

## The secret to juice detoxing:

**Nourish, heal,  
glow from within.**

Chef Linda Kordich  
*Power of Juicing*



Uncover the path towards authentic vital energy and disease-free living. Juicing is one important step you can take to obtain optimal health and unwavering vitality. Discover what true glowing feels like through the healing powers of Juice Therapy.

### *The Digestion Miracle*

15 carrots  
3 large handfuls of adult spinach

#### *Directions:*

Process through a juicer.  
Juice will need to be consumed straight away if using a fast juicer. If you're using a slow juicer it can last for 3 days refrigerated.

### *The Ambrosia Delight*

1-1 cup almonds  
1-2 cup cashews  
2-5 cups water  
*depending on how thick you like it*  
2 tablespoons maple syrup

#### *Directions*

Process in blender or nut milk maker.  
Strain & refrigerate until needed.  
Will last three days refrigerated.

### *The Pretty Pink Majestic*

2 frozen bananas  
*peeled*  
1/2 cup frozen cherries  
3 cups almond milk  
1/2 cup frozen strawberries  
1/2 cup dried Coconut flakes or fresh coconut  
12.5 dates pitted

#### *Directions*

Place ingredients into blender.  
Blend till smooth.



# Tofu Gone Wild

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## Ingredients

- 1 block 16oz  
Extra Firm Tofu  
*squeeze water out before prepping*
- 1/2 Red Onion cut half  
moon style
- 4 Cloves Garlic diced
- 3 tablespoons olive oil
- 3 tbsps. wheat-free Tamari
- 3 tbsps. Corn or  
Potato Starch
- 1 Red Bell Pepper julienned
- 1/2 cup cherry or chopped  
Roma tomatoes
- 1 large Head Lettuce
- 2 Large handfuls baby Spinach
- 2 tbsps vegan mayonnaise  
or vegan yoghurt
- 1/2 cup diced raw green onions

### *Dressing*

- 1 lemon or Lime with zest
- 3 large tbsps. Tahini
- Flake Salt and Pepper to taste
- 1 tsp Dijon mustard
- 2 cups water

### *Spices for Tofu*

- 1.5 tsp's each: Smoked Paprika,

Powdered Curry and Turmeric,  
dried Parsley, Rosemary, Sage,  
Onion Powder, or any other sea-  
sonings you like. Pepper and flake  
salt. 1/2 cup nutritional Yeast.

### *Directions for spice combo*

Put all spice ingredients into  
blender and blend for 10 sec-  
onds. Cut tofu into one inch  
pieces and place in a bowl.  
Cover with the vegan mayo and  
corn starch then add blended  
spice mixture. Use your hands  
to make sure everything  
is mixed well. Set aside.

### *Dressing*

In a blender: add  
the zest of one lemon  
and the juice of one  
lemon, then add  
the tahini, water,  
mustard, salt and  
pepper. Blend until  
Smooth and make  
sure it's not too  
thick. Add more  
water if too thick  
to make it to  
your liking.

## Tofu

1. In a hot skillet add the oil and  
tamari. 2. Add tofu mixture to  
the skillet for 2 min. 3. Add the  
veggies and and cook until all is  
cooked lightly. 4. Turn skillet off  
and add the spinach and cover  
with a lid.

### *Serving*

On a plate, take one large head  
lettuce and use it as a cup to  
receive the tofu stir fry. Next,  
pour the tofu dressing over the  
top and sprinkle diced green  
onions over the top  
then serve!



veggie  
fest  
2025  
GOOD FOOD. HEALTHY LIVING.