



Detox: Practical Tips and Recipes for Clean Eating

Cinzia Trenchi

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Tired? Listless? Low energy? It might be time for a detox! Through the power of good eating, and foods that relieve and cleanse the body, you can enjoy a renewed feeling of wellness, lightness, and vitality. These quick and easy recipes—which use fresh fruits, vegetables, seasonings, seeds, and sprouts—will help you choose the right combination of dishes at the right times of the day. Best of all, everything, from the Cinnamon Biscuits and Papaya Tart to the Whole Wheat Penne with Turnip and Daikon, are totally delicious!

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