



# LIVER FRIENDLY RECIPES

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## Introduction

Your liver is one of the most important parts of your body. Responsible for vital tasks like filtering blood, regulating blood sugar, and disposing of waste, your liver is essential to your well-being.

If your liver falls prey to damage or disease, your entire body suffers. Toxins and inflammation can slowly eat away at your liver, weakening the organ and making you susceptible to conditions like fatty liver disease. If scar tissue builds over time, it can lead to liver failure, and the results can be fatal.

However, there are various ways to maintain a healthy liver and avoid such detrimental consequences. One of the easiest ways is altering your diet. Consuming liver-friendly foods and avoiding liver-damaging foods can do more for your liver than you may think.

## Liver-Friendly Foods to Include in Your Diet

Here are just some of the many foods that will help to strengthen and repair a damaged liver.

- Beans, all kinds
- Walnuts and other nuts
- Vegetables (potatoes in moderation)
- Broccoli
- Cauliflower
- Kale
- Seaweed
- Fresh vegetable juice
- Homemade vegetable soup
- Fresh fruit in moderation (2-3 pieces per day)
- Apples
- Avocado
- Lemons
- Lemonade made with fresh lemons and mildly sweetened or lemon water.
- Salsa
- Spices and Herbs
- Garlic
- Onions
- Herbal teas, iced or hot
- Organic virgin olive oil
- Flaxseed oil

## Avoid These Liver-Damaging Food Products

You can also help your liver by avoiding foods that damage it. Here is a baseline list of what to avoid.

### ALCOHOL

Your liver is responsible for the breakdown of alcohol. The broken-down results, however, are toxic, and are harmful to your liver. Additionally, the broken-down alcohol can be stored in the liver and not burned like it should be. These types of damage can build over time and lead to fatty liver disease, the “gateway disorder”, that can progress to other more serious liver diseases. At dinner, avoid a cocktail or glass of wine. Try something healthy but tasty, like infused water.

### ARTIFICIAL SWEETENERS

The first word gives you the first clue: artificial. These sweeteners are extremely hard for the liver to process, adding additional burden to the liver. In addition to artificial sweeteners, high fructose corn syrup is no better on the liver. While sugar isn't exactly liver friendly, it isn't easy to avoid either. Make sure you consume it in moderation. For those times when you are craving something sweet, turn to some alternative recipes that use fewer sugars and sweeteners and those that include natural sugars and positive ingredients that your body needs - like protein or fruits and vegetables! If a recipe necessitates a sweetener, make sure to use natural sweeteners like maple syrup, honey, stevia, coconut sugar, or monk fruit.

## WHEAT/GLUTEN

Gluten can be highly inflammatory, thus adopting a gluten-free diet can be beneficial to your liver. The inability to properly digest and process gluten creates a chronic state of inflammation which leads to “leaky gut” syndrome. This allows toxins and pathogenic organisms to infiltrate your blood, presenting a chronic toxic overload to your liver. The long-term outcome of this is often non-alcoholic fatty liver disease.

## DAIRY

Dairy foods are extremely hard to digest. Because those with liver disease (especially cirrhosis) are more susceptible to small intestine bacterial overgrowth than those with a healthy liver, they are also more likely to experience the symptoms of lactose intolerance. Moreover, a growing number of clinicians are recognizing that eating dairy may cause small intestine bacteria overgrowth to worsen digestive issues in patients with a liver disease. Don't worry - your local supermarket will have countless dairy substitutes, like almond milk, lactose-free milk, etc.

## JUNK FOOD

These are our favorite foods but the name fits - junk is junk, meaning worthless. Our body does not get nearly any nutrition from junk foods and, most often, they are full of all the things we need to stay away from – including fats, sugars, empty calories, chemicals and additives. Our poor livers don't need this added stress. We've included some healthier options when you feel like snacking, like our Vegan Cauliflower Wings or a classic Guacamole. Just because you're snacking doesn't mean your snack can't be healthy.

We've given you foods to include in your diet and foods to avoid. You may be thinking, “What meals and dishes can I make with this new information in mind?” Worry no longer: we have compiled some of our most popular liver friendly recipes to put you at ease. Try any of these delicious recipes and watch your liver, and body, benefit.

## VEGETARIAN MINISTRONE SOUP

An easy to prepare soup, excellent for chilly days!

Preparation time 15 minutes ■ 40 minutes cooking time

Adapted from [Genius Kitchen](#)

### Ingredients for 4-6 servings

1 Tbsp **extra virgin olive oil**  
 3/4 cup **chopped onion**  
 3 cups **water**  
 2 cups diced **zucchini**  
 1 cup peeled and sliced **carrots**  
 1 cup canned (rinsed and drained)  
     **cannellini beans**  
 3/4 cup diced **celery**  
 2 Tbsp finely chopped fresh **basil**  
 1/4 tsp **dried oregano**  
 1/4 tsp **salt**  
 1/8 tsp freshly ground **black pepper**  
 28-oz can of diced **plum tomatoes**  
 2 cloves **garlic**, minced  
 1/4 cup **uncooked pasta** of your  
     choice (ditalini or elbow work  
     great!)

Heat a large pot over medium-high heat.

Add oil and onion and saute, stirring occasionally, until lightly browned, about 4 minutes.

Add all remaining ingredients to the pot except the pasta and bring to a boil.

Reduce heat, cover and simmer on low heat for 25 minutes, stirring occasionally.

Add pasta and cook according to package directions until pasta is al dente (approximately 10-12 minutes).

Serve hot.



## DETOX SALAD

A nutrient-rich salad full of flavor and fresh ingredients that naturally support your body's detoxification. Great as a snack or a side to accompany a fish entree.

Preparation time 25-35 minutes

Adapted from [bbcgoodfood.com](http://bbcgoodfood.com)

### Ingredients for 4 servings

#### *Salad*

- 1/2 medium sized head of **red cabbage**, shredded
- 3 **carrots**, coarsely grated
- 2 Tbsp roughly chopped, **fresh parsley**
- 2 **Gala apples**, quartered, cored and sliced
- Handful of **radishes** or 2 **celery sticks**, sliced
- 3 Tbsp toasted **pine nuts**
- 1 Tbsp **pumpkin seeds**
- 2 Tbsp **sunflower seeds**
- 2 Tbsp **flaxseed**

#### *Dressing*

- 2 tsp grated **ginger root**
- 1 tsp **honey**
- 2 tbsp fresh squeezed **lemon juice**
- 4 tbsp **light olive oil**

For faster preparation of the salad ingredients use a food processor fitted with the shredding plate or use a mandolin.

Prepare all of the salad ingredients and mix them in a large bowl.

In a small bowl, whisk together all of the dressing ingredients until thickened.

Pour the dressing over the salad and toss to evenly coat.





## VEGAN CAULIFLOWER WINGS

Delicious vegan recipe you'll want to make over and over again. Visit [LiverSupport.com](http://LiverSupport.com) for one more version of this great recipe!

Preparation time 10 minutes ■ 50 minutes cooking time

Adapted from [hot for food](#)

### Ingredients for 2-4 servings

#### *For Wings*

1 large head of **cauliflower** cut into florets  
 1/2 cup **unsweetened almond milk**  
 1/2 cup **water**  
 3/4 cup **all-purpose or rice flour**  
 2 tsp **garlic powder**  
 2 tsp **onion powder**  
 1 tsp **cumin**  
 1 tsp **paprika**  
 1/4 tsp **sea salt**  
 1/4 tsp **ground pepper**

#### *BBQ Sauce*

1 Tbsp **vegan butter**, melted  
**Your favorite bottled sauce!**

#### *Salt & Vinegar Sauce*

1 Tbsp **vegan butter**, melted  
 3 Tbsp **apple cider vinegar**  
 1 Tbsp **water**  
**sea salt**, to taste

Line two baking sheets with parchment paper and preheat oven to 450 degrees F.

Mix all the *Wing* ingredients in a large mixing bowl.

Submerge each cauliflower floret into the mix and tap off the excess on the side of the bowl then place the dipped florets in a single layer on the prepared baking sheets.

Bake 15 minutes then flip to brown on the other side and bake for an additional 10 minutes or until golden brown.

While baking, prepare the sauce of your choice (or both) in two separate large bowls.

Remove the cauliflower from the oven and put the florets into the sauce(s) and toss to coat.

Place the florets back onto the baking sheets in a single layer and bake another 25 minutes – flipping the florets over half way through the bake time.

If you have any sauce leftover, brush it onto the cauliflower when it exits the oven and serve hot.



## DETOX-FRIENDLY BROCCOLI & ARUGULA SOUP

This simple detox-friendly recipe is a great addition to a clean eating regimen. Make a big batch because it freezes really well.

Preparation time 5 minutes ■ 15 minutes cooking time

### Ingredients for 2 servings

1 Tbsp **olive oil**  
 1 clove of **garlic**, chopped  
 1/2 **yellow or Spanish onion**,  
     roughly diced  
 1 head **broccoli**, cut into small  
     florets, about 2/3 pound  
 2 1/2 cups **water or vegetable stock**  
 1/4 tsp of **salt**  
 1/4 tsp freshly ground **black pepper**  
 1/4 tsp dried **thyme**  
 1 cup **arugula** leaves, packed  
 Juice of 1/2 **lemon**

In a large saucepan, heat oil over medium.

Add onion and cook until soft and translucent.

Add garlic and cook for one minute.

Add broccoli and cook for 4 minutes until it is bright green.

Add water (or vegetable stock), salt, pepper, and thyme.

Bring to boil, then cover and lower heat. Cook until broccoli is tender, around 8 minutes.

Carefully transfer the soup into blender (or better yet, use an immersion blender right in the pan) and add arugula, blending until smooth. NOTE: Be careful if you are using a blender, start slowly, place the lid on top of the blender but don't press the lid down and work in batches if necessary.

Add the lemon juice and serve.



## GUACAMOLE

Guacamole is quick, healthy, easy to make and tastes great. Just grab tortilla chips or make some [pita chips](#) of your own and you're ready to enjoy.

Preparation time 15 minutes

### Ingredients

3 ripe **Haas avocados**  
1 **lime**  
1 tsp **salt**  
½ cup small-diced **red onion**  
3 Tbsp fresh **cilantro**, chopped  
2 **plum tomatoes**, seeded and diced  
3-4 **garlic** cloves, minced

Cut the avocados in half, remove the pits, and scoop the flesh out of their shells into a large bowl. Reserve one pit.

Using a sharp knife, slice through the avocados in the bowl until desired consistency. If you prefer a chunky avocado, leave it chunkier.

Slice the lime in half and squeeze the juice into the bowl (a reamer helps with this).

Add salt, onion, cilantro, tomatoes, and garlic and mix gently to combine, but avoid breaking down the avocado into a paste (unless that's the way you like it).

Serve immediately or place the reserved pit in the bowl (this will help prevent the avocado from turning brown), cover the bowl with plastic wrap so that it touches the guacamole preventing air from touching the surface and refrigerate up to 24 hours.

Remove the pit, and serve with tortillas or [pita chips](#).



## CAULIFLOWER CRUST PIZZA

A wonderfully healthy pizza! Make more than one crust and freeze it for later.

Preparation time 15 minutes ■ 20 minutes cooking time

Adapted from [Valerie Bertinelli](#)

### Ingredients for 4-6 servings

- 1 small head **cauliflower**, chopped  
(5 to 6 cups)
- 1 cup vegan parmesan cheese  
(recipe follows)
- 1/2 tsp dried **Italian seasoning**
- 1 clove **garlic**, minced
- 1/2 tsp **kosher salt**
- Freshly ground **black pepper**
- 1 **egg**
- Olive oil**
- 1 1/2 cups **dairy-free mozzarella cheese**
- 1/2 cup **marinara sauce**
- 1/4 cup fresh **basil** leaves, torn
- 1 plum **tomato** thinly sliced

### *Vegan Parmesan Cheese*

- 3/4 cup **raw cashews**
- 3 Tbsp **nutritional yeast**
- 3/4 tsp **sea salt**
- 1/4 tsp **garlic powder**

### *Special equipment:*

A pizza stone and peel or two baking sheets flipped over (use the bottom so the rims don't get in your way).

Place a pizza stone or baking sheet (upside down) in the oven; preheat to 475 degrees F.

Combine all of the ingredients for the *vegan parmesan cheese* in a food processor and pulse until it is finely ground. Remove from processor. (It can be stored in the fridge for several weeks!)

Add the cauliflower to a food processor; pulse until finely ground.

Pour the cauliflower onto a clean kitchen towel and twist both ends to squeeze out as much liquid as possible.

In a large bowl, add the cauliflower, vegan parmesan, Italian seasoning, garlic, salt, some black pepper and the egg. Mix until the mixture holds together when pinched.

Line the pizza peel or a second upside down baking sheet with parchment paper; liberally brush with olive oil. Spread the cauliflower mixture into a 12-inch-wide circle on the parchment. Slide the parchment onto the preheated pizza stone or the baking sheet in the oven. Bake until the cauliflower crust is barely golden and darker at the edges, about 15 minutes.

Remove the crust from the oven, sprinkle with half the mozzarella **FIRST** and then spread the marinara sauce over the top (this keeps the crust dry) then apply the remaining mozzarella. Top with tomato slices. Slide the pizza back onto the pizza stone or baking sheet and bake until bubbly and browned in spots, about 4 minutes.

Remove the pizza from the oven and scatter the basil over the top. Slice and serve.





## TURKEY MEATLOAF

A modern, healthier version of the traditional beef meatloaf – lighter but still filling.

Preparation time 15 minutes ■ 60 minutes cooking time

Adapted from [Ellie Krieger](#)

### Ingredients for 8 servings

3/4 cup **quick-cooking oats**  
 1/2 cup **nonfat dairy-free milk**  
 1 medium **onion**, finely chopped  
 2 pounds **lean ground turkey breast**  
 1/2 cup **orange or red bell pepper**, seeded and finely chopped  
 2 large **eggs**, beaten  
 2 tsp **Worcestershire sauce**  
 1/4 cup **ketchup**  
 1/2 tsp **salt**  
 Freshly ground **black pepper**  
 1 8-oz can **no-salt-added tomato sauce**

Preheat the oven to 350 degrees F.

In a small bowl, stir together the oats and milk and allow to soak for at least 3 minutes.

In a large bowl, combine all the ingredients except the tomato sauce. Mix just until combined.

Transfer the mixture to a 9 x 13-inch baking dish and shape into a loaf about 5 inches wide and 2 inches high. Pour the tomato sauce over the meatloaf.

Bake for about 1 hour or until an instant-read meat thermometer inserted into the center registers 160 degrees F.

Remove from the oven and let rest for 10 to 15 minutes before slicing.



## VEGETARIAN SLOPPY JOES

A childhood classic, made with tempeh instead of beef. For those with a fatty liver, eating soy protein may help alleviate some of the symptoms of fatty liver disease.\*

Preparation time 5 minutes ■ 30 minutes cooking time

Adapted from [allrecipes.com](http://allrecipes.com)

### Ingredients for 4 servings

2 Tbsp **vegetable oil**  
 1/2 large **onion**, minced  
 16 ounces packaged **tempeh**  
 1 green **bell pepper**, minced  
 2 cloves **garlic**, minced  
 1/2 cup **tomato sauce**  
 1 Tbsp vegan **Worcestershire sauce**  
 1 Tbsp **honey**  
 1 Tbsp **blackstrap molasses**  
 1/4 tsp **celery seed**  
 1/4 tsp **ground cumin**  
 1/4 tsp **salt**  
 1/2 tsp **ground coriander**  
 1/2 tsp dried **thyme**  
 1/2 tsp dried **oregano**  
 1/2 tsp **paprika**  
 1 pinch ground **black pepper**  
 Four lightly toasted **gluten-free hamburger buns**

[\\*Soy protein alleviates symptoms of fatty liver disease, study suggests](#)

– University of Illinois researchers have shown how soy protein could significantly reduce fat accumulation and triglycerides in the livers of obese patients by partially restoring the function of a key signaling pathway in the organ.

Heat a large pan over medium heat, add oil and onion cooking until translucent, about 4-5 minutes.

Crumble the tempeh into the pan and cook, while stirring, until golden brown.

Once tempeh is golden, add the pepper and garlic, cooking another 2-3 minutes.

Stir in the remaining ingredients (except the buns) and simmer 10-15 minutes.

Spoon hot Sloppy Joe mixture onto the lightly toasted hamburger buns and serve.



## HUNGARIAN CUCUMBER SALAD

If you have your own garden, or a friend has a garden, you may be overwhelmed by cucumbers! Try this great alternative to just adding them to a salad. A tangy, cold accompaniment to any protein of your choice.

Preparation time 5 minutes ■ 90 minutes inactive time

### Ingredients for 8 servings

2 **English cucumbers**  
 2 Tbsp **Seasoned Salt**  
 1/2 **onion**  
 1/2 cup **white vinegar**  
 1/4 cup **water**  
 2 tsp **sugar**  
 1 tsp sweet **Hungarian paprika**  
 Pinch of **dill**, dried or fresh  
 (optional)  
 1 Tbsp **sour cream** (optional)

Peel and slice cucumbers very thinly, using a mandolin is preferred as you can achieve super thin slices.

Place cucumbers on a large baking sheet and sprinkle throughout with salt, making sure that all the slices are salted. Leave to rest for 30 minutes. The salt will draw the moisture out of the cucumbers.

Cut the onion into paper-thin slices and place in a bowl.

Once the cucumbers have released water, use your hands to squeeze out the excess water. (While there is plenty of water released from the cucumbers to rinse the salt off, if you prefer, you can rinse the cucumber slices thoroughly in a colander and immediately squeeze out the excess water.)

Add the cucumbers to the onions. The cucumbers are supposed to be limp, but they will still be crisp.

Add the vinegar, water, sugar, and paprika to the cucumber/onion mixture.

Let the cucumbers and onions marinate in the refrigerator for at least 1 1/2 hours.

Remove from fridge, add dill (optional), and serve using a slotted spoon.

If you want to add the optional sour cream, pour off some of the liquid after the cucumbers and onions have marinated and then mix in the sour cream.



## CAULIFLOWER FRITTERS

Cauliflower is being used in genius ways—bread for grilled cheese sandwiches, ‘mock’ mashed potatoes, pizza crust. These cauliflower fritters are another healthy option that won’t let you down!

Preparation time 5 minutes ■ 25-35 minutes cooking time

Adapted from [Cocinerita.com](http://Cocinerita.com)

### Ingredients for 10 servings

1 medium size head of **cauliflower**  
 1/2 tsp **chili powder**  
 2 cloves **garlic**, minced  
 2 Tbsp fresh chopped **cilantro**  
 1 1/2 tsp **salt**  
 1/2 tsp fresh ground **black pepper**  
 2 large **eggs**  
 4 Tbsp **cornmeal**  
 1/3 cup **gluten-free flour**  
 5 Tbsp **nutritional yeast**  
**Coconut oil**

Break down the cauliflower florets and cook it either by steaming or simmering in water for 5 minutes.

Drain the water and while it’s still warm, chop the cauliflower into tiny pieces (or pulse in a food processor).

Mix the cauliflower with the chili powder, garlic, cilantro, salt and pepper.

In a separate bowl beat the eggs and add to cauliflower mixture along with corn meal, flour and nutritional yeast.

Heat up a pan with 2 tablespoons of oil.

Add 1/4 cup of the mixture to the pan and lightly press down the fritter so that it is flattened.

Cook until golden brown, approximately 3 minutes per side.





## ROASTED ASPARAGUS WITH LEMON AND THYME

Instead of limp boiled asparagus (yuck), or bland steamed asparagus, roasting asparagus gets the tips crispy and the flavor becomes more concentrated and complex. Try this wonderful side dish tonight.

Preparation time 10 minutes ■ 25 minutes cooking time

### Ingredients for 8 servings

2 pounds fresh **asparagus**

2 tsp **olive oil**

**Kosher salt**

Freshly ground **black pepper**

Juice of half a **lemon**

1 tsp fresh **thyme** leaves or 1/8  
tsp dried thyme leaves

1 Tbsp **lemon zest** (optional)

Preheat the oven to 400 degrees F.

Break off the tough ends of the asparagus and, if they're thick, peel the bottom half of each stalk.

Place the asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely.

Spread the asparagus in a single layer and sprinkle with salt and pepper.

Roast the asparagus for 25 minutes, until tender but still crisp.

Remove the asparagus from the oven, sprinkle with thyme and toss.

Drizzle on lemon juice, sprinkle with zest (optional) and serve.



## FOOLPROOF TURMERIC RICE

Wonderful with fish or chicken, this foolproof recipe utilizes fresh turmeric. If you can't locate fresh turmeric, dried, ground turmeric can be substituted.

Preparation time 20 minutes ■ 55 minutes cooking time

Adapted from [Damaris Phillips](#)

### Ingredients for 4-6 servings

2 tsp **coconut oil**

1/2 cup finely diced **onions**

1 cup **short-grain brown rice**

1/4 cup **golden raisins**

1 tsp grated fresh **turmeric** (or 1/4 tsp dried, ground turmeric)

2 cloves **garlic**, grated

2 1/2 cups **vegetable stock** or **water**

**Salt and pepper**

Heat a medium saucepan to medium heat.

Once heated, add the coconut oil.

Once the oil is heated, add the onions and saute until translucent, about 4 minutes.

Add the rice, raisins, turmeric and garlic. Toss to coat.

Saute gently until you smell a nutty aroma, about 2 minutes, and then add the stock.

Bring saucepan to a boil, cover and reduce the heat to low.

Cook 45 minutes or longer until rice is tender.

Remove from heat and leave lid on the pan to steam the rice for 5 minutes.

Remove lid, season with salt and pepper, and fluff with a fork before serving.



## GINGER LEMONADE

This ginger lemonade is a great way to start your day and is delicious enough for company. This drink is rich in vitamin c and antioxidants, and ginger is known for its powerful anti-inflammatory effects.

Preparation time 2 minutes ■ 13 minutes cooking time

### Ingredients for 4-6 servings

- 1/3 cup **honey**
- 2 Tbsp fresh **ginger root**, peeled and grated
- 4 large strips of **lemon peel**
- 2 medium sprigs fresh **rosemary**
- Juice of 4 **lemons**
- Lemon slices** (for garnish, optional)
- 1 large sprig fresh **rosemary** (for garnish, optional)
- Ice**, for serving

Combine the honey, ginger, lemon peel and 2 sprigs rosemary in a small pot with 2 cups of water.

Bring mixture to a boil, reduce heat and simmer, stirring constantly, for 10 minutes.

Remove from heat and let cool, approximately 15 minutes.

Once cool, strain mixture into large pitcher. Discard the ginger and rosemary that was left behind in the strainer.

To pitcher, add 6 cups cold water and lemon juice. Stir to combine.

Serve over ice with small piece of fresh rosemary and lemon slice as garnish (optional).



## 5 MINUTE TURMERIC TEA - “GOLDEN MILK”

Turmeric is highly anti-inflammatory and provides immune supportive benefits. This rich, creamy, lightly sweet 5 minute turmeric tea is something you’re sure to enjoy!

Preparation time 2 minutes ■ 3 minutes cooking time

Adapted from [Wellness Mama](#)

### Ingredients for 4, 4-oz servings

2 cups of **milk** of your choice

1 tsp **turmeric**

1/2 tsp **cinnamon**

1 tsp raw **honey**

Pinch of **black pepper**

Tiny piece of fresh, peeled **ginger root** or 1/4 teaspoon ground **ginger powder**

Blend all ingredients in a high speed blender until smooth.

Pour mixture into a small saucepan and heat for 3 minutes over medium heat until hot but not boiling.

Drink immediately.





## WATERMELON, PINEAPPLE, TURMERIC SMOOTHIE

Usually thought to only flavor savory dishes, turmeric's great spice and wonderful anti-inflammatory properties are a great addition to sweet treats as well!

Preparation time 5 minutes ■ 8 minutes total time

### Ingredients for 4-6 servings

2 cups **frozen watermelon**, cubed  
2 cups fresh **frozen pineapple**, cubed  
1 **orange**, peeled, seeds removed  
1/2 cup **coconut milk**  
1 1/2 cups **coconut water**, frozen into cubes  
1 tsp fresh **ginger**, grated  
2 tsp freshly grated **turmeric** or  
1/2 tsp organic **turmeric powder**  
2-3 drops of liquid **stevia** or 1 tsp **honey** (optional)

Place all ingredients into a blender and blend until smooth.

Add optional sweetener to taste, blend, and serve.



## HEALTHY BLACK BEAN BROWNIES

Protein and fiber packed flourless black bean brownies. Fudgy, delicious brownies without all the guilt. No one can tell they're made with beans!

Preparation time 2 minutes ■ 18 minutes cooking time

Adapted from [ChocolateCoveredKatie.com](http://ChocolateCoveredKatie.com)

### Ingredients for 9 servings

1 15-oz can **organic black beans**,  
drained and rinsed very well  
2 Tbsp **cocoa powder**  
1/2 cup **quick oats**  
1/4 tsp **salt**  
1/2 cup pure **maple syrup**  
1/4 cup **coconut oil**  
2 tsp **alcohol-free pure vanilla**  
**extract**  
1/2 tsp **baking powder**  
1/2 cup **dark chocolate chips**

Preheat oven to 350 degrees F. Grease an 8"x8" baking pan.

Using a food processor, process all ingredients (except the chocolate chips) until completely smooth.

Once completely smooth, stir in the chocolate chips.

Pour batter into baking pan and bake for 18 minutes.

Remove from oven and cool completely before cutting.

If our brownies still look a bit undercooked, they can be chilled in the fridge overnight to firm up.



Photo by [ChocolateCoveredKatie.com](http://ChocolateCoveredKatie.com)

## BERRY KALE ICE POPS

Enjoy this easy, healthy frozen treat with the added benefit of kale – a superfood for the liver!

Preparation time 2 minutes ■ 5 hours inactive time

### Ingredients for 4 servings

2 cups thawed, **frozen fruit mix of strawberries, blueberries, cherries and kale** (try Wyman's of Maine frozen fruit mix)

1/4 cup of your **favorite fruit juice** (used to thin the mix for pouring)

Pour the thawed fruit into a blender and blend until smooth.

Slowly add in your juice while blending until the mixture is of a pouring consistency.

Pour your mixture into ice pop molds (4 ounce size works well). If you don't have ice pop molds simply use plastic or paper cups- pour the mixture into each cup, cover with foil and insert a pop stick through the center of the foil into the cup.

Place in freezer for at least 5 hours or overnight.



## HEALTHIER RICE KRISPIES TREATS™

Try this twist on the classic Rice Krispies Treats™ recipe without any need to heat up a pot or use the microwave!

Preparation time 5 minutes ■ 60 minutes inactive time

Adapted from [Skinny Fitalicious](#)

### Ingredients for 16 servings

4 cups **gluten free puffed brown rice cereal**  
 1/2 cup **peanut butter**  
 2/3 cup **honey**  
 dash of **salt**  
 1 tsp **alcohol-free pure vanilla extract** (optional)  
 2 Tbsp **dark chocolate**, melted (optional)

Prepare an 8"x8" baking pan by lining it with parchment paper.

If you're using vanilla extract, combine it with all remaining ingredients (except dark chocolate) in a medium bowl until all of the cereal is coated with peanut butter and honey.

Spread the mixture evenly across the prepared pan and gently press it down into the pan and corners.

If you're using chocolate, drizzle the top of the bars with the melted dark chocolate.

Place in the refrigerator 1 hour to set.

Once set, remove the bars from the pan, cut, and serve.

#### *Another option*

If you have chocolate left over, you can even dip the bottoms of the bars into the remaining chocolate, then chill bottom side up on parchment paper in the refrigerator to set – YUM!





## More Recipes

For additional liver-friendly recipes visit [www.LiverSupport.com/recipes/](http://www.LiverSupport.com/recipes/) Below is a taste of what you can find. We hope these recipes will inspire you to think ‘outside-the-box’ when it comes to trying new ingredients for your liver’s health.

### SAVORY

- [Gluten-Free Meatless Meatballs](#)
- [Easy & Healthy Avocado Chicken Salad](#)
- [Turkey & Veggie Stuffed Peppers](#)
- [Liver-Friendly Potato Salad](#)
- [Spinach Artichoke Enchiladas](#)
- [Liver-Friendly Tacos - Quinoa Taco Meat](#)
- [Portobello “Philly Cheese Steak”](#)
- [Roasted Bok Choy](#)
- [Best Ever Vegan Mushroom Soup](#)
- [Colorful Veggie Pasta Salad](#)
- [Greek Mixed Vegetables](#)
- [Juicy Chicken Burgers](#)
- [Crispy Roasted Chickpeas](#)
- [Vegan Zucchini Gratin](#)
- [Fresh Papaya Seed Dressing](#)
- [Massaged Kale Salad](#)
- [Roasted Beet Salad](#)
- [Pico de Gallo](#)
- [Quinoa & Bean Chili](#)

### SWEET

- [No Bake Blueberry Energy Bites](#)
- [No-Bake Chocolate Coconut Cashew Bars](#)
- [Homemade Water Kefir Soda](#)
- [Apple Pie Oatmeal Cookies](#)
- [Mint Chip NICE Cream \(Dairy-Free\)](#)
- [Fudgy Flourless Banana Muffins](#)
- [Healthy Homemade Pumpkin Spice Latte](#)
- [Chocolate-Avocado Mousse](#)
- [Delicious Iced Coffee](#)
- [Healthy “Shamrock” Shake](#)
- [Gluten-Free Blueberry Banana Pancakes](#)
- [Flourless Chocolate Almond Torte](#)

We hope these recipes will inspire you to think ‘outside-the-box’ when it comes to trying new ingredients for your liver’s health.

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