

# GOOP



## Organic Avenue

### YoungLOVE\* Green Juice

Makes 2 servings.

#### ingredients

- 12 oz celery juice ( $\frac{3}{4}$  of whole bunch or  $\frac{3}{4}$  lb celery)
- 12 oz spinach juice (1 whole bunch or just under 1 lb spinach)
- 12 oz cucumber juice (1 large or  $\frac{3}{4}$  lb cucumber)

# GOOP



## Organic Avenue

### MellowLOVE\* Green Juice

Makes 2 servings.

#### ingredients

- 6 oz spinach juice (1/2 bunch or just under 1/2 lb spinach)
- 8 oz celery juice (1/2 bunch or 1/2 lb of celery)
- 6 oz cucumber juice (1/2 large or 1/3 lb cucumber)
- 12 oz romaine lettuce juice (1 bunch or 1 lb romaine lettuce)
- 1/2 oz parsley juice (1/3 bunch or 1 oz fresh parsley)
- Small pinch of Himalayan salt

# GOOP



## Organic Avenue Lemon Lime Shake

Makes 3 servings.

### ingredients

- 1½ Hass avocado, roughly chopped
- 1 large cucumber, roughly chopped
- 1 ½ c young Thai coconut meat, roughly chopped
- 4 c young Thai coconut water
- ¼ oz Stevia powder
- ½ c lemon juice
- ¼ c lime juice
- Small pinch of Himalayan salt

### preparation

Combine all ingredients in a high-power blender such as a Vita Mix and blend well until completely smooth.

# GOOP



## Organic Avenue

### Young Alive Green Shake

Makes 2 servings.

#### ingredients

- ½ large cucumber
- 1 oz lime juice
- 6 oz grapefruit juice
- 1 Hass avocado
- ½ lb spinach
- 4 oz raw coconut milk
- 1 tsp Doc Broc's Green Powder
- 1 tsp Soy Sprout Powder
- 10 drops PuripHy pH Drops
- 4 sprigs of fresh mint
- 14 cubes purified water ice

#### preparation

Combine all ingredients in a high-power blender such as a Vita Mix and blend well until completely smooth.

# GOOP



## Organic Avenue Carrot Ginger Soup

Makes 2 servings.

### ingredients

- $\frac{3}{4}$  lb carrots (about  $2\frac{1}{2}$  carrots), roughly chopped
- 1 c coconut meat, roughly chopped
- $1\frac{1}{2}$  Tbsp shallots, diced
- $\frac{1}{2}$  c coconut water
- $\frac{1}{2}$  c orange juice
- $\frac{1}{2}$  clove of garlic
- 1 Tbsp minced ginger
- 1 Tbsp miso
- Pinch of cumin

### preparation

Combine all ingredients in a high-power blender such as a Vita Mix and blend well until completely smooth.

# GOOP



## Organic Avenue Young Love Salad

Makes 2 servings.

### ingredients (salad)

- 2 oz baby arugula
- 2 oz baby spinach
- 3 oz mixed baby greens
- 1 yellow squash, cut into thin strips
- 1 zucchini, cut into thin strips
- 1 c broccoli florets
- 1 c cauliflower florets
- ¼ carrot, cut into thin strips
- 12 cherry tomatoes, halved

### ingredients (dressing)

- 4 oz extra virgin olive oil
- 1½ oz lemon juice
- 3 oz shallots, diced
- 1 tsp fresh tarragon, chopped
- Pinch of mustard seed
- Pinch of black pepper
- Pinch of Himalayan salt

### preparation

Wash all of the baby greens to remove grit and use a salad spinner to dry thoroughly.

If you have a mandolin, it is best used for cutting the vegetables into thin strips. If not, you can use a knife to cut sticks of the carrot, zucchini and squash.

To make the dressing, place all ingredients in a high power blender such as a Vita Mix and blend until smooth.

Toss all the ingredients together with 6 oz. of dressing to coat all the greens.