

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Detox Stir Fry

### Ingredients:

- 2 tbsp toasted sesame oil
- 1 tsp chopped fresh vinegar
- 1 tsp chopped fresh garlic (1 clove)
- 1 entire head Bok Choy, chopped
- 1 onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 tbsp rice vinegar
- 1 package quartered mushrooms (any is good, but I prefer shitake)

### Directions:

- Sauté ginger and garlic in sesame oil for 1 min.
- Then add: Bok Choy, onion, green pepper, red pepper, rice vinegar.
- Sauté for 3 minutes, then add mushrooms
- Enjoy immediately!