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.