

# Pick of the Bunch

30-Day Mojo Detox Recipe Favourites

By Amy Down



# Immunity Booster Juice

This vibrant Immunity Booster Juice is a refreshing and healthy drink, perfect for starting your day. The zesty lemon and sweet orange combine with the earthy carrots and cucumber, creating a balanced flavor profile enhanced by the warmth of turmeric and ginger. A touch of apple cider vinegar and a pinch of salt round out this detoxifying and energizing beverage.



SERVES **1** PREP **8m**

**120**

Cal

**2g**

Protein

**1g**

Fat

**28g**

Carbs

**5g**

Fibre

**17g**

Sugar

**50mg**

Sodium

# Immunity Booster Juice

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## INGREDIENTS

1/4 lemon, juiced

1 orange

2 carrot

1 cucumber

1¼ tsp turmeric powder

1/2 inch ginger root

1 tsp apple cider vinegar, (ACV)

pinch salt

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## METHOD

1. Roughly chop the carrot, cucumber and ginger and toss into the blender.
1. Add the orange and lemon juice.
1. Blend until smooth.
2. Add the ACV, salt and stir well.
2. Topping this juice with the ACV triggers the release of a fat burning substance called AMPK, so great on a detox!

# Very Green Smoothie

This Very Green Smoothie is a vibrant and refreshing drink, packed with nutrients from kale, spinach, mint, and a variety of fruits. The combination of apple, orange, and lemon provides a sweet and tangy flavor, while the cucumber and celery offer a refreshing coolness. Enjoy the invigorating taste and the healthy boost this smoothie provides, perfect for a quick and nutritious start to your day.



SERVES **Serves 2** PREP **8m**

**150**  
Cal

**3g**  
Protein

**1g**  
Fat

**35g**  
Carbs

**5g**  
Fibre

**20g**  
Sugar

**30mg**  
Sodium

# Very Green Smoothie

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## INGREDIENTS

1 apple, roughly chopped

200 g kale and spinach leaves, around 200g

handful mint leaf

1 cucumber, roughly chopped

1 celery stick, chopped in half

1 orange, roughly chopped

1/2 lemon juice

1/2 cup coconut water

## METHOD

1. Feed all the ingredients into a juicer one at a time.
1. If using a high-powered blender add the coconut water, apple, celery, kale and cucumber and blend.
1. Add the spinach, mint, orange, and lemon and blend more, for around 40 - 60 seconds.
2. For a thinner consistency add 1¼ cup of water.
2. The fibre is very good for you, however if you don't enjoy the chewy texture you can put the juice through a strainer before drinking.

# Berry Superfood Smoothie Bowl

This vibrant smoothie bowl is packed with nutrients and antioxidants. The blend of mixed berries and banana creates a sweet and creamy base, while the spinach adds a boost of vitamins. Topped with fresh fruit, chia seeds, and shredded coconut, it's a delicious and healthy way to start your day.



SERVES **Serves 1** PREP **12m** TOTAL **12m**

**450**

Cal

**30g**

Protein

**20g**

Fat

**50g**

Carbs

**15g**

Fibre

**25g**

Sugar

**100mg**

Sodium

# Berry Superfood Smoothie Bowl

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## INGREDIENTS

1/4 cup mixed berries

1/2 banana, frozen

1/2 tsp cinnamon

1 cup coconut water

1 scoop protein powder

Handful spinach leaf

1 tbsp almond butter

1 tsp vanilla essence

2 tbsp blueberry

1½ banana, sliced

1 tbsp chia seed

1 tbsp goji berry

Handful mint leaf

2 tbsp shredded coconut

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## METHOD

1. Place the mixed berries, frozen banana, cinnamon, coconut water, protein powder, almond butter, spinach leaves and vanilla essence in a blender and blend until smooth.
2. Serve in a bowl and top with blueberries, chopped banana, chia seeds, goji berries, mint leaves and shredded coconut.

# Anti-inflammatory Cauliflower Soup

This creamy and comforting cauliflower soup is packed with anti-inflammatory ingredients like turmeric and ginger. The coconut milk adds a subtle sweetness and richness, while the crispy kale chips provide a satisfying crunch and burst of flavour. Enjoy this vibrant and nourishing soup as a light lunch or cozy dinner.



SERVES **serves 4**   PREP **40m**   COOK **40m**

**234**

Cal

**8g**

Protein

**16g**

Fat

**17g**

Carbs

**7g**

Fibre

**7g**

Sugar

**478mg**

Sodium

# Anti-inflammatory Cauliflower Soup

## INGREDIENTS

1 cauliflower, roughly chopped

2 tbsp coconut oil

1/2 cup coconut milk

1 onion, chopped

3 cloves garlic, minced

2 tsp ginger, finely chopped

2 tsp turmeric

2 tsp curry powder

2 tsp cumin

1000 ml vegetable stock

to taste salt

to taste pepper

10 leaves kale, roughly chopped

1 tbsp coconut oil

1 sprinkle turmeric powder

1 sprinkle cumin powder

## METHOD

1. Over a medium heat in a soup pan melt coconut oil and fry onion until browned.
2. Add garlic, ginger, turmeric, cumin & curry powder, stir until fragrant.
3. Add cauliflower, vegetable stock, coconut milk and sea salt and bring to a boil.
4. Reduce heat, cover and simmer for 30 min.
5. While soup is simmering, chop kale leaves and place on a baking tray.
6. Drizzle 1 tbsp. coconut oil along with a sprinkle of turmeric and cumin powder.
7. Bake for 5 - 8 minutes until crispy.
8. Soup can be blended in batches for a smoother consistency.
9. Add more stock for a lighter soup.
10. Season with black pepper and garnish with crispy kale chips.

# Cleansing Spinach Smoothie Soup

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This vibrant green smoothie soup is packed with nutrients and flavor. The sweetness of baked pumpkin blends beautifully with the fresh spinach and zesty lemon juice, creating a refreshing and cleansing experience. A drizzle of olive oil and a sprinkle of toasted seeds add a touch of richness and texture.



SERVES **serves 3**   PREP **30m**   COOK **30m**

**200**

Cal

**8g**

Protein

**12g**

Fat

**18g**

Carbs

**5g**

Fibre

**5g**

Sugar

**300mg**

Sodium

# Cleansing Spinach Smoothie Soup

## INGREDIENTS

8 cups spinach, roughly chopped

500 ml vegetable stock

1 cup pumpkin, cooked (baked), 3cm pieces

1 tbsp olive oil

1/4 cup lemon juice

2-3 green onion, dice

1 tbsp butter, grass-fed

to taste himalayan salt

handful coriander, chopped

1 tbsp seeds, activated (soaked and toasted)

drizzle olive oil, organic

## METHOD

1. Chop the pumpkin into 3cm pieces and cook in a baking tray with 1 tbsp olive oil for 15-20 minutes.
2. Leave out to cool for 5 10 minutes.
3. While the pumpkin is cooling dice the onions/shallots and roughly chop the spinach and coriander.
4. Boil the kettle and make 500ml of veggie stock or use homemade paste.
5. Let cool.
6. Pop all ingredients into a food processor or blender and blend on high until smooth, or at a consistency that you like.
7. If you're at home make a fresh soup and cook on the stove for 10 minutes.
8. If at work cook the soup in the morning and put it in a Thermos to keep warm.
9. Top with fresh coriander and seeds.

# Immune-Boosting Miso Broth

This Immune-Boosting Miso Broth is a comforting and nourishing soup packed with umami flavor. The combination of mushrooms, ginger, and garlic creates a savory and aromatic base, while the miso paste adds depth and richness. Enjoy the subtle heat from chili flakes and the freshness of bok choy in this flavorful and wholesome broth.



SERVES **2** PREP **40m** COOK **40m** TOTAL **1h 20m**

**210**  
Cal

**10g**  
Protein

**12g**  
Fat

**17g**  
Carbs

**4g**  
Fibre

**5g**  
Sugar

**1100mg**  
Sodium

# Immune-Boosting Miso Broth

## INGREDIENTS

1 tbsp coconut oil  
3 spring onion, diced  
1000 ml filtered water  
1 clove garlic, minced  
1/2 inch ginger, minced  
1 L organic stock  
1/2 cup dried shiitake mushroom  
8 button mushroom, sliced  
1 bunch bok choy, chopped  
1 handful bamboo shoot  
1 sheet kombu seaweed, or similar  
3 tbsp mirin  
2 tbsp red miso paste  
2 tbsp tamari  
1 cup cabbage, finely shredded  
1 tbsp sesame seed oil  
1 sprinkle chili flakes, (adults)

## METHOD

1. In a pot over a medium heat, saute the diced spring onion in 1 tbsp. coconut oil for 3 minutes.
1. Add minced garlic and ginger, cook until they are both brown.
2. Add the sliced mushrooms and sesame oil to the pot and cook for 3 minutes.
3. Add the veggie stock, water, dried shiitakes, kombu, tamari, and mirin.
4. Add the cabbage and then reduce to a simmer for 20-25 minutes.
5. Steam the bok choy for 5 minutes and add to the broth with the miso and chili flakes.
6. Pour into bowls and add optional pickled vegetables or ramen noodles for your kids.

# Kale and Quinoa Salad with Apple

This vibrant kale and quinoa salad is a symphony of textures and flavors. Tender quinoa and earthy kale are complemented by the sweetness of apple and raisins, with a savory crunch from pepitas and chickpeas. A tangy apple cider vinaigrette ties it all together, making it a satisfying and nutritious meal.



SERVES **4**    PREP **35m**    TOTAL **35m**

**420**

Cal

**15g**

Protein

**25g**

Fat

**40g**

Carbs

**8g**

Fibre

**12g**

Sugar

**150mg**

Sodium

# Kale and Quinoa Salad with Apple

## INGREDIENTS

### Salad

1 cup quinoa, cooked

1 tbsp fennel seed

1 tbsp coriander seed

1 bunch kale, de-stemmed and chopped, massaged with lemon juice

2 tbsp olive oil

1 apple, decored, finely chopped

2 spring onion, finely chopped

400 g chickpea, drained and rinsed

1/4 cup raisin, or goji berries

2 tbsp pepita, or other seeds

4 tbsp parsley, chopped

to taste himalayan salt

### Dressing

5 tbsp olive oil

1 tbsp apple cider vinegar

1 tsp raw honey

1 lemon, juice of

## METHOD

1. Cook the (washed) quinoa in boiling water (1.5 cups) for 5 minutes and simmer for 10 minutes or until the water has absorbed.
2. Rest for 5 minutes and fluff with a fork before serving.
3. Toast the fennel and coriander seeds in a pan for 1 minute.
4. Grind in mortar and pestle or grinder.
5. Combine quinoa, kale (massed with lemon juice), parsley, chickpeas with ground spices, spring onion, apple, raisins/goji berries, pepitas/seeds in a large bowl.
6. Whisk dressing ingredients and toss through the salad before serving on plates or in a chemical-free lunch box.

# Pear & Pomegranate Radicchio Salad

This Pear & Pomegranate Radicchio Salad is a symphony of flavors and textures. The bitterness of radicchio is balanced by the sweetness of pear and pomegranate, while toasted walnuts add a delightful crunch. A tangy balsamic vinaigrette ties it all together, making it a refreshing and satisfying meal.



SERVES **2** PREP **25m** TOTAL **25m**

**420**

Cal

**10g**

Protein

**25g**

Fat

**45g**

Carbs

**8g**

Fibre

**15g**

Sugar

**150mg**

Sodium

# Pear & Pomegranate Radicchio Salad

## INGREDIENTS

3/4 cup red quinoa, rinsed

1 bosc pear, cored and sliced

1 head radicchio

1/2 avocado, sliced

handful parsley

1/4 cup walnut, toasted, roughly chopped

1/4 cup pomegranate

## Dressing

1 tbsp balsamic vinegar

juice of 1/2 lemon

1/2 tsp dijon mustard

2 tbsp extra virgin olive oil

1 clove garlic, minced

Salt

Pepper

## METHOD

1. Place red quinoa in 2 cups water in a saucepan.
1. Bring to the boil, reduce heat to low-medium, cover and cook until all the water is absorbed (10-12 minutes).
2. Stand quinoa for 5 mins, tip into a bowl or lunchbox and fluff with a fork and season.
3. In a small bowl whisk balsamic vinegar, lemon juice, and Dijon mustard.
3. Slowly pour in olive oil, whisking until the mixture is emulsified.
3. Add smashed garlic, stir and season.
4. Slice the radicchio in half, remove the core, and slice the radicchio into ribbons.
5. In a lunchbox or bowl add the quinoa, radicchio, pear slices, toasted walnuts, and pomegranates.
6. When ready to eat add the parsley and vinaigrette and toss.

# Asian Winter Bowl

This Asian Winter Bowl is a comforting and flavorful dish perfect for colder months. Tender aubergine, earthy mushrooms, and marinated tofu are combined with vibrant broccolini and peas in a savory miso-tamari broth. Garnished with fresh radishes, micro herbs, and toasted sesame seeds, each bite offers a delightful mix of textures and tastes.



SERVES **Serves 2**   PREP **30m**   COOK **30m**   TOTAL **1h**

**450**

Cal

**25g**

Protein

**25g**

Fat

**40g**

Carbs

**10g**

Fibre

**10g**

Sugar

**1200mg**

Sodium

# Asian Winter Bowl

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## INGREDIENTS

1 tbsp sesame oil

100 g aubergine, slice

100 g brown mushroom, sliced

100 g tofu, marinated

1 L veggie stock

2 tbsp white miso paste

2 tsp black sesame seed

1 cup pea, or edamame beans

6 stalks broccolini, chopped

1 tsp ginger, finely chopped

2 tbsp tamari sauce

100 g radish

1 tbsp sesame seed

Handful micro herb

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## METHOD

1. Slice the eggplant, put it on a plate and sprinkle with salt.
1. Leave for 15 minutes, then brush salt off.
2. In a fry pan, fry the eggplant with a little sesame oil until tender.
2. Add the mushrooms and fry until golden.
2. Add the tofu and toss through, cooking until golden brown.
3. Bring the pot of veggie stock to the boil, add the miso paste and 1 tbsp tamari.
4. Bring the pot down to a simmer and add the broccolini and peas, cook until tender.
5. Add the aubergine and tofu mixture and ginger, and then stir through the remaining 1 tbsp tamari sauce.
6. Scoop into bowls and top with slices of radish, watercress or herbs, and toasted sesame seeds.

# Spicy Indian Coconut Curry

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This spicy Indian coconut curry is a flavourful and comforting dish, perfect for a weeknight meal. The sweetness of the coconut milk balances the heat of the spices, while the chickpeas and vegetables add heartiness and texture. Served with a dollop of coconut yoghurt and fresh coriander, this curry is a delight for the senses.



SERVES **Serves 2** PREP **40m** COOK **40m** TOTAL **40m**

**820**  
Cal

**22g**  
Protein

**59g**  
Fat

**64g**  
Carbs

**17g**  
Fibre

**21g**  
Sugar

**720mg**  
Sodium

# Spicy Indian Coconut Curry

## INGREDIENTS

1 tbsp coconut oil  
1 onion, diced  
2 cloves garlic, crushed  
2 tsp mustard seed  
1 tsp chili flake, optional  
2 tsp ground turmeric  
2 tsp garam masala  
400 g chickpea  
1 tsp cumin  
1 sweet potato, large, diced  
1 carrot, sliced  
1 zucchini, diced  
400 ml coconut cream  
400 ml crushed tomato  
1 cup shredded coconut  
1/2 cup coriander, chopped  
1/2 cup coconut yogurt  
1¼ cucumber, finely chopped  
Salt, to taste  
Pepper, to taste

## METHOD

1. In a large saucepan, heat the coconut oil over a medium-high heat.
2. Add the chopped onion and crushed garlic, sautéing until clear and soft.
3. Add mustard seeds, wait for them to 'pop' (about 30 seconds), stir so they don't stick.
4. Add the chili flakes, turmeric, cumin and garam masala, and stir until it becomes a thick paste.
5. Stir through the sweet potato, carrot, and zucchini, coating them with the paste.
6. Pour in the coconut cream, crushed tomatoes, shredded coconut, and chickpeas bringing to a gentle simmer.

- 7.** Cook, stirring regularly for 25 - 30 minutes (adding extra water if needed) or until sweet potato is tender.
- 8.** Stir chopped cucumber and 1 tbsp. coriander into the yoghurt.
- 9.** Serve on plates with a dollop of yoghurt and fresh coriander.

# Pan-fried Snapper & Turmeric Sweet Potato Mash

This vibrant dish features pan-fried snapper fillets served atop a creamy turmeric sweet potato mash. Steamed asparagus and toasted pumpkin seeds add delightful textures and flavors. A squeeze of fresh lemon brightens the dish, making it a healthy and satisfying meal.



SERVES **serves 2**   PREP **45m**   TOTAL **45m**

**420**

Cal

**35g**

Protein

**20g**

Fat

**30g**

Carbs

**5g**

Fibre

**8g**

Sugar

**250mg**

Sodium

# Pan-fried Snapper & Turmeric Sweet Potato Mash

## INGREDIENTS

2 snapper fillet, \*vegetarian/vegan tempeh or tofu

2 tsp coconut oil

1/2 tsp turmeric

1 bunch asparagus, or green beans

1 tbsp olive oil

2 cups sweet potato, peeled and chopped

pinch himalayan sea salt

pinch black pepper

1 tbsp grass-fed butter, and/or olive oil for the mash

2 tbsp pumpkin seed, toasted

1 lemon, cut into wedges

## METHOD

1. Steam the sweet potato until soft.
1. Remove, and then add your greens to steam for 3 minutes.
2. Season the fish (\*or tempeh/tofu).
2. Heat a pan to medium, add the coconut oil and place the snapper skin-side down until it turns crispy, turn over and cook for about 3-4 minutes until cooked.
2. \*Cook substitute for 3-5 minutes.
3. Mash the sweet potato and add turmeric, butter, a splash of olive oil & season.
4. Add coconut oil to a pan, put the asparagus (or similar) in, drizzle lemon juice over it and cook for 2 minutes.
5. Toast the pumpkin seeds in a pan for 3-4 minutes, or until they start to pop.
6. Spread the mash onto a plate, then top with the fish, steamed greens, seeds and lemon.

# Miso Salmon on Greens

This Miso Salmon on Greens is a vibrant and healthy dish that combines the rich, savory flavors of miso with fresh, crisp vegetables. The salmon is cooked to crispy-skinned perfection and glazed with a tangy miso sauce, while the greens are lightly steamed and tossed in the same flavorful sauce. Topped with toasted sesame seeds and fresh spring onions, this dish offers a delightful mix of textures and tastes that will leave you feeling satisfied and nourished.



SERVES **Serves 2**   PREP **25m**   COOK **25m**

**550**  
Cal

**45g**  
Protein

**35g**  
Fat

**25g**  
Carbs

**5g**  
Fibre

**10g**  
Sugar

**1200mg**  
Sodium

# Miso Salmon on Greens

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## INGREDIENTS

2 salmon fillet, organic  
1.5 cup tamari sauce, organic  
small knob ginger, grated  
2 tsp red miso paste  
3 spring onion, chopped finely  
3 bok choy, roughly chopped  
1 bunch broccoli floret  
1 tbsp nutritional yeast  
1 cup snow pea  
2 tbsp sesame oil  
1 tbsp coconut oil  
pinch himalayan sea salt  
1 tsp chili flake  
2 tbsp sesame seed, toasted  
1 cup brown rice, optional

## METHOD

1. Put ½ cup tamari sauce, 2 tsp. of miso paste, grated ginger, 1 tbsp. sesame oil, 2 tbsp. water, and chopped spring onion into a jar with a lid and shake until combined.
2. Steam your greens for 5 minutes.
3. Season the salmon.
4. Heat a pan to medium, add the coconut oil and place the salmon skin-side down until it turns crispy, turn over and cook for 3 - 4 minutes.
5. Place steamed greens on a medium hot pan or wok with 4 tbsp. of the miso sauce.
6. Toss for 2-3 minutes.
7. Serve the salmon or \*substitute on a pile of the green veggies.
8. Top with green spring onions, sesame seeds, and the rest of the miso sauce.