Liver/Gallbladder Cleanse - for detoxification of the blood, tonic for liver/gallbladder

Ingredients
Organic Apple/Grapefruit Juice 2 parts
Organic Apple Cider Vinegar 1 part
Organic Extra Virgin Olive Oil 1 part

Measure ingredients and use a blender/food processor to combine in an emulsification (the breakdown of large fat globules into smaller, uniformly distributed particles.) Store in airtight container in refrigerator. This mixture can be taken daily, do not exceed 3 oz per day.

50 ways to love your Liver - benefits the liver and boosts the immune system,

Ingredients
Grapefruit Juice 1 Cup
Kale 1 Cup
Water Crest 1 Cup
Clover Sprouts 1 Cup
Alfalfa Sprouts 1 Cup
Celery Stalks 1 Cup
Pear Nectar* 1 Cup

Blender Method: Chop all ingredients small enough for your blender to handle. Blend all ingredients together. Blend well. Pour through a fine mesh strainer or a cheesecloth to separate the pulp.
Juicer Method: Follow instructions for your particular model...
*You can use whole grapefruit instead of juice if using the juicer.
Run all ingredients through juicer and drink.

Mung Bean Stew

1 bag of Mung Beans (16 oz.)
1 Quart of H2O or Stock
1 Med Onion
2 lg. Carrots, diced
2 Celery stalks, chopped
2 cloves of garlic, minced
1 cup button mushrooms, sliced
1 bell pepper, chopped
1 Bay Leaf

*Add Onions, Carrots and Celery. Season with salt and Pepper.
*Cook 10 minutes until softened but not browned.
*Add Mushrooms and Garlic. Cook for another few minutes.
*Add Mung Beans, Broth and Bay Leaves.
*Bring to a boil.
*Reduce heat and let simmer for 20 minutes.
*Serve!

Guacamole

Ingredients
6 Ripe Avocados
the juice of 3 Limes
1/2 of a large red onion, diced
1 tbsp. granulated garlic
1 cup fresh cilantro, leaves only
1/2 cup of freshly diced /red bell peppers (optional)
1 tbsp. ground cumin
1 tbsp. smoked paprika
1 tsp. salt (sea salt preferred)
1 tsp. fresh ground pepper
Preparation: Leave avocados to the side, place the rest of the ingredients in a food processor or process chop by hand. Once blended, cut avocados in half and remove seed. (Retaining the seeds and placing them in your finished product will keep it from turning dark from oxidation.) Scoop out pulp with spoon or spatula and mash with rest of ingredients with a fork or potato masher. Serve immediately or keep refrigerated in an airtight container.

Fennel Salad

In a large bowl mix:
1 fennel bulb (leafy top and stalks removed), thinly sliced
1 cup Granny Smith Apples, thinly sliced
pinch of salt
pinch of white ground pepper
2 Tbsp Agave Nectar
1 Tbsp Apple Cider Vinegar
toss with enough citrus (lemon, lime, orange, grapefruit) juice to coat Toss all ingredients with your hands. Serve or keep refrigerated in an airtight container.