



## ***DETOX COOKING CLASS***

*Freedom Kitchen Cooking Series*

# No Oat Oatmeal

*Low carb, high fat protein breakfast*



## *Ingredients*

2 eggs  
1 can full fat coconut milk  
1/2 cup water  
1 banana  
1 t cinnamon  
1 t vanilla  
pinch Real Salt  
1/4 cup chia seeds

Optional: nuts, figs or  
seeds to garnish

## *Directions*

1. Bring coconut milk and water to a low boil.
2. Whisk eggs in a small bowl and slowly add hot coconut milk to temp the eggs.
3. Add the egg mixture into the saucepan and whisk 5-10 minutes until it thickens.
4. Use a blender, or just mash the banana, mixing the banana into the coconut-egg mixture.
5. Add 1 t cinnamon and 1 t vanilla, plus a pinch of salt.
6. Lastly, add 1/4 cup chia seeds, mix well and pour into a mason jar for storage.
7. Store in the refrigerator.

# Chocolate Orange Mousse

*Decadent healthy fats with benefits*



## *Ingredients*

### Mousse

- 2 large avocados
- 2/3 c cacao powder
- 2/3 c agave nectar
- 2 t grated orange peel

### Vanilla Cream

- 1.5 c soaked cashews
- 1/2 c warm coconut oil
- 1/3 c water
- 1/3 c agave nectar
- 1 t vanilla

Optional: garnish with  
orange slices

## *Directions*

1. For the mousse place all ingredients in the food processor and blend for 1-2 minutes, until it is a consistency of a thick pudding.
2. For the vanilla cream, drain the soaked cashews then add to the blender, with warm coconut oil, water, agave and vanilla.
3. Process on high until it is the consistency of a pudding.
4. The chocolate orange mousse and cashew vanilla cream may be eaten separately, or layered into a parfait.

# Sprouted Veggie Rolls

*Fresh sprouts to boost nutrients*



## *Ingredients*

1 pkg rice paper wraps  
1 c baby spinach  
1 ea red, yellow, orange  
sweet bell peppers  
2 cucumbers  
2 carrots  
1/2 small purple cabbage  
1 cup sprouts\*

Optional mix-ins: hemp  
hearts, dulse/seaweed  
strips, sesame seeds

## *Directions*

1. Cut veggies into small strips, rinse and dry the sprouts, and prep all ingredients for veggie rolls.
2. Get a skillet of warm water to soften the rice paper
3. Dip the rice paper in the warm water until softened then lay on a cutting board and add veggies: spinach, peppers, cucumbers, carrots, cabbage, sprouts then roll up like a burrito.
4. Place on wax or parchment paper and place in the refrigerator overnight.
5. These veggie rolls will last 1 week and are an easy meal to eat “on-the-go”

# Sauces for Sprouted Veggie Rolls

Refreshing tahini orange sauce & Almond ginger sauce



## *Ingredients*

### Tahini Orange Sauce

- 1/2 c tahini
- 1/2 c orange juice
- 3 T coconut aminos
- 2 T apple cider vinegar
- 2 t honey or coconut nectar
- 1 t orange zest
- 1 clove of garlic
- dash of cayenne pepper

### Almond Ginger Sauce

- 1/4 c almond butter
- 3 T coconut aminos
- 2 T lime juice or rice vinegar
- 2 T maple syrup
- 2 t ginger
- 1/4 t red pepper flakes
- 1/2 t Real Salt

## *Directions*

1. Make Tahini Orange Sauce by adding all ingredients to a small blender or use a whisk.
2. Make Almond Ginger Sauce by adding all the ingredients to a small blender or use a whisk.

# Coconut Sweet Potato

*With antioxidants and a metal chelator*



## *Ingredients*

2 sweet potatoes, roasted  
1/4 c coconut manna  
1/4 c pomegranate seeds  
1 bunch fresh cilantro

## *Directions*

1. Roast sweet potatoes. Wash them, poke with holes and wrap in foil, baking at least 1 hour at 425 until softened.
2. While warm, add 2 T coconut manna, pomegranate and cilantro. Serve warm.

# Detox Waters

*Homemade electrolytes*



## *Ingredients*

1 c coconut water  
juice from lemon or lime  
1 T raw honey  
1/8 t Real Salt  
2 c water

## *Directions*

1. Add all ingredients to a pitcher.
2. Drinking may reduce oxidative stress, reduce risk of heart disease, help with insulin sensitivity, improve energy and support healthy aging.