



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

Every Party Weekend Deserves a...
One Day Detox

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DETOXIFYING GREEN SMOOTHIE

Serves 2. This smoothie is designed to take your detox up a notch — it's deliberately lower in fat from nuts and seeds, and emphasizes plenty of greens. The fruit provides plenty of sweetness — no need to add a date.

INGREDIENTS

- 2 cups of filtered water
- 2 large handfuls of baby spinach
- 1 romaine heart, or 1/3 of a large head of romaine
- ½ cucumber, chopped (peel if using conventional)
- a large handful of baby kale or kale/cabbage mix
- 2 tablespoons ground flax seed
- 1 ripe pear, cored and chopped
- 1 apple, cored and chopped
- the juice from ½ a lemon
- 1 ½ cup frozen peaches
- ½ cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



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KALE SALAD WITH MAPLE TAHINI DRESSING

Serves 4. Kale salad — it's everywhere! And for good reason. Kale is high in fiber and nutrients, including glucosinolates that have been reported to fight five kinds of cancer. Kale is also high in nutrients that help the body detoxify and reduce inflammation. From a practical standpoint, I love kale because it's the perfect foundation for a make-ahead salad — the sturdy greens stand up to a creamy dressing, and often the salad tastes even better the next day. I like to add a little sweetness to my kale salads — this recipe features a Maple Tahini Dressing, as well as chopped dates for garnish.

INGREDIENTS

- 1/3 cup of tahini
- 2 tablespoons extra virgin olive oil
- Juice from 1 lemon
- 1 tablespoon pure maple syrup (avoid brands that include high fructose corn syrup or other additives)
- 1/3 cup of water; you can add more for a thinner consistency
- 1/4 cup chopped pistachios
- 1 large bunch of Lacinato kale — remove the stems and thinly slice leaves. If in a rush, you can also use bagged kale.
- 1 apple, cored and chopped — or, 1/4 cup chopped medjool dates (or any dried fruit you have on hand)
- optional — a pinch of cayenne pepper, for heat
- sea salt and ground pepper to taste

INSTRUCTIONS

For the dressing: add the tahini, olive oil, lemon, and maple syrup into a small bowl. Whisk in the water a little bit at a time, whisking until the water is incorporated. Keep adding water and whisking until you reach the desired consistency for your dressing. Taste and season with sea salt and pepper.

Add the kale and half of the fruit (apples or dates) to a salad bowl. Drizzle some dressing onto the greens and use clean hands to mix and massage the kale so the leaves are coated evenly with dressing.



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Keep going through the process until the leaves are coated and the kale is slightly wilted.

Transfer the salad to a serving platter and scatter with the pistachios and remaining fruit. Drizzle on a bit of extra dressing if desired. Season with salt and pepper, and serve.



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CREAMY TOMATO SOUP

Serves 4-6. I adore creamy tomato soup, especially when it's dairy free! This recipe is a makeover of the Pioneer Woman's Sherried Tomato Soup recipe, which involves a lot of butter and cream. This may be a guilt-free version of a classic soup, but it's just as tasty and satisfying.

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, thinly sliced
- red chili flakes, to preference
- 45 ounces (3 cans) roasted, diced or crushed tomatoes (low sodium preferable)
- 2 cups low-sodium vegetable broth (and additional broth if you prefer a thinner consistency)
- ½ - 1 cup cashew cream (see recipe in this packet); you can also use ½ cup full fat coconut milk
- ½ cup good quality sherry
- 10 large fresh basil leaves, chopped, plus more for garnish
- 1/4 teaspoon salt
- Sea salt and pepper to taste
- Chopped Italian parsley for garnish

INSTRUCTIONS

Set a soup pot on medium heat and warm the oil. Add the onions; sauté and stir occasionally until they start to brown — about 15 minutes.

Add the garlic, red pepper flakes and salt and stir for about a minute.



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Add the tomatoes and broth, and give the soup a stir. Bring to a boil, then reduce heat and simmer for 10 minutes. Turn off the heat and let the soup cool for a few minutes.

Working in batches, pour the soup into a blender. Remove the hole that's in the center of the blender lid so steam can escape during the blending process.

Cover the lid with a towel (hot liquid tends to erupt), and blend on high.

Return the soup to the pot. Add the sherry and cashew cream (or coconut milk) and warm gently until hot (don't boil).

Garnish with chopped parsley and serve alongside your favorite salad greens and dressing.