

A vibrant spring salad featuring arugula, watermelon slices, and a quinoa and egg salad. The salad is presented on a dark blue background. The text is overlaid on a purple rectangular background.

7 Delicious Spring Recipes for Detoxing

from Alicia and Heather

Recipes from: *Heather's Healing Kitchen* and
Stay Balanced LLC

Published by: ellementa.com



THESE 7 HEALTHY CBD INFUSED SPRING RECIPES WERE BROUGHT TO YOU BY:
ELLEMENTA, HEATHERS HEALING KITCHEN, AND STAY BALANCED LLC.

TO LEARN ABOUT THE HEALTH BENEFITS OF EACH DISH AND HOW INGREDIENTS WORK
TOGETHER TO PROMOTE HEALTH, PLEASE WATCH THE COOKING DEMO HEATHER AND
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Almond Milk



1 cup raw organic almonds
8 cups of filtered water
2-3 dates or handful of raisins

- Soak 1 cup of raw organic almonds in about 4 cups of filtered water in a jar overnight.
- Drain and rinse almonds. Now you have sprouted almonds.
- Combine sprouted almonds in a blender with 4 cups of fresh filtered water and 2-3 dates or a handful of raisins (more or less depending on desired sweetness). Blend until smooth milky consistency.
- Strain milk through a fine meshed strainer or press in French press to separate liquid from pulp. (Save pulp in the freezer for future recipes).
- Store fresh almond milk in the fridge for up to 4 days.

Note: If using almond milk to make smoothies, it is not necessary to strain the pulp if you don't mind the texture.

Cacao Hemp Milk

1 cup filtered water
¼ cup hemp hearts
2-3 dates
1 T raw cacao powder



Blend everything together in a high-powered blender for 30-60 seconds. Strain milk through a fine meshed strainer. Enjoy!



Golden Milk with CBD Pulp



- 1 ½ cups fresh almond milk or hemp milk
- 1 tsp fresh turmeric root, grated
- 1 tsp fresh ginger root, grated
- ½ tsp ceylon cinnamon
- ½ tsp local honey
- 1 tsp of coconut oil pulp ([see winter recipes](#))

Put all ingredients in a blender and process until smooth. Pour over ice and enjoy.



Walnut Paté on Radish “Chips”



Fresh radishes
½ lb walnuts (soaked and dried)
1 T extra-virgin olive oil
2 T Dijon mustard
¼ medium onion
2 dill pickles
1 stalk celery
handful dill, dill pickle juice, or dill essential oil
2 T lemon juice
2 cloves garlic or garlic powder
salt and pepper to taste
1 avocado
arugula
chunk of horseradish (optional)

Thinly slice radishes into circular “chips”. Add remaining ingredients (except avocado and arugula) to a food processor and blend. Scrape down the sides periodically and blend till smooth. Serve with avocado slices and arugula on top of radish chips.

Spicy Beet Salad



Salad

1 medium sized beet
fresh horseradish root,
peeled and grated
avocado oil
arugula
asparagus tips
¼ cup raw walnuts
sprouts

Shallot Vinaigrette

1 medium shallot
¼ cup apple cider vinegar
1 cup olive oil
1 T nutritional yeast
1-2 tsp of CBD honey
1 T lemon juice
Dash salt and pepper

Cut the beet into cubes and toss in 1 tsp of freshly grated horseradish root and 2 tsp of avocado oil. Roast at 350 for 30 minutes.

As the beets are roasting, prepare the rest of the salad and the shallot vinaigrette.

Combine arugula, asparagus tips and sprouts.

Toast the walnuts on the stove top by heating on medium heat for 3-5 minutes, stirring occasionally. Walnuts will become fragrant and slightly browned.

To make vinaigrette, peel and chop shallot. Place shallot and other ingredients in a mason jar and shake vigorously to combine.

When the beets are done they will be fork tender. Place warm beets and toasted walnuts on the rest of salad. Dress and serve.



Asparagus Soup



This soup is made by using the hard ends of the asparagus that would usually be thrown away. When sautéed in butter or ghee and simmered, the ends take on an unexpectedly creamy texture. This recipe is a great way to meal plan as you can roast the spears for dinner and use the ends for soup. It is also a great way to get the most of this vegetable that is abundant in spring.

2 T ghee or butter
1 large onion, diced
5 cloves garlic, chopped
2 bunches of asparagus (ends only)
5 cups vegetable broth
2 cups fresh spinach
½ tsp salt
dash pepper

- Melt the ghee in a soup pot over medium-low heat. Add the onions and garlic and sauté for 5-6 minutes until onions begin to sweat (give off liquid) and turn soft and translucent. Keep heat low enough to keep garlic from browning.
- Add asparagus ends and cook until soft, stirring occasionally.
- Add broth. Bring to a boil. Then reduce heat to a simmer. Simmer for 45 minutes.
- Remove from heat and add fresh spinach.
- When cooled, puree soup with an immersion blender or in small batches in a blender. Blend until smooth. Adjust flavor with salt and pepper.



Sunflower Bites



1 cup of sunflower butter
1/3 cup local raw honey
4 T cacao powder
3 T bee pollen (optional - good for spring allergies)
2 T melted coconut oil
1 tsp cinnamon
pinch nutmeg
pinch sea salt

- Put sunflower butter and all other ingredients into a food processor and process until a ball of dough has formed.
- Form the dough into small bite-sized balls and store in refrigerator for up to two weeks.
- Keep refrigerated as snacks with coconut oil melt easily in warm weather.



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