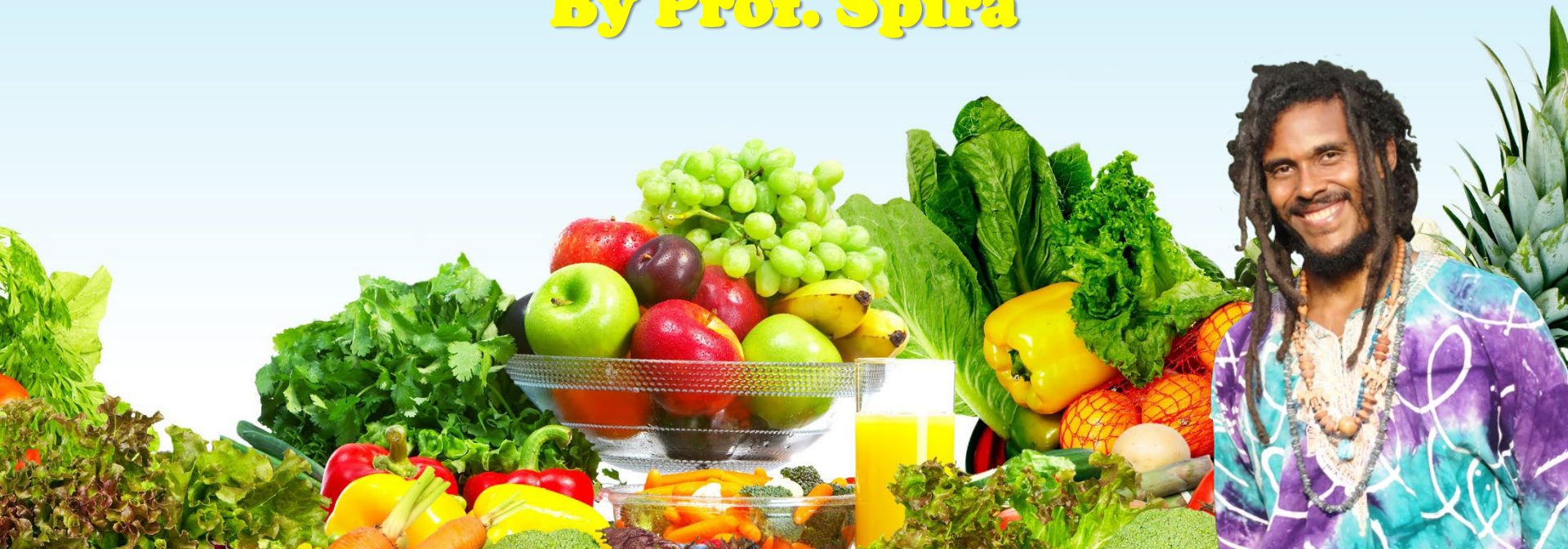




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5 Free Mucus-free Recipes

By Prof. Spira





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Greetings!

Prof. Spira here, and I am very excited to share these 5 *Mucusless Diet Healing System* recipes with you. Whether you are starting your mucus-free journey or have practiced for years, these simple recipes can help you take your diet to the next level. Let's get started!





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Prof. Spira's Grape Juice

Ingredients

- table grapes, red, green, black, about 1 pound (get whatever color is available and sweet; remove the stems)
- 1 lemon
- Apple, cored and cut (optional)
- Ginger, small piece (optional)

Utensils

- juicer
- large container to catch the juice
- glass



Instructions

1. Turn on the juicer.
2. Put ginger through the juicer.
3. Put grapes through the juicer.
4. Put one or two apples through the juicer.
5. Put a half or 1 lemon through the juicer.
 - a. Or you can squeeze a half a lemon into the juice manually with your hands.
6. Put juice in your glass and enjoy.



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Brother Air's Apple-Lemonade

Ingredients

5 apples, cored and cut
1 to 2 lemons, skin removed
ginger, small piece (optional)
blackberries, handful (optional)

Instructions

1. Turn on the juicer.
2. Put lemons through the juicer.
3. Put apples through the juicer.
4. Put ginger through the juicer (optional).
5. Put blackberries through the juicer (optional).
6. Pure juice into your glass and enjoy.

Utensils

juicer
large container to catch the juice
glass



Brother Air (aka Willie Smart Jr.)

38 Year Practitioner of the Mucusless Diet Healing System



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Prof. Spira's Baked Banana Surprise

Ingredients

(Serves 2 to 3 people)

- Bananas, 3 to 6
- Cut off the stem and dark tip on the opposite end.
- Medjool dates, 5 to 10 (Remove pits and chop to the size of your liking).
- Applesauce 10 to 20 ounces (If store-bought, use a jar of organic applesauce with no added sugar or additives).
- Natural sweeteners: brown sugar or coconut sugar, (optional)
- Apices, cinnamon, nutmeg, (optional)

Utensils

- Baking sheet or pan (glass or metal)
- If metal sheet or pan is used, line it with parchment paper (can withstand at least 425 °F, 218 °C).
- Knife, fork, spatula, spoon, bowl
- Heat resistant gloves or pot holders



Instructions

1. Preheat oven to 425 °F (218 °C).
2. Place bananas in the baking vessel.
 - a. Cover with a piece of parchment paper (optional).
3. Bake bananas for about 10 to 15 minutes. Then take them out to check and flip them. (Length of time depends on how ripe the bananas were to start with. If very ripe, they will take less time to bake. Check them after about 8 minutes and flip them.
4. When fully baked, remove the bananas. (The skins should be mostly black and banana juice dripping from the ends.
5. Slit each banana horizontally from top to bottom.
6. Using a spatula or knife and fork, transport your bananas one by one to your bowl(s). Open each banana up with your knife and fork and gently scrape out the baked banana meat and juice into your bowl(s). Discard the peels.
7. Add your applesauce and chopped dates.
8. Add sweetener and/or spices to taste (optional).
9. Enjoy!



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Brother Air's Intestinal Broom Salad

13 Ingredients

- 1) Organic Green Cabbage
- 2) Organic Apples
- 3) Organic Carrots
- 4) Organic Celery
- 5) Marinated Green Olives
- 6) Marinated Black Olives
- 7) Organic Raisins
- 8) Medooj Dates
- 9) Organic Bell Pepper
- 10) Organic Wild Green Onion
- 11) Organic Raw Garlic
- 12) Freshly Squeezed Organic Lemon Juice
- 13) (Optional) Annie's "Lemon and Chive" Dressing can be used if you are in a less strict phase of the "transition diet." For a cleaner option, try olive oil mixed with lemon juice.

Instructions

Finely shred or cut about a ¼ of a cabbage and 2 to 3 apples, which makes the base of the salad. For the second half of salad, add as much of the other ingredients as you'd like to your taste. Wash the items, slice/chop/mince everything up, and toss together. Brother Air says the finer you can make it, the tastier it will be! The dressing is optional and you can certainly make your own. If you are getting started and coming from a "standard diet," then vinegar-free dressings can help a lot. But, you can also make a simple dressing with olive oil and lemon juice.



Brother Air (aka Willie Smart Jr.)

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Ehret's Baked Sweet Potato

Ingredients

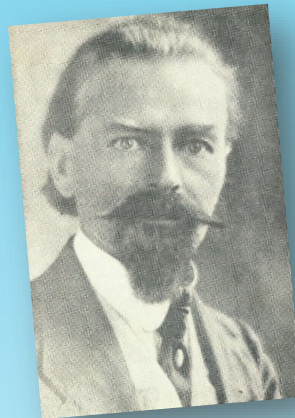
- Sweet potato
- Water

Utensils

- Baking sheet or pan (glass or metal; if metal sheet or pan is used, line it with parchment paper able to withstand temperatures over 425 °F, 218 °C)
- Knife, fork, spatula, spoon, bowl
- Heat resistant gloves or pot holders

Note

In the **Mucusless Diet Healing System**, Arnold Ehret recommends that "If you still feel as though you were hungry, you may eat a small-sized baked sweet potato" after his "Standard Combination Salad." The well-baked sweet potato coupled with a good broom salad, can be an important transitional tool for serious Mucusless Diet practitioners.



Prof. Arnold Ehret

Author of the Mucusless Diet
Healing System



Instructions

1. Preheat oven to 425 °F (218 °C)
2. Puncture the raw sweet potato 2 to 3 times with a sharp knife.
3. Place sweet potato in baking sheet or pan. Cover with about one tablespoon of water.
4. Cover sweet potato with parchment paper.
5. Put sweet potato into the oven and bake for a total of 50 to 60 minutes.
 - a. After about 30 to 40 minutes, take the potato out of the oven and check it with a fork or knife. Turn the potato over, cover it back up and place it back into the oven for the remaining time.
6. Take the sweet potato out and check it with a knife or fork. If the utensil penetrates the sweet potato easily, and the internal meat is soft, then the potato is finished.
7. Add non-salt seasonings to taste or a bit of tomato sauce (optional).



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What is the Mucusless Diet Healing System?

The Mucusless Diet consists of all kinds of raw and cooked fruits, starchless vegetables, and cooked or raw mostly green-leafy vegetables. The ***Mucusless Diet Healing System*** is a combination of individually advised long- and short-term fasts, menus that progressively change to non-mucus-forming raw foods, natural exercises, and periodic colon irrigation.

The Mucusless Diet is the ORIGINAL Plant-Based Healing Diet and has been used as by people from all walks of life to heal numerous physical and emotional illnesses.



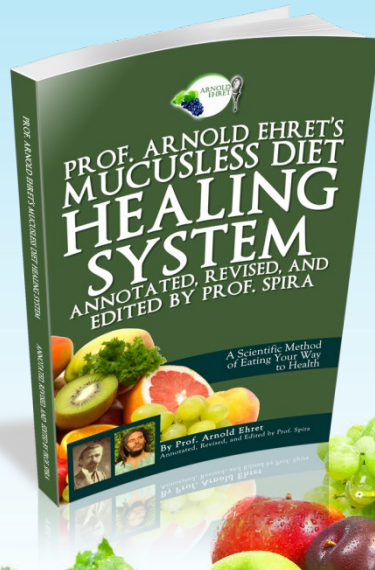


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What is the next step?

***Read Prof. Arnold Ehret's Mucusless Diet Healing System:
Annotated, Revised, and Edited by Prof. Spira***



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