

- RECIPES FOR -
Liver Detox



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LIVER HEALTH IS KEY FOR PROPER DETOX



The liver is responsible for hundreds of tasks in your body, including elimination of waste products (detox), regulating energy, supporting metabolism, and so much more.

If you want to stay healthy, it is crucial that you keep your liver in good condition by giving it the nutrients and supplies it needs.

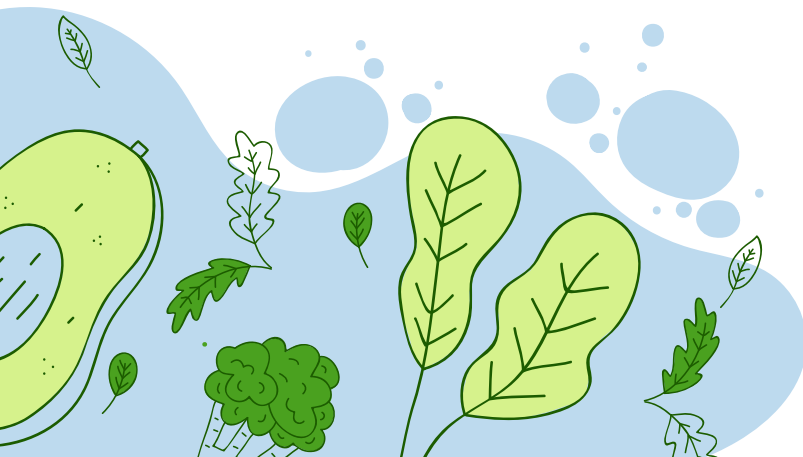
However, it can be difficult to know how to provide your liver with what it needs.

That's why I created this guide, loaded with all my easy, **YUMMY** liver-loving recipes!

These recipes include foods that will give your liver just what it needs to thrive and help your body detox.

Let's dig in!

XO,
Bridgit



DRINKS

VANILLA CASHEW SMOOTHIE 04
CILANTRO LIME DRINK..... 05
STRAWBERRY BASIL LEMONADE 06
GINGER AID RECIPE 07

BREAKFAST

CHIA PUDDING 08
CHIA PORRIDGE 09
BREAKFAST PARFAIT 10

SALADS

CARROT CLEANSING SALAD 11
KALE BRUSSELS SPROUTS SALAD 12
GOLDEN BEET SALAD WITH WALNUTS AND ARUGULA 13
PUMPKIN SEED CILANTRO COLESLAW..... 14
HOW TO MAKE YOUR OWN SPROUTS 15

WARM SIDES

RAINBOW VEGETABLE TRAY BAKE 16
BROCCOLI WITH CASHEW 'CHEESE' SAUCE 17

PROTEINS

MARINATED LAMB KABOBS..... 18
BAKED WILD SALMON WITH GINGER LIME GLAZE 19
WARM LENTIL SALAD WITH CLASSIC CARAMELIZED ONIONS 20
EASY SALMON SALAD 21

SNACKS & TREATS

HOMEMADE COCONUT YOGURT..... 22
HOMEMADE SEASONED NUTS 23
CRANBERRY SPICE POWER BALLS 24
GINGERBREAD POWER BALLS 25
DATE COCONUT KRISPIE BITES..... 26

01

VANILLA CASHEW SMOOTHIE

This creamy, rich smoothie features soaked cashews. Soaking cashews overnight softens them so that they blend easily into a rich, fortifying beverage -- you may find they're easier to digest as well.

Nuts like cashews function synergistically to slow aging and reduce inflammation. ([source](#)) This shake also includes the comforting flavors of banana, vanilla bean, and cinnamon. It makes an excellent breakfast or light lunch.

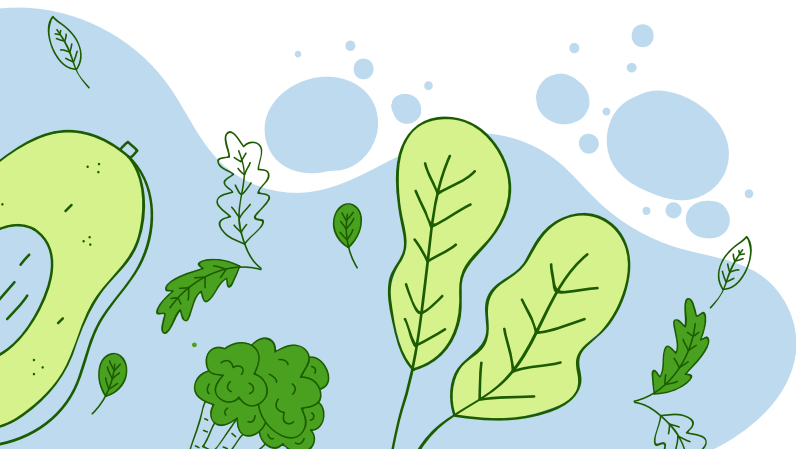
SERVES 1: 300 CALORIES PER SERVING

INGREDIENTS

- ¼ cup **raw unsalted cashews**, soaked overnight
- ¼ teaspoon [vanilla bean paste](#) or **organic vanilla extract**
- ¼ teaspoon **cinnamon**
- 1 frozen **banana**
- Unsweetened **cashew milk**
- 1 tablespoon [Detox Greens](#) or other greens powder

INSTRUCTIONS

Drain cashews and blend with vanilla, cinnamon, banana, and detox greens in a high-power blender. Add as much cashew milk as necessary to make a creamy smoothie and blend again.



02

CILANTRO LIME DRINK

This is a drink I came up with as I was studying how to detoxify chronic Epstein-Barr virus. I think it solidified as a 'must have' for me when: 1) I could feel the results, 2) I studied alkalizing diets, 3) I learned about oxygenating the blood.

This simple drink packs a lot of punch to: support the organs of detoxification, alkalize the body, support the immune system, and hydrate the body.

INGREDIENTS

- 12 oz. purified, cool **water**
- 1 whole, washed **lime or small lemon**
- Handful of organic **spinach or other greens**
- Medium handful of organic **cilantro**
- 1 teaspoon **raw honey** (optional)

INSTRUCTIONS

STEP 01

Add 12 oz. of purified, cool water to your blender and squeeze in one whole, washed lime or small lemon with a citrus juicer.

STEP 02

Add one generous handful of organic, washed spinach or other greens. (I like to rotate, and I like using fresh broccoli sprouts.)

STEP 03

Add one medium handful of organic, washed cilantro. (Trim off thick bottom stems of cilantro, but retain upper stems.)

STEP 04

Add one teaspoon of local honey. (Skip this if you prefer.)

STEP 05

Blend, strain, pour and drink.



STRAWBERRY BASIL LEMONADE

Here's a creative and delicious way to enjoy our alkalizing [Detox Greens powder](#)! Detox Greens increase the detoxification power of your diet with a phytonutrient-dense blend of grasses, fruits, vegetables, and berries.

Thanks to a touch of stevia, it's great just mixed with water, but this recipe is a fun way to treat yourself to a fancy, revitalizing beverage if you have a couple of extra minutes.

SERVES 1: 60 CALORIES PER SERVING

INGREDIENTS

- 12 oz. **water**
- ½ cup of frozen **strawberries**
- 1 tablespoon [Detox Greens](#) or other greens powder
- ¼ cup fresh **lemon juice**
- 3-4 fresh **basil leaves**
- Liquid **stevia** to taste
- **Ice**

INSTRUCTIONS

At the bottom of a tall glass, muddle together frozen strawberries, [Detox Greens](#), lemon juice, basil leaves, and stevia. Add ice and water and stir well. Garnish with an additional lemon wedge if desired.



GINGER AID RECIPE

Bitters are a traditional and easy way to boost digestion and reduce upset stomach.

Bitters are easy to make on your own and are affordable to buy as well. You can mix them with a little flat or sparkling water to help digest your dinner. Alternatively, you can use them directly on your tongue.

Bitters can also be incorporated into other recipes that aid in your digestion. For powerful digestion assistance, be sure to whip up a glass of this fun recipe to make with bitters: Ginger-Aid!

INGREDIENTS

- 10 ounces of **sparkling water**
- 3 drops of [*doTERRA ginger essential oil*](#)
- 12 drops of **liquid stevia**
- ¼ teaspoon of **bitters**
- **Ice**

INSTRUCTIONS

Add all of the ingredients to a tall glass, stir together, and enjoy!



BREAKFAST

01

CHIA PUDDING

There are quite a few chia pudding recipes out there, but few capitalize on the unique benefits of seed cycling like ours does.

Seed cycling is a method of supporting and soothing your hormonal cycle with the strategic consumption of the vitamins and minerals found in commonly available seeds. [You can read more about this holistic protocol here.](#)

Chia seeds are rich in fiber, protein, and high-quality fats. They're also the best plant-based source of omega-3 fatty acids. ([source](#)) If you've never had chia pudding before, you're missing out! The texture is similar to tapioca pudding. Chia seeds continue to absorb liquid as they sit, so be sure to enjoy this pudding within 4-24 hours of making it.

SERVES 4: 250 CALORIES PER SERVING

INGREDIENTS

- ¼ cup **sunflower seeds**
- ¼ cup **sesame seeds**
- ½ cup **chia seeds**
- 2 cups unsweetened **coconut milk**
- **Cardamom, cinnamon, and nutmeg** to taste
- **Honey or maple syrup** to taste
- Optional: **fresh berries and non-dairy yogurt** for serving

INSTRUCTIONS

STEP 01

In a high-powered blender or clean coffee grinder, grind together sunflower seeds and sesame seeds until pulverized.

STEP 02

In a medium bowl, mix together ground seeds, chia seeds, coconut milk, spices, and sweeteners. Cover and refrigerate for 4 to 24 hours.

STEP 03

Serve pudding with fresh berries for most deliciousness! You can also layer in a non-dairy yogurt.



02

CHIA PORRIDGE

If you're in search of natural remedies for hormone imbalance, this recipe is designed to complement a seed cycling protocol. Seed cycling is a natural and accessible way to use superfoods like flax, sesame, pumpkin, and sunflower seeds to support and balance your hormonal cycle. [You can read all about seed cycling here.](#)

SERVES 2: 470 CALORIES PER SERVING

INGREDIENTS

- ¼ cup **raw sesame seeds**
- ¼ cup **raw sunflower seeds**
- 2 tablespoons **hemp seeds**
- 2 tablespoons **chia seeds**
- 2 tablespoons **raw pecans or walnuts**, chopped
- ¾ cup **non-dairy milk**
- Optional add-ins and toppings: **cinnamon, nutmeg, unsweetened shredded coconut, maple syrup, stevia, fresh or dried fruit**

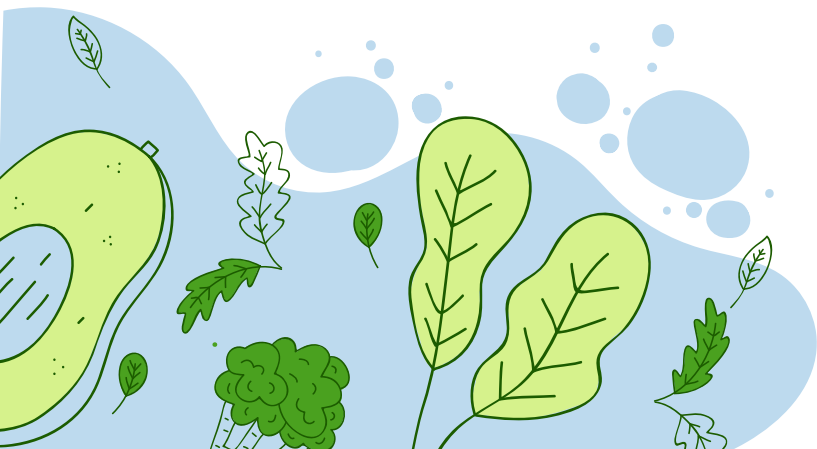
INSTRUCTIONS

STEP 01

Heat milk on pan on stove.

STEP 02

Mix ground seeds with remaining ingredients in two small bowls. Top as desired. Enjoy immediately!



Looking for a dessert that supports your wellness priorities?

This dairy-free parfait is the perfect nutrient-rich treat. It will satisfy your sweet tooth and keep your blood sugar steady with lots of satiating fat.

To build our parfait, we started with one of our favorite ingredients: fresh berries. Berries are in season throughout early summer, making this the best time to enjoy them in all their colorful beauty.

Besides being delicious, berries are a great source of dietary fiber and antioxidants, shown to improve heart health and reduce cancer risk. ([source](#))

SERVES 4

INGREDIENTS

- 1 can **coconut cream** (not coconut milk), refrigerated for at least 24 hours
- **Powdered stevia** to taste
- **Vanilla powder** to taste (this adds vanilla flavor without weighing down your whipped cream)
- Organic **blueberries, strawberries,** and **raspberries**, rinsed and gently patted dry

INSTRUCTIONS

STEP 01

Place a metal bowl and metal mixer beaters in the freezer for at least 10 minutes.

STEP 02

Add coconut cream to the chilled bowl. If there's any liquid in the can, set it aside.

STEP 03

Beat coconut cream on medium-high speed until cream becomes fluffy. If it's too thick, add a little of the reserved liquid.

STEP 04

Use a spatula to stir in stevia and vanilla to taste. Cover and refrigerate for at least 4 hours to allow it to set up further (you can skip this step if you're in a hurry).

STEP 05

In a parfait glass, layer coconut cream and berries. Enjoy immediately (preferably while sitting in the sunshine!).



SALADS

01

CARROT CLEANSING SALAD

Shredded carrots are the highlight of this cleansing salad recipe. Carrots are rich in carotenoids, which are loaded with antioxidant properties to help reduce the risk of chronic disease. ([source](#)) Carotenoids have been found to be best absorbed when paired with a healthy fat, so we have added olive oil to this shredded carrot salad, making it easier for you to reap all the health benefits this colorful veggie has to offer. ([source](#))

SERVES 2

INGREDIENTS

- 2 cups shredded **carrots**
- 2 teaspoon **olive oil**
- Juice from ½ **lemon**
- ¼ teaspoon **ground cinnamon**
- ¼ teaspoon **ground ginger**
- Pinch of **sea salt**
- 2 pitted **Medjool dates**, finely chopped
- 2 tablespoon chopped **cashews**

INSTRUCTIONS

STEP 01

Start by washing your carrots and pat dry. Grate and set aside.

STEP 02

Combine the shredded carrots and olive oil.

STEP 03

Squeeze in the lemon juice and add the cinnamon, ginger, and salt. Toss to combine.

STEP 04

Fold in the chopped dates and cashews and mix well.

STEP 05

Split into two servings and enjoy right away!



KALE BRUSSELS SPROUTS SALAD

Need some color in your life? Build your next meal around a fresh, vibrant salad full of detoxifying ingredients. Thanks to the flavors of tahini, lemon, and maple syrup, this kale and carrot salad is totally crave-worthy.

Shake up a simple dressing for this salad with healthy pantry ingredients, including balsamic vinegar and olive oil. Our refined sugar-free salad dressing recipe is great for other salads besides this one. It will keep in a jar in the refrigerator for up to a month.

SERVES 4 GENEROUSLY

INGREDIENTS

- 2 tablespoon **balsamic vinegar**
- 2 tablespoons **olive oil**
- 2 tablespoons **tahini**
- 2 tablespoons **lemon juice**
- 2 tablespoons **maple syrup**
- 1 small bunch **kale**, destemmed and thinly sliced
- 1 lb. **Brussels sprouts**, trimmed and very thinly sliced or shredded
- 2 large **carrots**, peeled and shredded
- 1/2 cup unsweetened dried **cranberries**
- **Salt and pepper** to taste

INSTRUCTIONS

STEP 01

Combine vinegar, oil, tahini, lemon juice, and maple syrup in a medium-sized jar. Seal tightly and shake until dressing is emulsified.

STEP 02

Place salad ingredients in a large bowl and add all of the dressing. Combine well and season with salt and pepper to taste. Enjoy immediately or keep for up to three days in the refrigerator.



03

GOLDEN BEET SALAD WITH WALNUTS AND ARUGULA

Few vegetables are more beautiful than golden beets! Thanks to increasing awareness regarding the incredible health benefits of beets, the golden variety is available at most grocery stores.

Add spicy arugula and crunchy walnuts, along with a quick homemade balsamic vinaigrette, for a beautiful and satisfying salad.

SERVES 4

INGREDIENTS

- 2 lbs. **golden beets**, roasted and peeled
- 4 ounces **arugula**
- ½ cup **walnuts**, toasted and roughly chopped
- 1 **avocado**, thinly sliced
- ¼ cup **balsamic vinegar**
- ¼ cup **olive oil**
- **Fresh herbs**, finely chopped (basil, cilantro, mint, and parsley are all delicious)
- **Salt and pepper** to taste
- **Honey** to taste

INSTRUCTIONS

STEP 01

On a large serving platter, arrange thin slices of beets and avocado with arugula. Sprinkle with walnuts.

STEP 02

In a glass jar with a tight-fitting lid, combine vinegar and olive oil. Shake well until dressing emulsifies. Add herbs, salt, pepper, and honey to taste and shake again.

STEP 03

Drizzle dressing over salad and enjoy immediately.



PUMPKIN SEED CILANTRO COLESLAW

At first glance cole slaw does not sound like a healthy food! But its main ingredient, cabbage, is a cruciferous vegetable that supports liver detox. Cruciferous vegetables are especially known for their ability to detoxify estrogen down a safer pathway, thereby reducing potential risk of estrogen-dependent cancers.

The liver-boosting properties of cruciferous can support detoxification of viruses, airborne chemicals and pharmaceutical drugs. This is why we carry a [Broccoli Seed and Sprout](#) supplement in our shop! Supplements are great for getting that potent dose in addition to a healthy diet.

SERVES 6

INGREDIENTS

- 4 generous cups **shredded cabbage + one carrot**
OR one 8 oz. bag slaw mix
- 1 tablespoon **lemon juice**
- 1 tablespoon **maple syrup**
- 2 tablespoon clean **mayonnaise***
- ¼ cup finely chopped **cilantro leaves**
- ½ **jalapeno**, seeded and finely chopped
- 1 tablespoon salted and roasted **pumpkin seeds**

** I like Sir Kensington's brand*

INSTRUCTIONS

Add cabbage mix to a bowl. Add all wet ingredients and mix then add dry ingredients and mix again. Can store in the fridge for about 4 days. Pairs with meat tacos, baked beans and BBQ.



05

HOW TO MAKE YOUR OWN SPROUTS

When was the last time you ate sprouts? Most Americans don't consume sprouts often, partially due to the reputation sprouts acquired in recent years for carrying E. coli. This is unfortunate since sprouts can be grown safely and easily at home.

Made from a variety of seeds (the two most popular are broccoli and alfalfa), they're an approachable and rich source of nutrients and minerals. If you're trying to increase your intake of locally-grown food, look no further than your kitchen!

With their fresh flavor and crunchy texture, sprouts are easy to incorporate into a variety of summertime meals. They're the perfect solution if you struggle with the strong taste of cruciferous vegetables. Like broccoli and leafy greens, they're an excellent source of fiber, protein, vitamin C, vitamin K, folate, and iron. ([source](#))

It costs about \$30 to invest in the supplies necessary to make countless batches of sprouts at home.

SUPPLIES NEEDED

- [Glass pint-size mason jars](#)
- [A mesh sprouting lid](#)
- [Seeds to sprout](#) (start with broccoli or alfalfa)

INSTRUCTIONS

STEP 01

Place three tablespoons of seeds in a clean, sanitized mason jar. Cover with cold water and stir well. Screw the sprouting lid on your jar and leave the seeds to soak for 8 hours.

STEP 02

After the initial soak, drain the sprouts (just flip upside down and allow as much water as possible to drain through the mesh lid). Run fresh water into the jar through the mesh lid and rinse your sprouts, then set the jar upside down at an angle in a bowl to allow it to drain throughout the day.

STEP 03

Rinse and drain your sprouts each morning and evening for four days, until your sprouts have nearly filled the jar. If you leave them in a sunny place during this process, they're more likely to turn green, but it's not necessary.

STEP 04

At the end of the fourth day, dump your sprouts onto a clean towel and spread them out to eliminate any excess moisture. They're ready to eat!

STEP 05

Store sprouts in a sealed glass container on a towel to keep them fresh. They will keep in the refrigerator for up to 10 days.

Here are a few tasty sprout/fat combination ideas to get you inspired:

- Top avocado toast with a handful of sprouts.
- Blend sprouts into a smoothie that includes MCT oil or coconut milk.
- Make a breakfast salad with sprouts, tomatoes, and any other vegetables you have on hand. Top with a fried or scrambled egg.
- Add sprouts to a breakfast burrito or egg sandwich for a bit of extra crunch!

Get creative with how you add sprouts to your favorite dishes. Once you get into the rhythm of making them at home, you'll have access to an incredible whole-foods 'supplement' that costs just pennies a day!



WARM SIDES

01

RAINBOW VEGETABLE TRAY BAKE

Take a little extra time this year to find ways to serve detoxifying whole foods with a spirit of indulgence, as in our simple and lovely Rainbow Vegetable Tray Bake. Let's reap the benefits of a healthy diet!

SERVES 4 GENEROUSLY

INGREDIENTS

- 2 **red bell peppers**, halved and seeded
- ½ small **butternut squash**, peeled and sliced into ¼" cubes
- 1 **summer squash**, cut into ½ slices
- 1 small head of **broccoli**, cut into florets
- 1 lb **purple carrots**, peeled and sliced into ¼" thick circles
- 1 **red onion**, sliced into ½" chunks
- 1 head of **garlic**, peeled and separated into cloves
- 1 tablespoon **dried thyme**
- 1 tablespoon **dried parsley**
- ¼ cup **olive oil**
- Freshly ground **salt and pepper**, to taste

INSTRUCTIONS

STEP 01

Preheat the oven to 425°F. Spread vegetables, without combining kinds, on a rimmed baking sheet (use two sheets if vegetables are crowded). Position the bell pepper halves skin-side up, and sprinkle the garlic cloves across the pan.

STEP 02

Drizzle all the vegetables with olive oil. Sprinkle with herbs, salt and pepper. Toss vegetables to distribute oil and seasonings, taking care to keep the colors separate.

STEP 03

Roast vegetables until tender and slightly charred, approximately 30 minutes. Move or rotate the pan halfway through baking if necessary. Arrange vegetables in a rainbow pattern on a serving plate, adding additional salt and pepper to taste if needed. Enjoy immediately!

Vegetables will keep in the refrigerator for up to four days. Reheat them in the oven or a skillet.



02

BROCCOLI WITH CASHEW 'CHEESE' SAUCE

Jazz up a nutrient-dense bowl of steamed broccoli with our rich and creamy cashew 'cheese' sauce. You'll soak cashews for two hours in bone broth, then blend them up with a handful of other ingredients for a simple, crave-worthy topping for vegetables of any kind. Broccoli and 'cheese' are a natural pairing, but this sauce also tastes amazing with cauliflower, zucchini, carrots, and potatoes.

The recipe as written creates a basic savory sauce, but feel free to make it your own with flavorful additions like hot sauce, curry powder, fresh herbs, nutritional yeast, or lemon juice.

SERVES 4 WITH LEFTOVER SAUCE

INGREDIENTS

- 2 cups raw **organic cashews**
- 1 ¼ cup **bone broth**
- 2 cloves **garlic, peeled and minced**
- 1 teaspoon fresh **ground salt**
- ½ teaspoon fresh ground **black pepper**
- ½ teaspoon **turmeric**
- 2 heads **broccoli**, chopped into small florets

INSTRUCTIONS

STEP 01

Soak cashews in bone broth for two hours (for ideal texture, don't soak any longer than this). Drain cashews well and set aside bone broth to use in another recipe if desired. You can also drink it if you don't mind a little cashew flavor.

STEP 02

Combine soaked cashews, garlic, salt, pepper, and turmeric in a food processor and process on high for 1-3 minutes or until the sauce is creamy. Adjust seasonings to taste and add a little bit of the leftover bone broth if you'd like the sauce to be thinner.

STEP 03

Bring ¼ inch of water to a boil in a medium saucepan. Add broccoli, cover, and steam for five minutes, or until broccoli is bright green and just tender. Drain well, divide into serving bowls, and spoon cashew sauce over hot broccoli. Enjoy immediately!

You will have leftover cashew sauce -- it keeps in the refrigerator for up to a week and it's great served over pasta, as a dip for raw vegetables, or as a spread on sandwiches and wraps.





PROTEINS



01

MARINATED LAMB KABOBS

If you're new to lamb, this delicious marinade gives it a nice flavor that isn't lamb-y. The fresh herbs and the vinegar both counter the charring of the meat that tends to be carcinogenic.

Lamb is rich in iron, specifically 'heme' iron which is more absorbable than non-heme iron sources in vegetables.

This easy recipe is great for BBQ season. Pair with a Greek salad, some sautéed vegetables, a chunk of hot sweet potato. It's an easy, tasty, gourmet dinner!

SERVES 4 WITH LEFTOVER SAUCE

INGREDIENTS

- 1 lb grass-fed **lamb cubes**
- 2 cloves fresh **garlic**, finely chopped
- 2 twigs fresh **rosemary**, stems removed
- Handful of fresh **mint leaves** (10-12 leaves)
- 1 tablespoon cold-pressed **olive oil**
- 1/3 cup **balsamic vinegar**
- **Sea salt**- a few pinches
- **Pepper**- a few good shakes
- **Skewer sticks** (4-6)

INSTRUCTIONS

IN THE MORNING

Put lamb cubes in a bowl, add in all other ingredients, stir well. Refrigerate the bowl.

IN THE EVENING

Stir again. Skewer cubes onto sticks, leaving space between each cube. Optionally you can also skewer chunks of onion, red pepper, cherry tomato or similar. Grill on BBQ until well cooked (just a tad pink and soft in middle), turning as needed.



02

BAKED WILD SALMON WITH GINGER LIME GLAZE

Baked salmon is a quick, simple, protein-rich dinner that's still impressive enough for hosting or date night. Take wild salmon filets a step further with a zesty glaze (whisked together with a handful of pantry ingredients) and you'll have a supper that could compete with any restaurant special.

This salmon recipe pairs well with brown rice and roasted asparagus or broccoli -- you can even roast the veggies in the oven along with the salmon. This flavor combination is reminiscent of sushi, but much simpler to prepare!

Buy the highest quality salmon you can afford. Look for wild Pacific salmon, with a deep orange-red hue and minimal visible fat marbling. The best value salmon filets are typically found in the frozen section. Thaw completely in the refrigerator before baking for best results.

SERVES 4

INGREDIENTS

- Four 8-oz. wild **salmon filets**
- 2 tablespoons **miso paste**
- 1 tablespoon finely grated **fresh ginger**
- Juice of 1 **lime**
- 1 tablespoon **olive oil**
- Pinch of red **pepper flakes**
- 1 tablespoon **brown rice syrup**
- Freshly ground **sea salt**
- **Lime wedges** and **pickled ginger**, for serving

INSTRUCTIONS

STEP 01

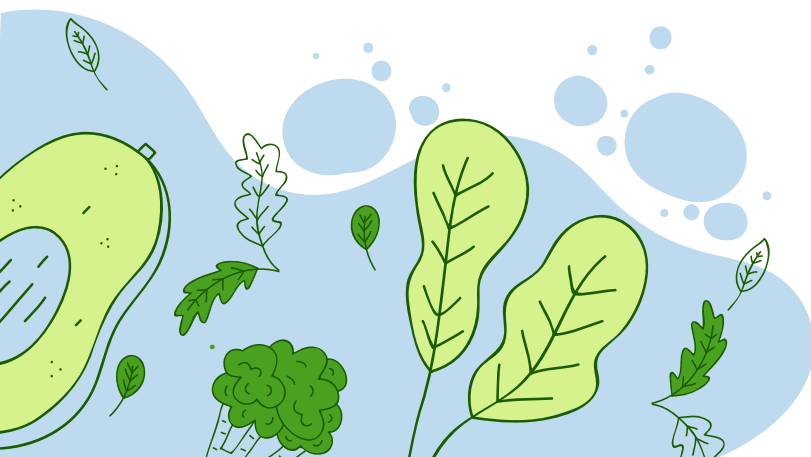
In a small bowl, whisk together miso, ginger, lime, olive oil, red pepper flakes, and brown rice syrup. Taste and adjust ingredients if desired. Set aside.

STEP 02

Preheat the oven to 425°F. Line a baking sheet with foil and arrange the salmon filets, skin side down, on the pan. Season with salt.

STEP 03

Brush half of the glaze over the salmon filets with a pastry brush. Bake for eight minutes, then carefully brush remaining glaze over filets. Bake for four minutes more, or until salmon flakes easily with a fork. Serve immediately with lime wedges and pickled ginger on the side.



03

WARM LENTIL SALAD WITH CLASSIC CARAMELIZED ONIONS

Nothing brings people to the kitchen like the smell of caramelizing onions. If you're looking for a plant-based way to inject some umami flavor into your winter cooking, look no further. Be sure to let your caramelized onions take their time -- depending on the age and variety of the onions you select, they may take up to an hour to reach peak caramelization.

Onions are a remarkably nutrient-dense vegetable with special benefits in regards to liver health. Diets that regularly include onions (and legumes like lentils!) can help minimize the risk of nonalcoholic fatty liver disease, even offsetting the stress caused by factors like obesity and high sugar intake. ([source](#), [source](#)) Both onions and lentils are also excellent sources of fiber, which can help your body gently detoxify from the inside out.

SERVES 4

INGREDIENTS

- 2 tablespoons **olive oil**
- 2 large **yellow onions**, thinly sliced
- ¼ cup **balsamic vinegar**
- ¾ teaspoon **salt**, divided
- 1 cup **green lentils**
- 2 cups **bone broth** (this is a brand I like)
- Fresh ground **black pepper**
- Large handful **fresh parsley**, finely chopped
- **Lemon wedges**, for serving

INSTRUCTIONS

STEP 01

Heat olive oil in a cast iron skillet over medium heat until shimmering. Add the onions. Cook for thirty to forty minutes, stirring every five to ten minutes, until deeply caramelized and fragrant. The onions should look just shy of burnt. Once they're cooked to your liking, deglaze the pan with the balsamic vinegar and sprinkle the onions with ½ teaspoon salt.

STEP 02

While the onions are caramelizing, cook the lentils. Add lentils and bone broth to a small saucepan and bring to a boil. Lower to a simmer and cook until tender, approximately 25 minutes. Drain the lentils and stir in ¼ teaspoon salt.

STEP 03

Assemble the salad. Gently stir warm lentils and caramelized onions together. Season with pepper (and more salt if desired), sprinkle with parsley, and serve immediately with lemon wedges on the side. Salad will keep in the refrigerator for up to a week and it's delicious served cold as well.



04

EASY SALMON SALAD

This recipe is so easy it's barely a recipe! It's basically traditional tuna salad but with canned salmon instead.

Tuna is delicious but unfortunately it's now a fish that is commonly contaminated with heavy metals. Eating it regularly can actually be a hazard to your health, or that of an infant or developing baby. ([source](#), [source](#), [source](#))

Canned salmon is one of the most affordable ways to eat this nutritious fish. You can get canned salmon that is both wild (important for nutrition and the environment) and in a non-BPA can. The brand I usually buy at my local grocery store is called Henry and Lisa's.

SERVES 3-4

INGREDIENTS

- 1 can Henry and Lisa's or other 6 oz. **salmon**, strained
- 2 tablespoon Sir Kensington's **avocado oil mayonnaise** or other clean mayonnaise
- 1 tablespoon **relish**
- **Salt and pepper** to taste

INSTRUCTIONS

Mix all the ingredients together and enjoy! I commonly eat this on a half, toasted gluten-free bagel with grass-fed butter. I like the Everything bagels by Canyon Bakehouse. My son and I ate these so often during COVID stay-at-home regulations that I will forever think of it as my quarantine meal! I always give the 'salmon juice' to my dogs when I drain the can. They love it!





SNACKS & TREATS

01

HOMEMADE COCONUT YOGURT

Yogurt is a favorite dietary source of probiotics, but if you avoid dairy your yogurt options are often limited. Store bought vegan yogurts are usually expensive and full of sugar, fillers, stabilizing agents, and preservatives.

Fortunately, it's super easy to make your own vegan yogurt! No special equipment required, just five recognizable and easy-to-find ingredients. The hardest part is waiting for your homemade yogurt to set and chill.

Pair homemade yogurt with a good source of prebiotic fiber, such as blueberries, apples, chia seeds, or oats. This will give your body the opportunity to utilize probiotics effectively. While this yogurt makes for a great parfait, it's also a natural addition to smoothies, baked goods (use it to replace sour cream, buttermilk, or cow's milk yogurt), and overnight oats.

MAKES 1 PINT OF YOGURT

INGREDIENTS

- 1 can BPA-free **organic coconut milk** (full-fat or lite)
- 1 tablespoon **tapioca starch**
- 2 [probiotic capsules](#)
- 2 tablespoons **maple syrup**
- 1 **vanilla bean**

INSTRUCTIONS

STEP 01

Sterilize a quart size glass jar by running it through the dishwasher on high heat or filling it with boiling water for a few minutes.

STEP 02

Whisk coconut milk and tapioca starch together in a medium saucepan. Heat to a simmer over medium-low heat and simmer for 5-10 minutes, or until thickened. Allow the mixture to cool until slightly warm.

STEP 03

Open the probiotic capsules and add the powder inside to the coconut mixture (discard the plastic casings). Add the maple syrup as well and whisk. Split the vanilla bean lengthwise with a sharp knife and scrape the seeds and paste inside the pod into the yogurt mixture. Whisk well.

STEP 04

Pour yogurt mixture into the sterilized jar and screw on the lid. Leave undisturbed in a warm place for 24 hours. After the yogurt has set, refrigerate for at least 4 hours before eating. Stir well and enjoy! Yogurt will keep in a sealed jar in the refrigerator for up to ten days.



Make your own homemade seasoned nuts and avoid the usual dose of excess sugar, sodium, and low-quality oils that you'll find in store bought versions. We soak raw nuts in boiling water briefly to help seasonings stick to them. This technique removes excess fat and helps you digest the nuts better as well. We love a sweet/salty/spicy mixture of spices (along with dried cranberries for texture and tart flavor) but this recipe is easy to adapt to your family's preferences.

Buy the highest quality nuts you can afford, preferably raw and organic. Try to find the freshest nuts available, as well, and store them in the refrigerator or freezer to keep the delicate fats from going rancid.

Cashews, pecans, and walnuts are all excellent sources of vitamin E, which can help improve liver health and consequently enhance your body's detoxifying capabilities. (source) They're also a great plant-based source of protein, fiber, and healthy fats. Try topping a simple salad with seasoned nuts, pairing them with a piece of fresh fruit for a nourishing snack.

MAKES 16 SERVINGS

INGREDIENTS

- 4 cups **raw mixed nuts**
- 1 teaspoon **salt**
- ¼ cup **coconut sugar**
- 1 teaspoon **cinnamon**
- ½ teaspoon **black pepper**
- ¼ teaspoon **cayenne pepper**
- 1 cup unsweetened **dried cranberries**

INSTRUCTIONS

STEP 01

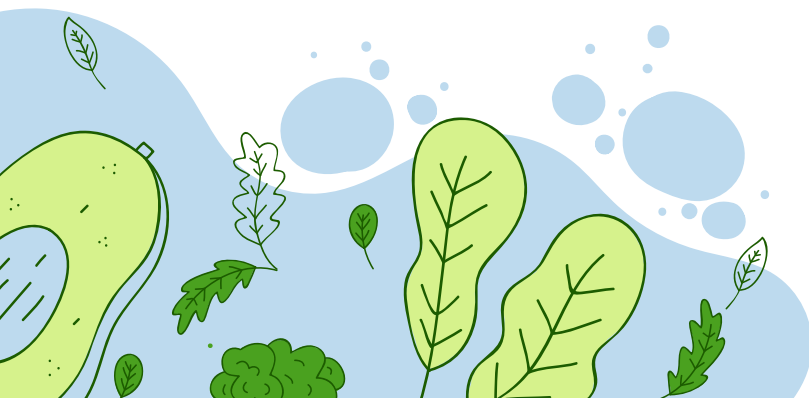
Preheat the oven to 350°F. Place a colander in a large bowl and add nuts to the colander. Boil a kettle of water, then pour boiling water over the nuts to cover and let sit for two minutes. Drain the water, empty the bowl, and add the nuts back to the bowl.

STEP 02

In a small bowl, stir together salt, sugar, cinnamon, black pepper, and cayenne pepper. Sprinkle over boiled nuts and toss to coat thoroughly. Spread nuts in a thin layer on a baking sheet lined with parchment paper.

STEP 03

Roast nuts until fragrant and slightly darkened, approximately 10 minutes, stirring once halfway through. Cool completely, then stir in the dried cranberries. Nuts will keep in a sealed container at room temperature for up to a month.



CRANBERRY SPICE POWER BALLS

Power balls, sometimes called energy balls or energy bites, are a quick way to satisfy cravings and nourish yourself during the holiday season. We customized the flavor profile of this recipe by adding the wonderful holiday flavors of cranberry, orange, and ginger. These bright, energizing ingredients will boost your mood and fuel your body with essential vitamins and minerals.

This recipe is a great one to make with kids -- they can help measure the ingredients, stir, and scoop! There's no knives, heat, or special equipment involved. Package power balls in cello bags as a sweet gift for coworkers or friends.

MAKES 2 DOZEN BALLS

INGREDIENTS

- 2 cups **quick cooking oats**
- $\frac{2}{3}$ cup **nut butter of choice** (pecan butter is delicious if you can find it)
- $\frac{1}{2}$ cup **unsweetened dried cranberries**, roughly chopped
- $\frac{1}{2}$ cup **date paste or brown rice syrup**
- $\frac{1}{4}$ cup freshly ground **flax seeds**
- $\frac{1}{4}$ cup **vanilla protein powder** (optional)
- **Zest of one orange**
- $\frac{1}{4}$ teaspoon **ground ginger**
- 1 teaspoon **vanilla extract**

INSTRUCTIONS

In a large bowl, stir together all ingredients. Portion mixture out with a tablespoon-sized scoop and roll portions into balls. Store power balls in an airtight container in the refrigerator for up to 4 weeks.



The gingerbread flavor in this recipe comes from a combination of warming spices including allspice and cinnamon, plus a tablespoon of blackstrap molasses. Blackstrap molasses contains iron, zinc, selenium, magnesium and potassium as well as B vitamins. It also happens to give gingerbread its signature complex flavor.

Whip up a batch of power balls to keep on hand for a quick and fiber-rich snack. You'll feel like you're enjoying a seasonal dessert, and your body will appreciate the extra boost of nutrition!

MAKES 30 BALLS

INGREDIENTS

- 1 cup raw **pumpkin seeds, pecans, or walnuts**
- 1 cup **old-fashioned oats**
- 1 teaspoon **cinnamon**
- ¼ teaspoon **allspice**
- ¼ teaspoon **cardamom**
- ¼ teaspoon **nutmeg**
- 10 pitted **dried dates**
- 1 cup **almond butter**
- 2 tablespoons **extra virgin coconut oil**, melted
- 1/3 cup **brown rice syrup**
- 1 tablespoon **molasses**

INSTRUCTIONS

STEP 01

Preheat the oven to 350°F and spread seeds or nuts on a rimmed baking sheet. Toast for 6-8 minutes, or until fragrant and slightly darkened. Cool completely

STEP 02

In a high-powered food processor, pulse together toasted seeds or nuts, oats, and spices until the mixture resembles coarse flour. Add dates and continue pulsing until thick paste forms. Add almond butter, brown rice syrup, and molasses and pulse again to form a dough.

STEP 02

Use a tablespoon-sized cookie scoop to portion out the mixture, and roll each portion into a ball. Store in the refrigerator in a sealed container for up to four weeks.



This unique treat is reminiscent of old-fashioned no-bake Christmas cookies. The base is a sumptuous date caramel made with coconut oil and coconut sugar. Brown rice cereal and shredded coconut add crunch (and fiber!). Store these crave-worthy bites in the refrigerator or freezer and pull out a few whenever you have guests, or just need a special holiday snack. They pair well with tea or coffee. If holiday cookie exchanges are a tradition for your family, date coconut krispie bites are the perfect contribution.

MAKES 4 DOZEN BITES

INGREDIENTS

- 1 cup **extra virgin coconut oil**
- 1 cup **coconut sugar**
- 12 ounces pitted chopped **dates**
- 2 large **eggs**, beaten (or 1 **small ripe banana**, mashed)
- 1 tablespoon **canned coconut milk**
- 1 teaspoon **vanilla extract**
- 1 teaspoon **cinnamon**
- 6 cups **whole grain brown rice cereal**
- 7 ounces **unsweetened shredded coconut**

INSTRUCTIONS

STEP 01

In a large saucepan over medium heat, melt coconut oil and stir in coconut sugar. Add the dates and turn the heat to low. Cook until mixture is boiling, stirring regularly, approximately 15 minutes. Watch carefully to avoid burning.

STEP 02

In a separate bowl, combine eggs, coconut milk, vanilla, and cinnamon. Stir $\frac{1}{4}$ cup of the boiling date mixture into the egg mixture, whisking constantly to keep the eggs from cooking.

STEP 03

Remove the date mixture from the stovetop and stir in the egg mixture, whisking constantly. Return mixture to stove top and boil for 5 minutes. If you are using a banana instead of eggs, combine banana, coconut milk, vanilla, and cinnamon in a small bowl, then add to date caramel. Boil for five minutes, stirring constantly.

STEP 04

In a large bowl, combine date mixture and cereal. Stir to evenly coat, then allow the mixture to cool slightly so that it doesn't burn your hands.

STEP 05

Shape date mixture into tablespoon-sized balls and place on a sheet pan. Pour shredded coconut into a shallow bowl and roll each date ball in coconut, coating completely. Refrigerate date balls on the sheet pan for an hour, then transfer to an airtight container. Store date balls in the refrigerator for up to two weeks or in the freezer for up to two months. Enjoy chilled.





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