



The 21-Day Green Smoothie Detox

Menu Planner

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Welcome to the 21-Day Green Smoothie Detox

This is your unofficial, completely adaptable menu planner.

We've put together some recommended recipes and meal plans to get you through the 21-day green smoothie detox.

As you can imagine, it would be impossible for us to account for the seasonal availability, personal preferences, allergies, and budget restrictions of everyone on the program.

We suggest you look at this as a guideline - a suggestion of what you *can* do. But feel totally comfortable substituting recipes and food items as necessary. Here are a few guidelines for you to consider:

We've called this a "detox", but it is not intended to be a dramatic, difficult or physically uncomfortable experience.

Please observe your body's reactions. Detox does not need to be dramatic. In fact, we discourage abrupt dramatic changes and believe that changes made on a gradient will be far more successfully implemented in the long term.

Commit to making improvements slowly for the long term rather than subjecting yourself to another deprivation experiment only to bounce back with a binge.

Be moderate.

Be gentle with yourself.

If you proceed at a pace that is not comfortable and causes you stress, you're actually creating more toxins for yourself. Proceed with grace, trust the process, and enjoy the journey.



Here are a few suggestions for those with particular needs:

For the Men in the House

Chances are you're going to want to double up the recipes. Depending on your degree of physical activity and muscular build, you may need to increase the amount of food. If you're trying to lose weight, then it's perfectly fine to under-eat and reduce your calorie consumption during the program. Otherwise, it's fine to eat the foods we've recommended, just be sure to eat enough.

For Breastfeeding or Pregnant Women

No dramatic changes in your diet please, my dear. Be sure to eat sufficient quantities of food and make any dietary transitions on a very *gentle* gradient. Start by replacing one meal a day with green smoothies and see how that goes for a week.

Eating well is never contraindicated, but the fact remains that someone else's digestive system and well-being is directly affected by the choices you make, and dramatic changes will not allow you to see the impact your changes are making. Do not restrict your calories.

If you'd like more specific suggestions, feel free to contact us and give us an idea of what your current diet is like so that we can best support you in transitioning to more green smoothies without creating negative consequences for you or your babe.

This does not need to be a 100% Raw Food Detox.

While we believe you'll get the best results by eliminating cooked food from your menu over the next 21-days, we feel strongly that change is best made on a gradient. It would be better for you to choose realistic targets for yourself and feel confident and satisfied about your progress than to impose something difficult that you will not be able to follow.

Frustration and guilt are toxic too, so create a positive, comfortable experience for yourself based upon targets that are realistic for you and that motivate you to continue raising the bar.

If you are going to eat cooked foods, we recommend you keep them as close to nature as possible. Sweet potatoes, squash, steamed greens, and vegan soups are a great end-of-day meal.

You may use cooked grains, but we suggest you limit these to whole grains like quinoa and brown rice, rather than “gluten-free” breads or pastas. Whole grains are always preferred over processed grains.

Avoid difficult to digest beans and legumes. If possible, sprout lentils before steaming or cooking them. Stick as much as possible to raw foods and limit your seasoning and stimulating spices as these encourage overeating.

The majority of the information you need for this program will come through the teleseminars and e-mails. This is a suggested menu planner, but feel totally comfortable adapting it to your personal needs. If you need specific suggestions or adaptations, don't hesitate to contact us.

Enjoy the process and get ready to go great guns on greens!

Replacements

We've done our best to create menu plans based on foods that are in season and generally available in North America and Europe. However, it is impossible to predict the availability of fresh fruits and vegetables for everyone doing the program. For this reason, we've occasionally included alternate recipes. If you feel the menu plan doesn't work for you, please let us know, and we'll do our best to give you suggestions for alternative recipes. Remember, it is not necessary to follow the recipes 100%. You can always replace a mango with a banana, an apple with a pear, an orange with a papaya, and so on. Use fruits or greens that are local to your area when at all possible!

Sensitive to Fruits Sugar? (Candida, Blood Sugar Issues)

This menu has been designed to be very low fat, but it does contain high amounts of fruit sugars. If you are sensitive to sugar, please pay particular attention to your fat intake as we have found many blood sugar issues are often aggravated by high fat intake.

If you still feel you have difficulty with sweet fruit, having lowered your fat content, feel free to substitute sweet fruit with non-sweet fruit such as cucumber, tomato, avocado, etc. Try sub-acid fruits like apples, pears, and berries instead of bananas, mangos, and other sweet fruit.

Transitional Cooked Food Recipes

These recipes can be used to replace any of the evening or midday meals during the preparatory week.

Baked Yams and Squash

Lightly oil a baking dish. Cut the squash in half (butternut is delicious!) and take out the seeds with a spoon. Leave on the skin until after it is cooked as it peels off easily then. Cut it into two-inch chunks. Cut up one large yam also in two-inch chunks. Place in the baking dish and cover. Bake at 400 degrees for 45 minutes or until a fork pierces easily. Peel before eating.

Carrot, Yam, Potato Casserole

This is a bit reminiscent of hash browns. Lightly oil a casserole dish. In a food processor, chop up small (but not mushy!):

- 1 clove garlic
- 1/2 a large yam, peeled and chunked
- 2 cups baby carrots
- 2 med. potatoes (not peeled)
- 2 cups of spinach

Divide the ingredients into 3 - 4 batches so the processor is not too full. Once processed, combine it all in a mixing bowl and gently toss with 2 Tbsp. of olive oil. Pour into the casserole dish and bake at 400 for 40 minutes.

Wilted Greens

Remove the stems and wash two bunches of Swiss chard or other dark green. In a pan, sauté 1 clove garlic and 2 chopped green onions for a few minutes over medium heat. Meanwhile, chop up the chard greens. Add to the pan and cover with a lid. Turn heat to medium-low and let the greens wilt for a minute or two. Then pour on 1Tbsp. balsamic vinegar and let wilt to desired wiltiness. (Remember that the less wilted, the more nutrition remains!)

You could serve this with brown rice and thick sliced tomatoes.

Creamy Broccoli Soup

Sauté in 1Tbsp. coconut oil:

1 med. onion
4 med. potatoes with skin
1 clove garlic

After a few minutes add:

4 cups water
1/2 tsp. cumin
1 tsp. thyme
1/4 tsp. nutmeg
sea salt if desired



Cook 15 - 20 min. or until potatoes are soft.

Meanwhile, chop 3 med. stalks broccoli. When potatoes are soft, turn off the heat. Add the broccoli and let sit for a couple of minutes, covered, until broccoli turns bright green. Puree in food processor or blender.

Baked Tomato Spinachy Potatoes

Slice 5 medium potatoes with skins into a lightly oiled casserole dish. Chop up 3 - 4 cups spinach and sprinkle over top. In a food processor, blend 1 clove garlic, 1 tsp. dried basil, and 2 and 1/2 cups fresh tomatoes. Pour over spinach. Drizzle 2 Tbsp. olive oil on top and cover.

Bake at 400 for 45 min or until a fork goes easily through the potatoes.

Quinoa and Greens

Put 1 cup quinoa and 2 cups water into a pot and bring to a boil. Stir, reduce heat, and cover. Simmer on low heat for about 20 min. or until all the water is absorbed. Meanwhile, chop up some tender greens, like spinach or mixed baby greens. Use a big handful of greens per plate. Spread the chopped greens on the plate and top with the hot quinoa.

Serve the quinoa and greens with a salad.

Preparatory Week Shopping Guide

This shopping list may seem shocking if you haven't been eating a raw diet. While we've put together the ingredients for a whole week of shopping (if you follow the suggested recipes), many people find they are not used to consuming so much food or fiber and end up spreading 1 or 2 of the meals throughout the day. Remember that raw foods are lower in calories, so to make sure you are getting enough food to avoid cravings you may have to consume more food than you're used to eating (on the Standard American Diet). For some evening meals, we've provided two recipes. You can try both, either, or spread the meals throughout the day as four separate meals. Flexibility is important.

It may be within your financial interest to preview the first few days of recipes and shop a few days at a time to avoid wasting food (or losing too much nutrition through wilting, etc.). See how you do with the menu suggestions before diving into a whole week of shopping. Keep in mind you are also welcome to replace any of the raw meals with nutritious cooked food alternatives, so you may wish to have those ingredients on hand (see the recipes above).

Get creative too! In places where "mixed greens" are called for, rather than buy a container of mixed greens, you may wish to use up any unused portions from other bunches of greens from previous recipes such as kale, parsley, or spinach.

Spend time reviewing the menu and note when particular items are intended for use. For example, 1 pint of cherry tomatoes may be intended for more than one recipe. But if you are shopping only once, you may want to freeze portions of your fruit (and yes, you're welcome to use frozen fruits instead of fresh!).

Most Important Thing to Keep in Mind: You do not need to follow these recipes 100%. In fact, the taste of a recipe will change **each time** it's made. The tastes of fruits, leafy greens and veggies depend on numerous variables – the growing location, the minerals in the soil, the season in which they're picked, the level of ripeness when picked, the size of the produce, the length of time on a store shelf or in the fridge, the variety of the particular plant, and on and on.

There's not much point getting excited about being exact with all these variables at play. Allow yourself to experiment. Missing an ingredient? No big deal. If you've got fruits and leafy greens involved, **you're doing it right!** Simplicity is your friend. Be at ease with your food and enjoy!

Preparatory Week

Fruits

- Apples: 4
- Bananas: 15 – 20
- Blueberries: 1 pint
- Kiwi: 5
- Lemons: 4
- Limes: 2
- Mandarins: 7
- Mango: 5
- Naval oranges: 7
- Nectarines: 3
- Papaya: 4
- Peaches: 5
- Pears: 2
- Pineapple: 2 whole
- Plantain: 1
- Raspberries: 1 pint
- Strawberries: 1 pint

Leafy Greens (bunches)

Note: Bunches will be various sizes (herbs like mint or basil will come in smaller bunches especially). The amount to use is an approximation. If a recipe appears too green for your taste, start with less and taste as you go.

- Basil: 1
- Beet tops: 1
- Collard greens: 1
- Dill: 1
- Gr. leaf lettuce: 1
- Kale: 1
- Mint: 1
- Mixed greens: 2 – 3
- Parsley: 4
- Rainbow chard: 1
- Red leaf lettuce: 1
- Romaine: 1
- Spinach: 3

Veggies

- Avocado: 3
- Broccoli: 1 head
- Carrots: 1 large bunch
- Celery: 2 bunches
- Cherry tomatoes: 2 pints
- Cucumber: 1
- Fennel: 1 – 2 (enough to yield 3 cups)
- Ginger: 1 1" piece
- Green onion: 1 bunch
- Sprouts: 1 container (or sprout your own)
- Tomatoes: 12
- Yellow pepper: 1

Other Ingredients to Have on Hand

- Almond butter
- Celery powder/salt (you can make this in a dehydrator)
- Cloves
- Dried dulse
- Hemp seeds
- Kelp powder
- Medjool dates: 7
- Olive oil
- Olives
- Organic coconut water (or use the real thing!!)
- Sundried tomatoes

Preparation Week at a Glance



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	Apple Salad Smoothie	Pink 'n Green Smoothie	The Frothy Green Banana	Snow Bunny Smoothie	Orange Frothy	Take It Easy Green Smoothie	Canadian Tropics Green Smoothie
Midday	Fruit Soup	A Winning Smoothie	*Take No Prisoners Submarine Rolls	Celery Soup	What a Pear Green Smoothie	*Mixed Fruit Salad	Mika's Specialty
Evening	Tabouli Salad	Spinach Soup AND Salad with Strawberry Dressing	*Simple Salad with Mango Dressing	*Spinach Dip With Vegetables AND *Fennel Delights	PIMP My Greens AND Creamy Sunshine Salad	Dulse Salad with Avocado Dressing	Spring Spinach Soup

* Some advance preparation either required or optional

Day 1

Preparation Week

We'll begin your first week of detox by helping you adjust slowly to adding more blended greens. We've included green smoothies, blended soups, and salads for you to try. If you find a recipe you really like, you are welcome to substitute it for another. If you find you're ever hungry, you can add another green smoothie or green juice to your meal plan or snack on some whole fruits and veggies.

Morning Meal:

Apple Salad Smoothie

Ingredients:

1 banana
1 apple (golden or other sweet variety)
1/2 cup water
1 1/2 cups kale

Directions:

Blend in the bananas, apples, and water. Add in the kale and continue blending until smooth.

Midday Meal:

Fruit Soup

Ingredients:

1 1/2 cups of pineapple, diced
2 large navel oranges, diced*
2 - 3 ripe kiwis: peeled and sliced
1 small apple: peeled, cored and diced
2 cups of freshly squeezed orange juice
* May be replaced by 2 cups of mangoes, diced.

Directions:

Mix all the fruit together in a bowl and cover with freshly squeezed orange juice. Serve in individual bowls or blend this all in the blender with you favorite greens. Enjoy!

Evening Meal: Tabouli Salad

Ingredients:

3 large bunches of parsley
1 green onion with ends, finely chopped
1/4 cup chopped fresh mint or 2 Tbsp. dried mint
2 large tomatoes, finely diced
1/3 cup lemon juice
2 Tbsp. hemp seeds
2 - 4 tsp. celery powder to taste
Romaine lettuce leaves, left whole for serving

Directions:

Remove stems from parsley and reserve for a future green smoothie or juice. Chop parsley finely in a food processor or by hand. Place in a salad bowl. Add the remaining ingredients, except for the lettuce. Toss well. Place the bowl on a platter and surround the bowl with whole Romaine lettuce leaves. Tear leaves into bite sized pieces and use to scoop up the salad for eating, as is the custom in Lebanon.

Variation: you may want to add finely chopped Romaine lettuce and cucumber to the salad.



Note: *The first day is the hardest! However, starting off with a day of fasting, followed by a few days of really light and simple eating, is really of prime importance. It will help you “clear the way” for something new. It’s a time to reconnect with you and disconnect from emotional eating. For the evening meal, have as many apples as you want; but realize that it’s normal if you don’t feel satisfied, and that you might go to bed feeling a little hungry. Food is not going anywhere, and there will be more variety after you get past the first few days!*

Day 2

Preparation Week

Morning Meal:

Pink 'n Green Smoothie

Ingredients:

2 bananas
3 stalks celery
1 cup raspberries (fresh or frozen)
1 cup water

Directions:

Blend all ingredients. More or less water may be used to create your desired consistency.

Midday Meal:

A Winning Green Smoothie

(Makes 2 servings)

Ingredients:

2 cups papaya, diced
5 - 6 medium dates (or 2 - 3 Medjool dates)
2 frozen bananas
1 handful parsley
water, as needed

Directions:

Blend all ingredients together. Use a little water if desired or if needed for achieving the desired consistency.

Evening Meal: **Spinach Soup**

Ingredients:

1 pint cherry tomatoes
1 tsp. lime juice (or cider vinegar)
4 stalks celery
1 1/2 cups baby spinach

Directions:

Blend tomato and lime juice (or cider vinegar) first. Then add the celery progressively and finally, the baby spinach, blending well. If desired, add in extra sliced cherry tomatoes in the soup.

Salad with Strawberry Dressing

Dressing Ingredients:

1/3 cup strawberries
2 Tbsp. almond butter

Directions:

Blend strawberries with almond butter. You can use frozen strawberries, but make sure they have been thawed! This is for one person.

Salad Ingredients:

a salad bowl of your favorite greens
1/2 cup strawberries, sliced (optional)

Directions:

Mix ingredients together and add strawberry dressing to taste! You can also turn any salad into a “blended salad” by putting the ingredients together in your blender.



Day 3

Preparation Week

Morning Meal:

The Frothy Green Banana

Ingredients:

4 - 5 bananas
1 apple
4 – 6 stalks of celery
2 cups water (or as needed)

Directions:

Blend together! The more you blend, the frothier it gets!

Note: If you so desire, you may have another mono-fruit meal instead of the banana smoothie we suggest.

Midday Meal:

Take-No-Prisoners Submarine Rolls

Ingredients:

“Avocado Mayonnaise” (See below)
chopped broccoli florets
mixed baby greens or baby spinach
tomatoes or sun-dried tomatoes
olives (optional)
Romaine lettuce leaves (or other firm green: cabbage, collard)

Directions:

First, make a batch of Avocado Mayonnaise. Then, add a cup or two of chopped broccoli florets (keep it creamy and tasty). Each “sub” will use several scoops of this mixture that you’ll spread on the lettuce leaf. Add greens, chopped tomatoes and olives, if you desire. Roll up as you would a sushi, and eat as a submarine. Try adding *sprouts of your choice for texture and an added kick of protein & nutrients!

Note: The variations on this recipe are unlimited.

Avocado Mayonnaise

Ingredients:

- 1 tomato
 - 1/2 lemon
 - 1 handful basil leaves (fresh)
 - 1 small avocado
 - 1 - 2 Tbsp. kelp powder (optional)*
- * Can be found in most health food stores.

Directions:

Blend tomato with lemon juice and basil leaves. Add avocado, and blend until smooth. Mayonnaise should be fairly thick. If desired, add kelp powder.

Evening Meal:

Simple Salad with Mango Dressing

Dressing Ingredients:

- 2 cups tomatoes
- 2 cups mangoes
- 2 Tbsp. lime juice
- 1/2 cup water

Salad Ingredients:

- 4 cups mixed baby greens (or other greens of your choice)
- 1 cup lettuce, chopped
- 1 cup grated carrots
- *1 handful Sunflower Sprouts (or other available sprouts of your choice)

Directions:

Blend all dressing ingredients and enjoy over a large, billowing bowl of your favorite greens! Try adding sprouts (*purchased or sprouted at home) of your choice for texture and an added kick of protein & nutrients!



Day 4

Preparation Week

Morning Meal:

Snow Bunny Smoothie

Ingredients:

2 carrots
2 ripe bananas
1/2-inch ginger (to taste)
1 cup coconut water
large handful Red leaf lettuce (or other variety)

Directions:

Chop carrots into pieces. Blend chopped carrots and coconut water until carrots are well processed. Add bananas and ginger to mixture in blender and blend until smooth. If you do not have a high-powered blender, you may wish run the carrots through a food processor first, but don't worry too much. You may have to chew your smoothie if it is a little chunky, but that's better for your digestion anyway!

Midday Meal:

Celery Soup

Ingredients:

6 ribs of celery
2 Tbsp. lemon juice
3 tomatoes
3 big handfuls of spinach
a few cherry tomatoes



Directions:

Place the first 4 ingredients in the blender in the order listed above. You can add a bit of water, if you like. Place one juicy cherry tomato on top of the soup, and decorate with fresh herbs or celery salt flakes.

Note: *If you are still hungry after the soup, eat more fruit, or make yourself a smoothie (with any fruit but bananas).*

Evening Meal:

Spinach Dip with Vegetables

Ingredients:

1/2 cup water (or more)
3 cups spinach
1 cup cucumber
1/2 lemon, juice of
1/4 tsp. cloves (ground)
1 avocado

Directions:

Blend all ingredients together in a food processor or blender. Try to achieve a very creamy consistency. Use as little water as possible. Serve this dip with lettuce leaves or with other vegetables of your choice.

Try: Sprinkling your favorite *sprouts (prepare in advance if growing your own) on top for texture and a shot of added nutrients!

Fennel Delights

Ingredients:

3 cups fennel, thinly sliced
1/4 cup chopped parsley
1 yellow pepper, diced
1 celery rib, diced
1/2 avocado, diced
1 tsp. olive oil (optional)
1/2 lime or 1/4 lemon, juice of (optional)
*6 - 8 sun-dried tomatoes, soaked and chopped



Directions:

*Soak the sun-dried tomatoes in advance, for at least one hour. Mix all of the ingredients, and be prepared for something delicious! It's okay to use one small teaspoon of olive oil for flavoring, if desired, but this is entirely optional.

Day 5

Preparation Week

Morning Meal:

Orange Frothy

Ingredients:

5 - 6 large Mandarin oranges
1 cup of water

Directions:

Peel oranges. Hopefully, your oranges should be sweet and ripe. Blend together long enough to let it froth!

Note: To make this nice and green add some baby spinach, baby bok choy, or Romaine.



Midday Meal:

What a Pear Smoothie

Ingredients:

2 ripe pears of your favorite variety
2 ripe bananas
3 stalks celery
1 cup of water (to taste)

Directions:

Place pears, bananas, and water in blender. As you're blending, remove blender lid and add celery in small chunks. Enjoy this refreshing, cleansing drink! If you'd like an extra-green cleansing drink, add 1 - 2 handfuls of parsley.



Evening Meal:

PIMP My Greens

Ingredients:

- 1/2 pineapple, gold and ripe
- 1 cup ice
- 1 mango, frozen or fresh
- 1 papaya (small)
- 1/2 – 1 bunch collard greens (stems removed)

Directions:

Blend everything. It goes without saying that peels and seeds don't go in there!



Creamy Sunshine Salad

Ingredients:

- 3 red bananas, or 1 plantain or 1 banana, very ripe
- 2 Tbsp. coconut water
- 3 peaches, diced
- 3 nectarines, diced
- 1 mango, diced

Directions:

Whip ripe bananas and coconut water in a blender until smooth; it should be on the thick side. Combine diced fruit with sauce in a bowl.

Day 6

Preparation Week

Morning Meal:

Take It Easy Green Smoothie

Ingredients:

2 bananas
1 cup blueberries
1 papaya
5 leaves Rainbow chard

Directions:

Blend all ingredients together, using water as necessary. Enjoy!

Midday Meal:

Mixed Fruit Salad

Ingredients:

2 Navel oranges, diced
2 cups ripe pineapple, diced
2 kiwis, peeled and sliced
1 cup of another fruit of your choice (good choices include ripe mangos, papayas, or pears)

Sauce:

1 orange
*5 medium or small dates (or 2 big Medjool dates) – soaked for 3 – 4 hours
1/2 inch fresh ginger

Directions:

Mix all ingredients in a bowl. Then prepare the sauce by blending the orange with the dates and ginger in a blender. Pour sauce over fruit salad, and enjoy!

*indicates an ingredient that requires soaking.

Evening Meal:

Dulse Salad with Avocado Dressing

Avocado Dressing Ingredients:

1 pint cherry tomatoes (or 2 medium tomatoes)
2 dates (optional)
1 Tbsp. lemon juice
1/2 cup fresh dill
1/2 avocado

Directions:

Blend tomatoes with dates, lemon juice, and dill. Add the avocado at the end. Blend until smooth. Add a little water if necessary.

Salad Ingredients:

A bowl of mixed baby greens
1 handful of dried dulse, rinsed
1 tomato, diced

Directions:

Mix together all ingredients (about 3 - 5 cups of mixed greens). For the dulse, we're talking about whole leaf dulse, available in health food stores. Take a big handful, and rinse it under water for 15 - 20 seconds. Then chop it and add into your salad. Serve with avocado dressing to taste.



Day 7

Preparation Week

Morning Meal:

Canadian Tropics Green Smoothie

Ingredients:

1/2 - 1 medium papaya, chopped
1 ripe mango, fresh or frozen
1/2 - 1 bunch beet tops (greens only)
1/2 cup water or as needed to blend
ice cubes, optional

Directions:

Blend. Serve in an attractive glass. Garnish with mint leaves. Eat your garnish, eh?

Midday Meal:

Mika's Specialty

Ingredients:

1 cup water
2 bananas
2 peaches
1 apple
2 stalks of celery, chopped
1 handful of spinach

Directions:

Blend ingredients (in the order listed) for a playful, nourishing treat.

Evening Meal:

Following this meal, we encourage you to try a 24-hour fast (you may look ahead to the 21-day menu to the "Before You Begin" section for an explanation and more details). For your evening meal tonight, first start by eating as much fruit as you care for. Eat as much as desired and try sub-acid fruits like pears, apples, berries, etc. After you've had as much fruit as desired, you may make the following soup:

Spring Spinach Soup

Ingredients:

2 Tbsp. lemon juice
3 tomatoes (large)
3 big handfuls of fresh baby spinach leaves
a few cherry tomatoes
celery salt
1 large handful sprouts of your choice

Directions:

Place the first 3 ingredients in the blender in the order listed above. You can add a bit of water, if you like. Pour into bowl, and add sprouts. Stir. Place one juicy cherry tomato on top of the soup, and decorate with fresh herbs or flakes.

