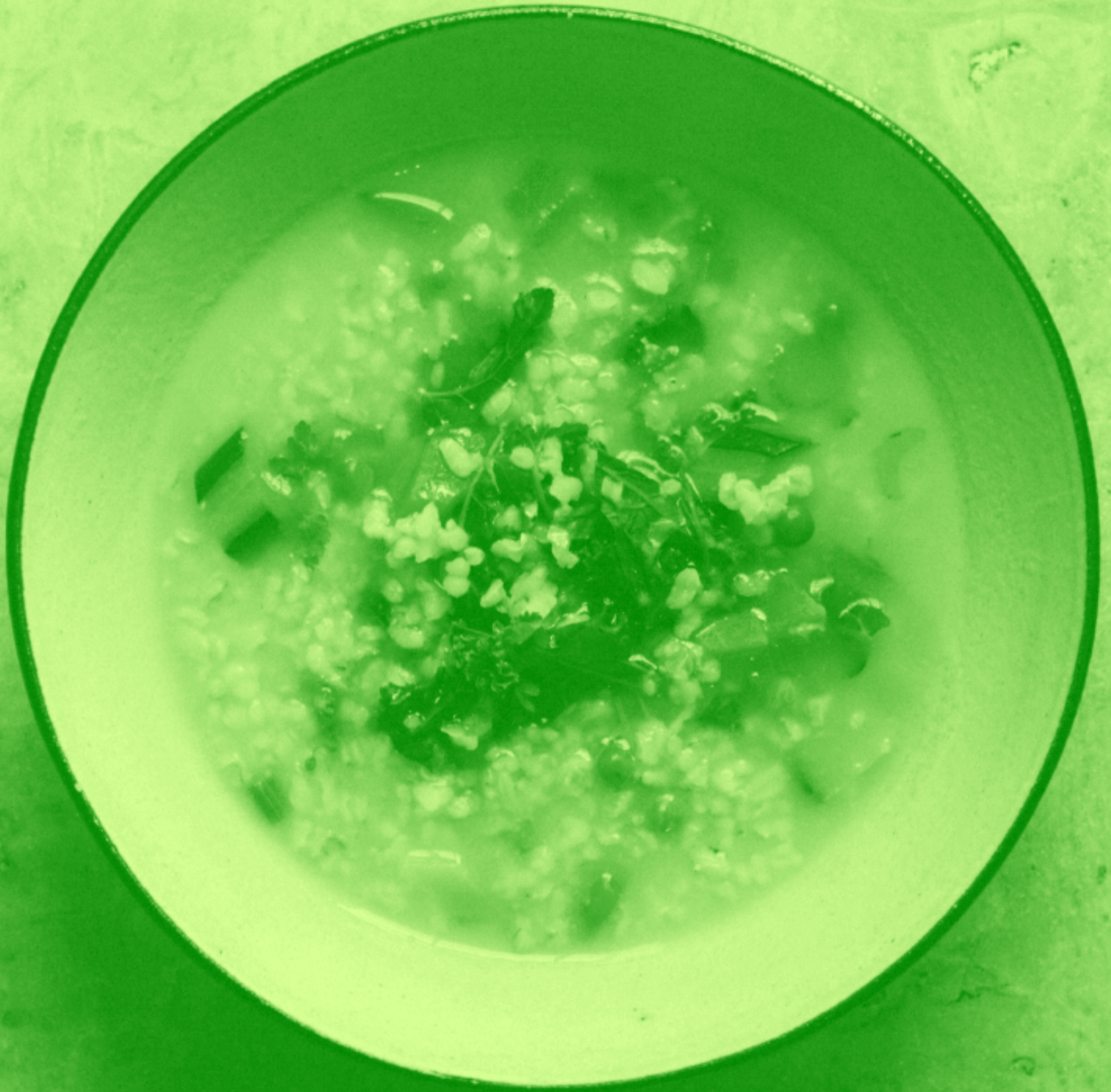
Grate the ginger. I use my parmesan grater. Whisk the lemon juice, honey, salt, oil and ginger together.

Toss all ingredients together and serve. **This salad tastes great if left to marinate.**



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DELICIOUS RECIPES, CLICK ON THE
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DAY 3
*Cleansing
Minestrone*

INGREDIENTS

2 tblsp extra virgin olive oil

$\frac{3}{4}$ cup round brown rice, rinsed

1 fresh bay leaf

7 cups vegetable stock

2 sticks celery, finely chopped

2 baby zucchini, cut into rounds

1 carrot, peeled and cut in diagonals

A handful of green beans, cut in diagonals or a handful of broccoli

A few kale leaves, finely shredded

Finely chopped fresh dill, parsley or coriander

Salt to taste

Freshly ground black pepper



Preparation

Heat the olive oil in a medium to heavy-based saucepan, add the rice and bay leaf and cook, stirring for one minute. Add the vegetable stock and bring to boil. Cover, lower the heat, and simmer for fifteen minutes. Add the celery, carrots and simmer until the rice is tender, for about 35-45 minutes.

Add the green beans or broccoli and simmer for five minutes. Add the finely shredded kale, fresh coriander, dill or parsley, salt and pepper to taste. Simmer for 2-3 minutes and **serve immediately. This way the vegetables stay crisp and bright.** When serving, drizzle with **olive oil**, a sprinkle of **lemon zest** and a squeeze of **fresh lemon juice**.





Enjoy the journey.

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