



# Nest

at nurture

**POST-CLEANSE  
RECIPES**

# Super Green Soup



## Ingredients

- 2 cups chopped kale
- 2 cups baby spinach
- ½ cup chopped celery
- ¼ cup parsley
- 1 cup diced white onion
- 2 cloves garlic
- 5 cups vegetable broth
- ½ cashews, soaked
- 1 tbsp lemon juice
- 2 tbsp EVOO
- Salt and pepper to taste

## Preparation

1. In a pot on the stove, heat the EVOO over medium heat, add the onion and garlic and cook till golden, 2-3 minutes.
2. Add the vegetable broth and celery, bring to a boil.
3. Turn the heat off and add the chopped greens plus parsley, cover with lid so the greens cook down.
4. In a blender, blend the cashews with enough water to make a thick cream.
5. When the soup is cooled to room temperature, add it to the blender with the cashew cream and puree.

# Antioxidant Smoothie



## Ingredients

- ½ cup mixed frozen berries
- 1 medium banana
- 1 tbsp cacao
- 2 tbsp almond butter
- 1 handful spinach
- Pinch of salt
- 1 ½ cup unsweetened vanilla coconut milk

## Preparation

1. Place all the ingredients in a blender and blend till smooth.

Top with pomegranate seeds and enjoy!

RECIPE

# Winter Sweet Potato Kale Salad



Serves 4

## Ingredients

- 1 small sweet potato chopped into bite sized pieces.
- 1 bunch kale, torn or chopped
- 2-3 tbsp extra virgin olive oil
- ½ lemon squeeze, or 1-2 tbsp lemon juice
- ⅓ cup toasted walnuts or pecans
- Pinch of chili flakes
- Salt and pepper to taste
- Pinch of parsley

## Preparation

1. Preheat the oven to 400 degrees.
2. Toss the chopped sweet potato with 1-2 tbsp extra virgin olive oil, salt and pepper, spread them evenly out on a baking sheet and roast for 15-20 minutes until soft.
3. Meanwhile, place the chopped kale in a bowl with the remaining olive oil, lemon juice and parsley.
4. Add the hot sweet potatoes, salt and pepper, toss the salad. This will steam the kale making it easier to digest.
5. Top with the nuts and chili flakes.

## Tips

Leave the skin on the sweet potato as it is full of nutrients and fiber.