

SUMMERLICIOUS QUICK JUICING

One of my favorite ways to get all the nutrients at once is to juice



fruits and vegetables. Fresh juicing conserves the energy required for digestion and allows the body rest at the same time. Raw juice supplies the water with all the necessary minerals, vitamins, enzymes, phytochemicals and chlorophyll that the body needs. Drinking freshly made juice cleanses the digestive tract and colon. It helps remove dead cells and wastes from the body, strengthens the immune system and improves energy levels.

Process your fresh fruits and vegetables in a juicer; if you don't have a juicer you can mix the produce with a little water in a blender.

My favorite combination is to juice apples and celery. The refreshing and cooling qualities of this juice makes it perfect for hot summer months. When drinking juice, try not to gulp it down all at once; instead sip it slowly and allow it to mix with saliva in your mouth for better digestion.

Try mixing up different combinations of fruits and vegetables and you will feel refreshed, clean and with an abundance of energy. Buy a good quality juicer that can juice all vegetables and plants, including stems, peels, seeds and grass. It will give you good quality plant food and nutritional value.

SUMMER COMFORT

Quick Foods That Say More

BY SIMONA STEPANCIC

When summer arrives we really don't want to spend a lot of time cooking in the kitchen. We prefer being outdoors to enjoy the warm weather with family and friends. Summer is all about cooling our bodies, and one way of doing this is by eating more fruits and vegetables, preferably from our own gardens.

SUMMERLICIOUS QUICK SALADS

Salads are also very refreshing, and they can be a perfect main course for lunch or dinner. Salads are easy and fast to make from different greens, vegetables and fruits. Incorporate dark leafy greens such as romaine, green leafy lettuce, spinach, collard greens, kale, dandelion, endive, watercress and parsley for its higher nutritional value. You can add some radishes, carrots, zucchini, and broccoli, freshly squeezed lemon, olive oil, celtic sea salt and toss some hemp hearts or dulse.

Top your salads with pine nuts, almonds or

walnuts to add some texture. I love avocado on my salad, as it is so creamy and filling. With this salad you will feel fuller for a longer period of time. Prepare dressing by using flaxseed oil, fresh chives, thyme, pumpkin seeds, garlic and lemon. It can be made ahead of time and stored in the fridge.

Eat a big bowl of salad every day – the more color and texture the better. You will feel lighter and satisfied, as well as achieving a balance weight with no deprivation.

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SUMMERLICIOUS QUICK SOUPS

Raw soups are whole foods that also maximize wellbeing. They are tasty and light on the digestive system and very easy to prepare during the hot summer days.

Cold soups are blended with all the live enzymes and nutrients intact. They are best eaten the day they are made.

Tomatoes, cucumbers and peppers are a great base for any kind of soup. I use parsley to add some flavor and Celtic sea salt or sea vegetables (algae) such as Kelp, and Dulse to add some saltiness. Garlic, onions, ginger, and cayenne pepper are great and add some spiciness to the soup. For creamier consistency I use fatty ingredients such as avocado, nut butter or oil.

Have fun preparing your favorite summer meals...you can use your imagination by adding different flavours, textures and colours. By using fresh, live ingredients in your meal, not only will you get the maximum amount of nutrition, but you will also achieve balance in mind and spirit. You will feel radiant and vital in every aspect of your life.



RECIPES

HOMEMADE JUICE OF CARROTS, DANDELION, BEETS, APPLE, PAPAYA, CELERY AND GINGER

- 2 beets, washed
- 1/2 inch ginger root
- 2 apples cut into pieces
- 1 papaya, fresh, peeled and seeded
- 4 dandelion leaves
- 3 carrots
- 2 celery ribs

Mix beets, ginger root, apples, papaya, celery, dandelion and carrots in a juicer. Pour into a glass.



DANDELION SALAD WITH AVOCADO AND HEMP SEEDS

- 1 bunch dandelion, fresh
 - 1/2 avocado, cubed
 - 1/2 lemon, freshly squeezed
 - 1 tbsp. extra virgin olive oil
 - 2 tbsp hemp seeds
 - 2-3 cloves garlic, minced
 - Celtic sea salt or Bragg amino acids to taste
- Mix all ingredients together in a bowl.



SPINACH-AVOCADO SOUP

- 2 cups spinach, baby
 - 1/2 - 1 cup parsley
 - 1 avocado, peeled, stoned
 - 1/2 lemon, freshly squeezed
 - 1 garlic clove
 - Bragg amino acids or Celtic sea salt to taste
- Using blender, mix all ingredients together to smooth consistency.