



# Week Three

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## EMBRACE THE LIFESTYLE

You're on the homestretch! For the last week of the cleanse, we want to drill in the fact that eating plant-based whole foods can help you fuel your passions.

This cleanse is not a lifelong commitment. It's a 21-day event that you can repeat again and again— when you need a little reset. After this week, we want you to take the recipes, habits and knowledge that you've gained from these 21 days and incorporate them into your life so you can eat clean, eat real and eat whole foods for the rest of your life.

# Spring Cleanse Plan

	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
RISE	Detox Tea (58)						
BREAKFAST	Vanilla Bean Yogurt Smoothie (60)	Creamy Mojito Smoothie (61)	Raspberry Mint Smoothie (62)	Vanilla Bean Yogurt Smoothie (60)	Creamy Mojito Smoothie (61)	Raspberry Mint Smoothie (62)	Vanilla Bean Yogurt Smoothie (60)
AM SNACK	Raw Berry Crisp (63)	Pineapple Fruit Bowl (64)	Raw Berry Crisp (63)	Pineapple Fruit Bowl (64)	Raw Berry Crisp (63)	Pineapple Fruit Bowl (64)	Raw Berry Crisp (63)
LUNCH	Healing Garden Soup (66)	Cauliflower Curry Bowl (67)	Stuffed Portobello Mushrooms (68)	Lemon Arugula Salad (69)	Spicy Sprouts Bowl (70)	Marinated Celery Salad (71)	Veggie Quinoa Pizza (72)
PM SNACK	Power Trail Mix* (65)						
DINNER	Cauliflower Curry Bowl (67)	Stuffed Portobello Mushrooms (68)	Lemon Arugula Salad (69)	Spicy Sprouts Bowl (70)	Marinated Celery Salad (71)	Veggie Quinoa Pizza (72)	Healing Garden Soup (66)
EVENING	Spiced Almond Milk* (59)						

**\*THESE RECIPES ARE OPTIONAL, YET RECOMMENDED IF YOU FEEL HUNGRY.**



This is an interactive PDF. Click on recipes above to go directly to the content.

# Grocery List

## FRESH PRODUCE

- arugula: 6 cups
- avocado: ½
- baby bella mushrooms: ¼ cup
- basil leaves: 1 ½ cups
- blackberries: ½ cup
- blueberries: ½ cup
- Brussels sprouts: 4 cups
- cauliflower florets: ½ cup
- celery stalks: 4
- chives: 1 tbsp
- fennel bulb: 1
- garlic cloves: 13
- ginger root: ½ cup
- gold potatoes: 2
- green beans: ½ cup
- green bell pepper: ¼
- green onion: 2
- kale: 3 cups
- leek: 1
- lemons: 5
- lime: 1
- mint leaves: 19
- parsley: ½ cup
- pineapple: 2 ¼ cups
- portobello mushrooms: 2
- raspberries: ½ cup
- spinach: 6 cups
- sugar snap peas: ½ cup
- tarragon: 2 tbsp
- yellow onions: 1 ½
- zucchini: 1

## FROZEN FOODS

- peaches: 3 cups
- peas: ¼ cup
- pineapple: 4 cups
- raspberries: 1 cup

## REFRIGERATED GOODS

- almond milk, unsweetened: 7 cups
- cashew yogurt, unsweetened: 3 cups
- homemade cashew cream ½ cup (see p. 16)

## DRIED GOODS

- almonds, raw: 1 ¼ cups
- almonds, sliced: ½ cup
- cashews, raw: 1 ¾ cups
- chia seeds: ¼ cup
- coconut flakes: 1 cup
- hemp hearts: ¼ cup
- pepitas, raw: 1 ½ cups
- sunflower seeds, raw: ¾ cup
- walnuts, raw: ½ cup

## CANNED + JARRED

- almond butter: 2 tbsp
- cannellini beans: 1 ½ cups
- chickpeas: 1 ¾ cup
- coconut milk: 3 cups
- kalamata olives, pitted: 2 tbsp
- sun-dried tomatoes in oil: ½ cup
- tomato paste: ½ cup
- tomatoes, diced: 1 cup

## CONDIMENTS & OILS

- coconut oil
- Dijon mustard
- honey
- maple syrup
- olive oil
- red win vinegar
- rice vinegar
- sriracha sauce
- tamari

## PANTRY ITEMS

- brown rice: 1 cup
- quinoa: 1 cup
- rolled oats: ¼ cup
- vegetable stock: 4 cups

## SEASONING + BAKING

- black pepper, ground
- cayenne pepper
- cinnamon, ground
- curry powder
- garlic powder
- ginger, ground
- Italian seasoning
- nutritional yeast
- sea salt
- vanilla extract

# Prep Guide

We're big fans of prepping before you start each week of the cleanse. Set aside at least three hours to prep the day before you start week three. You don't have to complete everything below to rawk this week, yet the more you do the better.

## ○ Detox Tea Cubes

1. Prepare the following:
  - ½ cup ginger root, peeled and sliced (120mL)
  - ½ cup lemon juice (120mL)
  - ¾ tsp cayenne pepper (3.75mL)
2. Even distribute between 7 ice cube tray slots and freeze.
3. Once frozen, transfer to a freezer-safe bag. When ready to use, add one cube to glass of hot water and stir until dissolved.

## ○ Brown Rice

Three recipes use brown rice this week. By making ahead, you can save lots of time. This rice-to-water ratio also works in a rice cooker using the brown rice setting.

1. Rinse 1 cup (320mL) brown rice in a fine-mesh sieve under cold water for 30 seconds.
2. Bring 2 cups (640mL) of water to boil in a medium pot. Add rice, cover and reduce heat to low. Allow to simmer until all liquid is absorbed, about 35 minutes
3. Remove from heat and let sit for 10 minutes. Fluff with fork. Store in air-tight container in fridge. Warm before serving.

## ○ Cashew Cream

You'll need ½ cup (120mL) Cashew Cream this week of the cleanse. If you haven't done so yet, follow our recipe from week one's prep guide to get the creamiest result.

## ○ Sauces + Dressings

The following can be made ahead:

- Basil Pesto (p. 66)
- Vegan Parmesan Cheese (p. 68)
- Taragon-Lemon Dressing (p. 69)
- Celery Marinade (p. 71)
- Pizza Sauce (p. 72)

## ○ Snacks

The following can be made ahead:

- Raw Berry Crisp (p. 63)
- Pineapple Fruit Bowl (p. 64)
- Power Trail Mix (p. 65)

## ○ Make-Ahead Meals

The following can be made ahead:

- Healing Garden Soup (p. 66)
- Cauliflower Curry Bowl (p. 67)
- Quinoa Pizza Crust (p. 72)





## ○ Smoothie Packs

Measure and freeze smoothie ingredients to make it easier to blend all smoothies this week.

1. Measure greens, fruit and veggies for each recipe and put into freezer-safe containers. Don't add liquid, oils, or superfoods yet, you'll do that right before blending.
2. Label with smoothie recipe name and measurements for the liquid and superfoods you'll need to add before blending.
3. Freeze until ready to blend.

Allow frozen smoothie packs to defrost slightly before blending. Store in fridge overnight or set on counter top for 30 minutes. Add liquid and superfoods before blending.





EACH MORNING | SERVES 1

# Detox Tea

One of the best things you can do for your digestive system is start your morning with hot water and lemon. The lemon promotes alkalinity in the body, and also kick starts the liver for the day. This encourages the release of digestive fluids. Add in the cayenne and ginger to bring warmth to the tummy, and boost your metabolism and circulation.

## INGREDIENTS

1 cup hot water (240mL)  
1 tbsp ginger root, peeled and sliced (15mL)  
1 tbsp lemon, juiced (15mL)  
dash of cayenne pepper

## DIRECTIONS

1. Add ginger and lemon juice to a mug.
2. Add a dash of cayenne.
3. Pour hot water into mug.



Using Detox Tea cubes? Add one Detox Tea cube to one cup hot water and stir until thawed.



EACH EVENING | SERVES 1

# Spiced Almond Milk

This is the perfect little treat for the end of the day. The combination of almond milk and warming digestive spices balances your blood sugar and stabilizes your metabolism. The combination of protein and healthy fats help curb hunger pangs and cravings.

## INGREDIENTS

1 cup almond milk, warmed (240mL)  
1 tsp almond butter (5mL)  
1 tsp maple syrup (5mL)  
dash of cinnamon, ground  
dash of ginger, ground  
dash of cayenne pepper

## DIRECTIONS

1. Carefully blend all ingredients in a blender.
2. Pour into a mug.



Another way to prepare this drink is to combine all ingredients in a small sauce pan on the stove and heat on medium low heat until warm. Remove from heat and froth with an immersion blender.

SMOOTHIE | SERVES 1

# Vanilla Bean Yogurt Smoothie

Looking for a simple (non-green) smoothie to start your day off right? Look no further! This vanilla bean yogurt smoothie is not only simple to make, but uses only five whole food ingredients.

## INGREDIENTS

- 1 cup cashew yogurt (240mL)
- 1 cup peaches, frozen (240mL)
- 1 tsp vanilla extract
- 1 tbsp honey (15mL)
- 2 tbs raw cashews

## DIRECTIONS

1. Place all ingredients into blender and puree until smooth.



If the smoothie is too thick, add 1/4 cup non-dairy milk. Swap cashew yogurt for any unsweetened yogurt.





SMOOTHIE | SERVES 1

# Creamy Mojito Smoothie

This is one delicious smoothie that feels more like a cocktail— but a healthy one! Loaded with iron, healthy fats, vitamins, minerals and protein, it will leave you feeling energized and ready to tackle your day. Feel free to sprinkle the hemp hearts on top of the smoothie instead of blending for a fun little crunch or what I call protein confetti!

## INGREDIENTS

- 1 ½ cups spinach (360mL)
- 4 mint leaves
- ½ lime, peeled
- 1 cup coconut milk (240mL)
- ¼ avocado
- 1 cup pineapple, frozen (240mL)
- 2 tbsp hemp hearts (30mL)

## DIRECTIONS

1. Place spinach, mint, lime and coconut milk in blender. Blend until smooth.
2. Add remaining ingredients and blend again.



Swap hemp hearts for one serving of **Homemade Protein Powder**: [sgs.to/protein](https://sgs.to/protein)

SMOOTHIE | SERVES 1

# Raspberry Mint Smoothie

This refreshing smoothie gets a hit of sweetness from pineapple that marries well with tangy raspberries and hint of fresh mint. Chia brings those healthy fats, fiber and protein to the party making it a great breakfast smoothie.

## INGREDIENTS

1 ½ cups spinach (360mL)  
4 mint leaves  
1 cup water  
1 cup pineapple, frozen (240mL)  
½ cup raspberries, frozen (120mL)  
2 tbsp chia seeds (30mL)

## DIRECTIONS

1. Place spinach, mint and water in blender. Blend until smooth.
2. Add remaining ingredients and blend again.



Swap chia seeds for one serving of **Homemade Protein Powder**: [sgs.to/protein](https://sgs.to/protein)



SNACK | SERVES 4

# Raw Berry Crisp

Parfait lovers, this one is for you! You'll fall in love with this tasty combo of fresh berries, crunchy toppings, and a dollop of coconut cream. It's sweet, hearty and packed with protein, make it great after a workout to replenish your muscles.

## INGREDIENTS

- ½ cup blackberries (120mL)
- ½ cup raspberries (120mL)
- ½ cup blueberries (120mL)
- ½ cup cashew cream (120mL) (p. 16)
- 1 tbsp maple syrup (15mL)
- ¼ tsp vanilla extract (1.25mL)

## TOPPINGS

- ¼ cup rolled oats (60mL)
- ¼ cup coconut flakes (60mL)
- ¼ cup sliced almonds (60mL)
- ¼ cup raw pepitas (60mL)

## DIRECTIONS

1. In a small bowl, mix cashew cream, maple syrup and vanilla together.
2. Serve cashew cream on top of berries, with additional toppings as well.



This recipe serves four to save prep time this week. Feel free to make fresh servings.



Leave out the oats to make this compatible for Week 2 of the cleanse.





SNACK | SERVES 3 (SERVING SIZE: 1 CUP)

# Pineapple Fruit Bowl

This sweet bowl is aptly named— it really does taste heavenly. Toasted coconut and almonds add a nutty depth that pairs well with the sweet-tart pineapple. Add a little mint for an extra flavor boost.

## INGREDIENTS


2 ¼ cups pineapple, chopped (600mL)  
3 tbsp coconut flakes (45mL)  
3 tbsp sliced almonds (45mL)  
1 tbsp maple syrup (15mL)  
3 mint leaves, chopped

## DIRECTIONS

1. Stir all ingredients together.
2. Divide into three storage containers and keep in fridge until ready to eat.



This recipe serves three to help save prep time throughout the week, but you can make fresh single servings instead.



SNACK | SERVES 8 (SERVING SIZE: ½ CUP)

# Power Trail Mix

Everyone needs a great trail mix in their recipe arsenal. This recipe has a combination of our favorite nuts and seeds, along with coconut to add the chew factor. Bring a bag along on a hike or bike ride to fuel your body with plant-powered goodness!

## INGREDIENTS

- 1 cup raw almonds (240mL)
- 1 cup raw cashews (240mL)
- 1 cup raw pepitas (240mL)
- ½ cup coconut flakes (120mL)
- ½ cup raw sunflower seeds (120mL)
- 3 tbsp maple syrup (45mL)
- 1 tsp cinnamon, ground (5mL)
- ¼ tsp sea salt (1.25mL)

## DIRECTIONS

1. Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. Combine all ingredients together. Spread nuts out onto the lined baking sheet.
3. Bake for 10-15 minutes, stirring halfway through baking time. The nuts should be golden and dry to the touch.
4. Let cool completely, then transfer to an airtight container and store in a dry, cool place.



MEAL | 45 MINUTES | SERVES 2

# Healing Garden Soup

With the emergence of spring comes a plethora of fresh, green veggies. This soup takes advantage of the bounteous freshness, flavors and nutrients. Green veggies, especially, are essential to optimal health, and this recipe uses them in abundance.

## INGREDIENTS

1 tbsp olive oil (30mL)  
½ yellow onion, diced  
½ fennel bulb, cored and diced  
1 celery stalk, diced  
1 leek, thinly sliced  
2 garlic cloves, minced  
1 gold potato, cubed  
½ cup green beans, chopped (120mL)  
4 cups vegetable stock (960mL)  
1 zucchini, quartered and sliced  
1 ½ cups cannellini beans, canned (360mL)  
2 cups kale, chopped (480mL)  
dash of sea salt and black pepper

## BASIL PESTO

1 cup basil leaves (240mL)  
⅓ cup raw walnuts (80mL)  
1 garlic clove, peeled  
1 tsp lemon, juiced (5mL)  
2 tbsp olive oil (30mL)

## DIRECTIONS

1. Heat olive oil in a medium pot set over medium-high heat. Add the onion, fennel, celery and leek. Season with a big pinch of sea salt.
2. Cook, stirring often, until veggies start to soften and turn lightly golden, about 10 minutes.
3. Add the garlic and cook for 30-60 seconds, until fragrant. Add the diced potato, green beans and vegetable broth. Bring to a simmer and cook for 10 minutes.
4. Prepare basil pesto by adding all ingredients to a small food processor and pulse until desired consistency is reached
5. Drain and rinse the cannellini beans. Add the zucchini, beans, kale, salt and pepper. Simmer for an additional 10 minutes, or until the vegetables are just tender.
6. Spoon into bowls and serve with pesto on top.



Save the leftovers for your dinner on day 21.



MEAL | 45 MINUTES | SERVES 2

# Cauliflower Curry Bowl

There's nothing quite like a hearty curry full of vegetables in a flavorful sauce. One thing to note, curry powders vary greatly in flavor, intensity, and by world region. Use your favorite kind here. I suggest a simple, all-purpose Indian Madras curry powder, which was used when developing this recipe. However, most any curry blend can be used such as garam masala or vindaloo.

## INGREDIENTS

- |  |   |
|--|---|
| ¼ cup brown rice, uncooked (60mL) or<br>¾ cup of cooked brown rice (180mL) | 1 cup coconut milk (240mL)              |
| 1 tbsp coconut oil (15mL)  | ½ cup cauliflower florets (120mL)       |
| ½ yellow onion, diced  | 1 gold potato, cubed                    |
| 2 garlic cloves, minced  | 1 cup diced tomatoes, undrained (240mL) |
| 1 tbsp curry powder (15mL)   | ¼ cup peas, frozen (60mL)               |
| 1 tbsp ginger root, minced (15mL)  | ¼ cup chickpeas, canned (60mL)          |
|  | dash of sea salt                        |

## DIRECTIONS

1. Prepare rice according to package instructions.
2. While rice is cooking, heat coconut oil in a large skillet over medium-high heat. Add the onion and cook, stirring often, until it starts to soften. Add the garlic and cook for 60 seconds, or until fragrant.
3. Stir in the curry powder and ginger for 30 seconds. Stir in the coconut milk, cauliflower florets and potatoes. Simmer for 10 minutes,.
4. Add tomatoes, peas, chickpeas (rinsed and drained) and salt. Bring back to a simmer and cook for an additional 10 minutes, or until potatoes are soft and sauce is thick.
5. Serve with brown rice.



This recipe is not compatible for Week 2 of the cleanse.

MEAL | 35 MINUTES | SERVES 2

# Stuffed Portobello Mushrooms

Bring a pop of flavor to late summer dinners with stuffed portobello mushrooms. Sun-dried tomatoes introduce bright flavors to this tasty Mediterranean diet meal.

## INGREDIENTS

2 portobello mushrooms  
2 tbsp olive oil (30mL)  
¼ yellow onion, diced  
2 garlic cloves, minced  
¼ cup sun-dried tomatoes, drained and chopped (60mL)  
2 tbsp pitted Kalamata olives, sliced (30mL)  
1 cup kale, stems removed and chopped (240mL)  
dash of sea salt  
dash of black pepper, ground  
¼ cup basil leaves, chopped (60mL)

## VEGAN PARMESAN CHEESE

¼ cup raw almonds (60mL)  
¼ cup raw cashews (60mL)  
⅔ cup nutritional yeast (160mL)  
¼ tsp sea salt (1.25mL)  
dash of garlic powder

## DIRECTIONS

1. Destem, degill and wipe down outside of mushrooms.
2. Place mushrooms on baking sheet facing up and drizzle with olive oil, salt and pepper.
3. Bake at 400° degrees F for 15 minutes. Add 2 tablespoons of olive oil to a pan on medium high heat while mushrooms are baking.
4. Sauté onions until transparent. Add sun-dried tomatoes, garlic and olives and cook for 3 minutes. Add kale and cook for 3 minutes. Set mixture aside.
5. Place all Vegan Parmesan Cheese ingredients in a food processor and pulse until finely chopped. Set aside.
6. Once mushrooms are done, scoop the sun-dried tomato mixture into the mushrooms.
7. Sprinkle Vegan Parmesan Cheese on top and bake for 7 minutes, until lightly toasted.



MEAL | 45 MINUTES | SERVES 2

# Lemon Arugula Salad

Fennel has some pretty amazing health benefits from facilitating digestion and preventing flatulence (yep), to helping curb bad breath and preventing constipation. You may also see it labeled "anise" in the produce section. We've combined it with a heaping bed of arugula and lemon to brighten your meal while giving you the cleansing benefits, too.

## INGREDIENTS

¼ cup brown rice, uncooked (60mL) or  
¾ cup of cooked brown rice (180mL)  
½ fennel bulb, cored and thinly sliced  
½ cup sugar snap peas (120mL)  
¼ cup raw walnuts, chopped (60mL)  
2 tbsp green onion, sliced (30mL)  
4 cups arugula (960mL)

## TARRAGON-LEMON DRESSING

2 tbsp lemon, juiced (30mL)  
1 tsp honey (5mL)  
2 tbsp olive oil (30mL)  
2 tbsp fresh tarragon, chopped (30mL)  
1 tsp Dijon mustard (5mL)  
dash of sea salt  
dash of black pepper, ground  
1 tbsp chives, chopped (15mL)

## DIRECTIONS

1. Prepare rice according to package instructions.
2. Prepare fennel by cutting off the green stalks. Halve the white bulb and carefully remove the core. Place the cut side down on a cutting board and using a very sharp knife, thinly cut or shave the fennel.
3. Place the fennel in the bowl with the arugula, brown rice, peas, walnuts, and green onions.
4. For Dressing: Place all ingredients in a small jar and shake well. Refrigerate until ready.
5. Drizzle dressing over the salad, gently toss, and serve immediately.



This recipe is not compatible for Week 2 of the cleanse. Original recipe uses barley, yet to make this gluten free, we're swapping with brown rice.



MEAL | 30 MINUTES | SERVES 2

# Spicy Sprouts Bowl

Brussels sprouts were made to be roasted. It adds to their natural sweetness and adds tons of flavor. Being part of the Cruciferous family of veggies means you'll be getting a lot of detox and antioxidant benefits, too. Did you know 1 cup of Brussels sprouts contains over 120% the recommended daily value of vitamin C?!

## INGREDIENTS

½ cup brown rice, uncooked (180mL) or  
1 ½ cups of cooked brown rice (480mL)  
1 tbsp coconut oil, melted (15mL)  
4 cups Brussels sprouts, trimmed and halved (960mL)  
2 tbsp tamari (30mL)  
2 tbsp maple syrup (30mL)  
2 tsp rice vinegar (10mL)  
3 garlic cloves, minced  
1 tsp sriracha sauce (5mL)  
¼ tsp black pepper, ground (1.25mL)

## TOPPINGS

2 tbsp sliced almonds (30mL)  
2 tbsp raw sunflower seeds (30mL)

## DIRECTIONS

1. Prepare rice according to package instructions.
2. While rice is cooking, preheat oven to 400°F (205°C). Line a baking sheet with parchment paper.
3. Toss the Brussels sprouts with the melted coconut oil. Arrange on the baking sheet in a single layer. Roast for about 20 minutes. Turn sprouts over halfway through baking time for even cooking.
4. Meanwhile, stir together the tamari, maple syrup, vinegar, garlic, sriracha sauce and black pepper to make a sauce.
5. When Brussels sprouts are done, remove from oven and pour sauce on top. Bake for an additional 3 minutes, or until sauce caramelizes.
6. Serve with brown rice, almonds and sunflower seeds.

! This recipe is not compatible for Week 2 of the cleanse.

💡 Tip: add the nuts and seeds to the Brussels sprouts tray the last minute of roasting to slightly toast.

MEAL | 120 MINUTES | SERVES 2

# Marinated Celery Salad

A Mediterranean-inspired, crunchy, marinated celery salad is just what we need this spring. It's refreshing, flavorful and dressed to perfection. Feel free to swap the arugula for another leafy green of your choice.

## INGREDIENTS

1 ½ cups chickpeas, rinsed and drained  
3 celery stalk, thinly sliced  
1 green onion, sliced  
½ cup fresh parsley, chopped  
¼ cup sun-dried tomatoes, drained and chopped  
4 basil leaves, chopped  
¼ cup raw pepitas  
2 cups arugula

## MARINADE

2 tbsp red wine vinegar  
1 tbsp Dijon mustard  
2 garlic clove, minced  
dash of maple syrup  
dash of sea salt  
dash of black pepper, ground  
1 tbsp olive oil

## DIRECTIONS

1. In a large bowl, whisk together vinegar, mustard, garlic, maple syrup, salt and pepper. Slowly whisk in olive oil.
2. Add the chickpeas, celery and scallions. Stir well, cover and refrigerate for at least 2 hours to allow the flavors to absorb.
3. Before serving, toss parsley, tomatoes, basil and pepitas into the marinated mixture. Serve over bed of arugula lettuce.

MEAL | 50 MINUTES | MAKES 1 PIZZA (SERVES 2)

# Veggie Quinoa Pizza

Quinoa pizza crust?! You bet! We've turned our favorite pseudo-grain into a sturdy crust that holds up remarkably well to a whole host of toppings, and tastes fantastic to boot! You can add as many veggie toppings as you would like to this gluten-free pizza crust.

## CRUST

1 cup quinoa, uncooked, soaked overnight (240mL)  
 ¼ cup water (60mL)  
 1 garlic clove, minced  
 1 tsp Italian seasoning (5mL)  
 ½ tsp sea salt (2.5mL)  
 2 tbsp coconut oil (30mL)

## SAUCE

½ cup tomato paste (120mL)  
 1 tsp Italian seasoning (5mL)  
 ½ tsp garlic powder (2.5mL)  
 dash of sea salt

## TOPPINGS

¼ green bell pepper, thinly sliced  
 ¼ cup baby bella mushrooms, thinly sliced (60mL)  
 ¼ yellow onion, thinly sliced  
 4 basil leaves, cut into thin ribbons

## DIRECTIONS

1. Preheat oven to 450° F. Drain the pre-soaked quinoa in a fine mesh sieve and rinse well. Place in a blender with water, garlic clove, Italian seasoning and salt. Puree until smooth. Add a little more water if needed. The mixture should resemble pancake batter. Set aside.
2. Heat a 10-inch cast iron skillet (or cake pan) in the oven for 10 minutes. Coat skillet with oil and return to oven for 3 minutes. Remove from oven and carefully tilt the pan to evenly distribute the oil. Add the batter and quickly spread so it's about ½" thick.
3. Bake for 20 minutes, or until the edges look golden and the center looks more set. It won't be runny, but it won't be cooked through either. Remove from oven and very carefully turn crust over, using care not to splash the hot oil. Bake for another 10 minutes.
4. While crust is baking, stir together pizza sauce ingredients. If sauce is too thick, add water to make it your desired pizza sauce consistency.
5. Remove crust from oven and transfer to a baking sheet lined with parchment paper.
6. Spread the sauce on the crust and add the bell pepper, mushrooms and onions. Place back in oven and bake for another 8 minutes, or until the toppings are warmed through. Remove from oven and sprinkle with fresh basil. Cut into slices and enjoy while hot.



This recipe is not compatible for Week 2 of the cleanse. You can make pizza crust in bulk and freeze.