

## Detoxification Broths

*It is best that all ingredients be organic when possible*

### ALKALINE BROTH

2 quarts filtered water	Pinch of sage
3 stalks celery or bok choy	3 carrots
1 large onion	1 small beet, peeled
2 cloves garlic, minced	6 small/medium potatoes, unpeeled
1 cup fresh spinach leaves	¼ cup fresh parsley, finely chopped

*Wash all vegetables. Do not peel if organic (except beets). Coarsely chop all the vegetables. Cover with water in a non-aluminum pot; add sage. Bring to a boil, reduce heat and allow to simmer, covered, until broth has a rich flavor, about 20 minutes. Strain and drink hot or cold. \*For a heartier broth, remove ½ veggies, blend in blender or food processor, and return to soup.*

### BIELER BROTH (may restore alkaline reserves and improve liver function)

Celery, cut into chunks	Green Beans
Zucchini and yellow squash, cut into chunks	Spinach
1 generous handful parsley	1 small handful of cilantro

*Wash veggies. Combine equal amounts of the above vegetables and steam in a steamer basket. Make sure the water is below the level of the vegetables. Steam for a few minutes, until vegetables are cooked but still slightly crunchy. Combine vegetables, water, and herbs in a blender and puree until smooth to the consistency of pea soup (you may add more water or broth for a thinner consistency, if desired).*

### BORSCHT

2 cups finely shredded cabbage	2 cups boiling water
½ cup chopped onion	2 Tbsp olive oil
2 tsp caraway seed	1 tsp honey, if desired
3 Tbsp lemon juice	Salt and pepper to taste
1 pound cooked small beets, peeled, chopped (save the cooking water)	
1 quart chicken or vegetable stock (wheat-free)	

*Cook the cabbage for ten minutes in boiling, salted water. Cook the onion in the oil for a few minutes, without browning. Drain the beets, saving the cooking liquid, and finely chop. Add the chicken or vegetable stock to the onions. Upon boiling, add the cabbage and its cooking liquid back in. Add the beets, one cup of beet cooking liquid, caraway seeds, honey, and salt and pepper. Simmer for ten minutes, skimming carefully. Remove the soup from the heat. Add lemon juice and heat just to the boiling point. Serve with dill weed garnish. Eat soup hot or cold.*

### VEGGIE BROTH

2 quarts filtered water	2 cups spinach
2 cups broccoli	3 cups celery stalks
1 zucchini	2 cups red-skinned potato peels

Chop up all the veggies. Place in a pot with the water, bring to a boil, cover and simmer for 20-30 minutes.

Strain the liquid and drink the broth. You can drink this anytime during your cleanse.