

Modified from "The 4-Week Ultimate Body Detox Plan" by Michelle Cook.

Blueberry Cleansing Salad Dressing

1/2 cup blueberries (fresh or frozen)

3/4 cup cold-pressed flax seed oil or hemp oil

1/3 cup apple cider vinegar (with sediment on the bottom)

dash of Celtic sea salt

1 tablespoon pure maple syrup

Blend. This is really good with mixed baby greens!

Frozen Fruit "Sherbet"

1 frozen banana

1/2 cup frozen blueberries

1/2 cup frozen blackberries or raspberries