

## **Beverage and Smoothie Recipes**

### **Ginger-Peppermint Tea**

(Adapted from *The Cancer Fighting Kitchen* by Rebecca Katz)

Bring 4 cups of water and 4 ½-inch slices of peeled fresh ginger to a boil in a saucepan, then lower the heat and simmer for 10 minutes. Turn off the heat, and add 1 peppermint tea bag. Steep for 10 minutes. Remove the tea bag and serve with a slice of fresh lemon and a drop of agave for sweetness, if desired. Serve warm or iced, after placing in the refrigerator until cool.

### **Homemade Cashew Milk**

This “milk” serves as an excellent replacement to dairy, is easy to make and absolutely delicious. Any type of nut may be substituted for the cashew. (Oats also work as a substitute.) Note that you’ll need a high-speed blender and cheese cloth to make this recipe.

- 1 cup cashews
- 3 cups water – additional water for soaking the nuts
- Dash of salt
- 1 tablespoon spices (vanilla bean, cinnamon, cardamom, cloves, etc.) – optional

Soak the cashews in about 2 cups of water overnight. Rinse them, and place in a high speed blender (such as Vitamix) with the 3 cups of water and salt. Blend on high speed until well combined (about 2-3 minutes). Strain the milk through cheese cloth, squeezing out as much moisture as possible. Add spices, if desired, to the milk, and place in the refrigerator in an air-tight container. The milk should last about 3 days.

### **Green Smoothie**

Juices and smoothies have become very popular in the “health” world, not without good reason. Unfortunately, however, a number of these so-called health drinks can contain enormous amounts of sugar from the fruit they contain. This recipe has only a small amount of fruit and is balanced with healthy nut-fat to promote stable blood sugar. The arugula adds a nice peppery flavor.

- 3 cups packed fresh kale
- 1 cup arugula
- 1 ounce walnuts (or 2 tablespoons nut-butter – depending on the strength of your blender)
- 4 strawberries
- Ice to preference
- Water or nut-milk for ease of blending

Combine all ingredients in a powerful blender, and blend to desired consistency.

### **Ginger-Avocado Smoothie**

- 1 ripe avocado, pitted
- 1 ¼ cups coconut milk (or milk of choice)
- 1 ½ teaspoons grated fresh ginger (or ½ teaspoon ground ginger)
- ½ teaspoon agave syrup
- 1 tablespoon fresh basil, chopped

1 ½ tablespoons lime juice (\*omit for severe mucositis)  
1 cup ice

Puree all ingredients in a blender until smooth. Top with additional sliced basil, if desired.