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Cookbook

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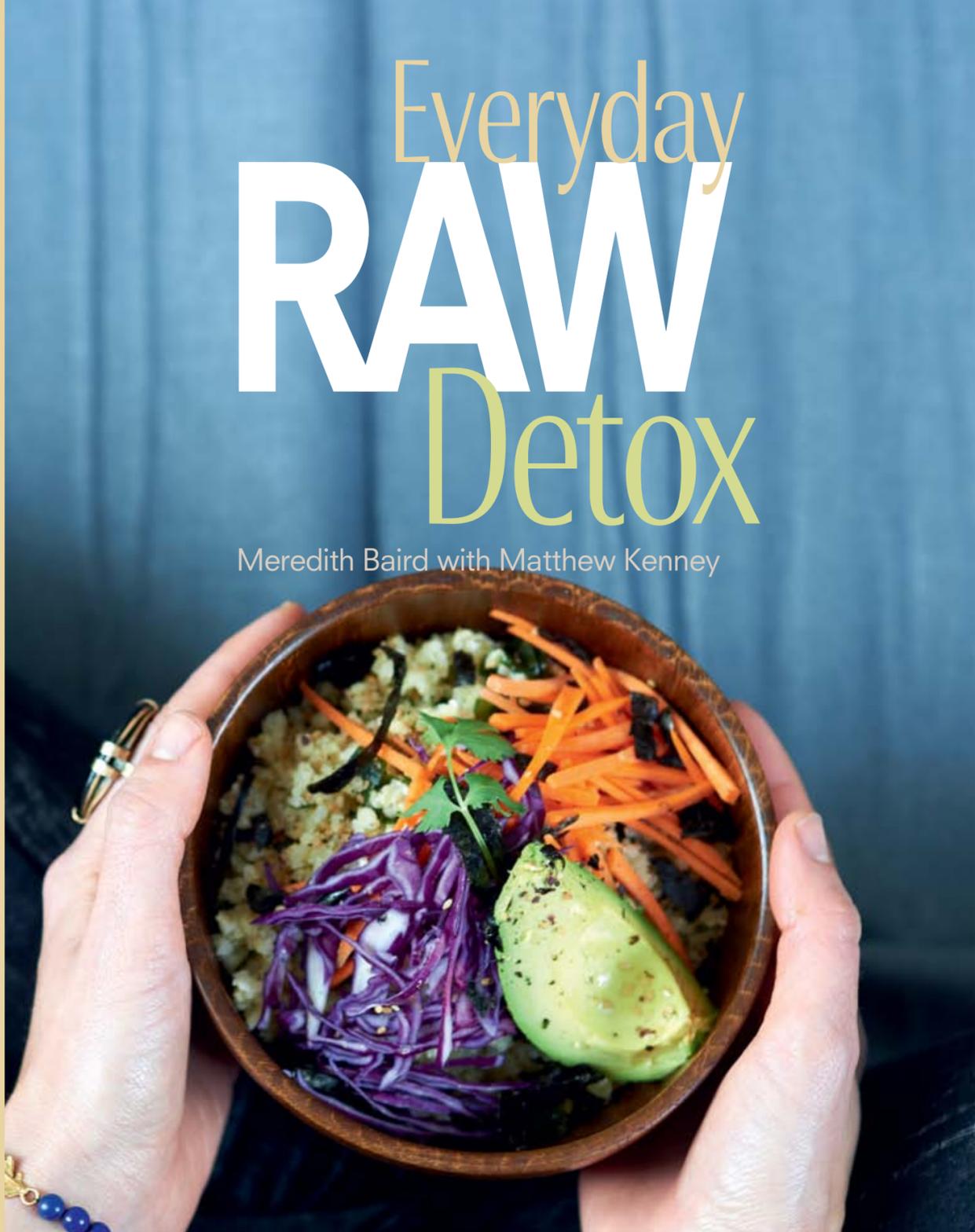
Everyday RAW Detox

Meredith Baird with Matthew Kenney



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Meredith Baird with Matthew Kenney
Photographs by Adrian Mueller

Finding pleasurable ways to incorporate healthy food into your diet is what this cookbook is all about. Every offering provides a level of detox—whether you want to cleanse for a day, a week, or just simply exchange one meal—with tasty raw, vegan drinks and dishes. There are 100 recipes for blended fruit or vegetable tonics, appetizers, soups, salads, and main dishes along with a special section of skin and body tonics.

Everyday Raw Detox is an inspiring guide for designing your own detox to fit your needs and lifestyle. The suggestions, insight, and recipes all can lead to a vibrant, energetic, and more radiant you!

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Red Salad

This is inspired by one of the first raw food salads I ever experienced in a funky restaurant in Northern Florida. Shredded red beets and red cabbage are two of my favorite ultra-health salad additions. Take it all the way to health-food heaven with flax oil and cider vinegar. If you prefer a more mainstream flavor, olive oil and balsamic vinegar are also equally delicious.

Salad

- 1 red beet, peeled and grated on a mandolin
- 1/2 head red cabbage, thinly sliced
- 1/4 cup mint leaves, minced
- 2 tablespoon flax oil or olive oil
- 1 tablespoon apple cider vinegar
- 1/4 cup hiziki, soaked in 1/2 cup water for 30 minutes and then drained

Curried Cashews

- 1 cup cashews
- 1 tablespoon olive oil
- 1/2 tablespoon curry powder
- Pinch of cayenne
- Pinch of sea salt

Salad—Toss beet, cabbage, mint, oil, vinegar, and salt and allow to marinate for 15 minutes. Add hiziki.

Curried Cashews—Toss cashews with oil, curry powder, cayenne, and salt.

Assembly—Toss salad with Curried Cashews. Ideally, allow to marinate 15 minutes before serving.

Serves 2–4

Pear-licious

This is one of our favorite green drinks. It is extremely cleansing and rich in beneficial healthy fat. We love pears, and they have less sugar than richer tropical fruits. This combination is delicate and the flavor is refined. Without the Vitamineral Green, it would make a great summer soup.

- 1 pear, peeled, seeded, and cubed
- 1 avocado, peeled and seed removed
- 2 cups spinach
- 1 tablespoon coconut butter
- 1½ cups coconut water or nut milk of choice (page xx)
- 1 tablespoon Vitamineral Green (optional)
- Pinch of sea salt



Blend all ingredients until smooth.

Serves 1–2