

# 3 Luscious Recipes



Elaine Gibson  
[www.renewedlivinginc.com](http://www.renewedlivinginc.com)

# REFRESHING GREEN JUICE WITH A HINT OF MINT

A hint of mint makes this fabulous

## Equipment:

Juicer (not blender)

## Ingredients:

2 large cucumbers

2 stalks of celery

½ bunch of Swiss chard

½ bunch of spinach

1 lemon

1 inch ginger

Handful of mint

## Directions:

Wash all ingredients in alkaline water

Juice the cucumbers followed by the celery

Add Swiss chard and spinach e reserving a couple of leaves out

Add lemon

Juice ginger by wrapping it up inside leaves

## Elaine's Tasty Tips



- Peel ginger with a spoon
- Adjust the lemon and ginger to taste
- You can double this recipe and store some in glass jars filled to the top with a slice of lemon
- Personally I make about a quart at once daily and use it throughout the day

## ELAINE'S FAVORITE SALAD DRESSING

So simple and yet so good

### Equipment:

Wisk

Citrus squeezer

### Ingredients:

Juice from half a lemon

One Tbs of olive oil

One Tsp of capers

Dash of pepper

Little bit of Kelp

### Directions:

Whisk all ingredients together.

### Elaine's Tasty Tips



- This is one of those recipes where you can slip in kelp, dulce, turmeric and no one will know but you!



# RAW CHOCOLATE MOUSSE

So delicious and versatile. You may never be the same!

## Equipment:

Blender

## Ingredients:

1 ripe avocado

½ cup cacao powder

1Tbs vanilla

1Tbs cinnamon

Small handful of fresh mint

Almond milk or coconut water to make smooth and creamy

## Directions:

Place ingredients in blender and adjust texture with almond milk or coconut water.

### Elaine's Tasty Tips



- Because I really stay away from sweeteners, vanilla, cinnamon and mint are what I use.
- Layering this in a parfait glass wonderful way to serve. 1st shredded coconut, fill mousse half way, coconut, fruit of choice, mousse then top with coconut flakes, fruit and cinnamon.
- This wonderful recipe is fabulous as a pie or cake filling too.

