

Recipe: Sweet Vegetable Drink

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Sweet Vegetable Drink is a recipe often recommended in Macrobiotics to those with constant sweet cravings due to blood sugar imbalances or hypoglycemia. It is thought to help the body recover from the long- term effects of too much refined sugar.

Ingredients (organic if possible):

- 1/4 cup green cabbage, finely chopped
- 1/4 cup carrot, finely chopped
- 1/4 cup sweet winter squash or sweet potato, finely chopped
- 1/4 cup sweet yellow onion, finely chopped
- 4 – 5 cups filtered water

Directions:

1. Place all the ingredients (water and vegetables) in to a stock pan
2. Bring all ingredients to a boil then cover and reduce to low and simmer for about 20 minutes.
3. Use a vegetable masher and mash all the vegetables in the pot.
4. Strain out the liquid using a thin mesh strainer into a container with a lid.
5. Keep the sweet vegetable drink in the fridge, but warm slightly to body temperature before drinking

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From the article "Wendy Steinbaum: Healthy Again in Action"

<https://www.focusforhealth.org/wendy-steinbaum-healthy-aging-in-action/>