

Recipe Booklet



LIVING VIBRANTLY
YOGA & AYURVEDA

with Lainie J

How to use this book

We do not have a set menu. You get to co-create your own experience with my guidance and your intuition. It'll be awesome.

Preparing very clean, very simple whole food meals will gently detox your system. Couple this with all of the lifestyle recommendations and you'll experience an effective detox.

A few rules of thumb: if you want to lose weight, choose more on the lighter liquids side of the menus. If you don't want to lose weight, chose heavier recipes with grains and beans and fat. Got it?

Keep it simple smartie. Learn a few basics. Make your food in the morning for the day. Learn something new. Find out what makes you thrive.

Design your own adventure. Design your own body.

And, take [a constitution quiz for](#) insight on detoxing for your constitution. Some of the recipes have categories for you to eat for your body type. Use them as a reference, not a rule.

On the Menu

Best Plant Food for your Dosha	4
Simple Juices	5
Simple Green Smoothies	6
More Detox Smoothies	7
Breakfast	8
Detox Basics	10
Kitchari Recipe & Tips	11
Traditional Ayurvedic Recipes	13
Cooked Soups + Boths	15
Bone Broth	17
Living Soups	18
Cooked Vegetables & Rice	22
Warps & Pancakes	24
Simple Salads	27
Simple Dresssings	28
Best Teas	29
Dessert	31

Best Plant Foods for your Dosha

* if your constitution is Vata, eat more foods from the Vata list, etc.



Best greens:

butter lettuce, fennel,
beet greens, romaine, swiss
chard, baby kale leaves,
sweet lettuces

Best other green veggies:

fennel bulb, peas, asparagus,
celery, zucchini, red, orange,
and yellow peppers

Best roots:

beets, carrots, sweet
potatoes, zucchini, parsnips,
radishes, winter squashes,
maca, turmeric root, ginger
root

Best Sprouts:

sunflower sprouts
alfalfa sprouts, clover sprouts,
radish sprouts

Best Fermented Foods:

All fermented foods are great
for Vata. Live culture miso,
kombucha, sauerkraut,
kimchee

Best seeds/nuts/fats:

sesame, sunflower, avocado,
olives (ghee), chia, flax,
almond, pine nuts,
macadamias

Best fruits:

sweet & sour fruits: grapes,
cherries, peaches, citrus,
pineapples, bananas with
seeds, tomatoes, cooked
apples



Best greens:

kale, dandelion greens,
collards, all lettuces, cilantro,
cabbage

Best other green veggies:

fennel, peas, asparagus,
celery, zucchini, peas

Best roots:

burdock root, sweet potatoes,
parsnips, carrots, turmeric
root

Best Sprouts:

sunflower sprouts, alfalfa
sprouts, clover sprouts, mung
sprouts, lentil sprouts,
broccoli sprouts

Best Fermented Foods:

Nil

Best seeds/nuts/fats:

sunflower, coconut, avocado,
(ghee), chia, flax, almond,
hazelnuts

Best fruits:

sweet juicy fruits, peaches,
apples, pears, berries, limes



Best greens:

all greens in enormous
amounts! parsley, beet greens,
radish greens,
kale, cabbage, brussel sprouts,
collards, mustard greens,
nettles, dandelion

Best other green veggies:

fennel, broccoli, red, yellow and
orange peppers, asparagus

Best roots:

radishes, beets, turnips, ginger
root, turmeric root, burdock
root

Best Sprouts:

All sprouts! radish sprouts,
onion sprouts, alfalfa sprouts,
broccoli sprouts, fenugreek

Best Fermented Foods:

Small amounts of spicy
ferments are best: kimchi,
pickled limes,

Best seeds/nuts/fats:

pumpkin seeds, chia, flax, corn
oil, mustard oil

Best fruits:

astringent fruits: grapefruits,
pomegranate, apples, pears,
tomatoes, berries, cranberries,
lemons, limes

Simple Juices

* All juices can be diluted with water or sweetened with stevia (for kids).

* Juices are best at room temperature NOT cold, as this can put out your digestive fire.



Vata's best juice

1/2 fennel bulb
3 stalks celery
1 inch ginger root
1 apple
small bunch radish leafs

Carrot Cucumber Beet Lemon Cleansing Detox Juicer Recipe

(VK-)

4 carrots
1/2 medium size cucumber
1/2 medium beet with greens
1/4 lemon

Very Orange Vegetable Juice

(V-)

3 carrots
1 large orange
1/3 lime
1 inch ginger mint leaves
(adapted from *Eat, Taste, Heal*)

Sweet Elimination Juice

(K-)

1 apple
6 stalks celery
2 beets
1 inch ginger
1/2 cucumber
1/2 c. parsley



Pitta's best juice

1/2 head celery
1 inch turmeric root
1/2 lime
2 apples
large bunch of leafy greens

Green Lemonade

(PK-)

2 apples
1/2 bunch kale or collards or romaine
1/2 bunch celery
1 inch ginger
1/2 lemon (rind included)

Cucumber Apple Mint Ginger Juicer Detox Recipe

(P-)

1 cucumber
2 large sweet apples
2 sprigs fresh mint leaves
1/2 inch ginger root

Super Green Juice (P-)

1 bunch kale
1 cucumber
1 inch ginger
1/2 lemon or lime
4 stalks celery

Liver Rejuv

2 c. dandelion greens
1 " turmeric root
2 pears
1/2 lemon
1/2 bunch celery



Kapha's best juice

1/2 head fennel or celery
1 inch turmeric root
1 inch ginger
1 pear
large bunch of mustard greens

Radish Carrot Beet Ginger Juice (pungent!) (K-)

1 large carrot
10 radishes, preferably with greens
1 apple, quartered
1/2 beet with greens
1/2 bunch parsley
1 inch ginger root
1/2 lemon
juice add water if desired.

Red Cabbage Apple Juice

1/2 head red cabbage
4 stalks celery
2 apples

Morning Shocker

1/4 jalapeño pepper
1/2 bunch kale
2 medium oranges
1 clove garlic
1" fresh ginger root
1/2 c. rocket

Simple Green Smoothies



Vata's best smoothie

1 cup spinach
1 peeled orange
1 cup fresh pineapple
2 1/2 cm cube fresh ginger
1/2-1 tsp spirulina
1 tsp extra virgin coconut oil
1 cup water

Vata's superfood smoothie

1 tbsp maca root
3 tbsp soaked chia seeds
1 tbsp goji berries
1/2 tsp spirulina
3 dates
1 cup leafy greens
1 tsp extra virgin coconut oil
1 wheatgrass cube
1 cup mango or banana
1 cup water

Vata's Simple Smoothie:

1 cup kale
1 banana
6 dates
handful soaked almonds
1 cup water

Vata's Favorite Smoothie

1 banana
1 cup greens
1 cup pineapple
1 tbsp coconut oil
1 cup water

* vata can also add avocado to smoothies for more fat!



Pitta's best smoothie

1 cup leafy greens
1 cup sprouts
sliver turmeric root
1/4 cup aloe juice
1 apple
1 cup water
1 tsp extra virgin coconut oil

Pitta's superfood smoothie

1 tbsp maca
1/2 cup aloe juice
2 cups leafy greens
2 tbsp ground flax
1 orange
1 cup water
1 wheatgrass cube
stevia to taste

Pitta's Simple Smoothie:

2 stalks celery
1/2 cucumber
1/2 cup fresh mint
1 cup greens
1 apple
1 + tsp extra virgin coconut oil
water

Pitta's Favorite Smoothie

1/2 cucumber
1/2 cup cilantro
1 cup greens
2 apple
1 cup water

Pitta's Favorite Smoothie

1 Flesh of Mango
2 cm cube Ginger
1 cup greens
1 1/2 cup water
1/2 Lime



Kapha's best smoothie

1 cup leafy greens
1/4 cup parsley
1 cup sprouts
1 cup wild blueberries
2 1/2 cm cube ginger
squeeze of fresh lemon
1 cup water
1 grapefruit

Kapha's superfood smoothie

3 tbsp goji berries
1/2 cup blueberries
1 tsp raw honey
2 cups leafy greens
2 oranges
1 c. water

Kapha's Simple Smoothie:

2 cups greens
1 pear (use grapefruit in winter)
1/2 tbsp raw honey
2 cups water

Kapha's Favorite Smoothie

2 cup radish greens
2 radishes
2 apples (use grapefruit in winter)
1 cup water
stevia to taste

Kapha's Best Smoothie

1/2 cup basil
1 cup romaine
1 cup spinach
1 grapefruit with seeds
1 cup water
1/4 lemon
pinch of cayenne

More Detox Smoothies

Pineapple-Papaya Smoothie

1 cup papaya, cubed
1 cup pineapple, cubed
1 medium banana, peeled
2 stalks of celery, chopped
1 cup of fresh Italian parsley

Apple-Pineapple Escarole Smoothie

1 cup water
2 apples, cored
2 cups pineapple, cubed
1 stalk celery
1/2 head lettuce

Orange Pear Green Smoothie

1 orange
1 pear
1 head green leaf lettuce
5 sprigs of fresh dill
1 cup water

Cucumber & Grapefruit Smoothie

1 medium cucumber, chopped
1 grapefruit
1 orange
2 c. water

Lemon-Lime Detox Smoothie

1/2 medium lemon, peeled
1/2 medium lime, peeled
2 medium bananas
1 large orange
1-2 cups chopped dandelion greens or kale (optional)
1 cup water

Mango-Lime Detox Smoothie

1 mango, peeled and pitted
1 medium lime, peeled
1/2 cup cilantro
1/2 cup water

Kale Watermelon Smoothie

1 carrot, chopped
2 cups watermelon, chopped
1 banana
3 cups kale
1 orange
1 cup water

Strawberry-Orange Smoothie

2 small oranges
1 cup whole strawberries
1 small banana, peeled
1 head romaine lettuce, chopped
1 cup water

Grapefruit and Red Cabbage

1 grapefruit
1 cup red cabbage
1 banana
spring of parsley
1 cup water

Jazzy Kiwi-Pear Smoothie Recipe

4 kiwifruits, peeled
1 medium pear, cored
2 springs fresh basil
1 cup radish greens
1 medium banana
1 cup water

Cooked Breakfast

Cooked apples: Breakfast or dessert

Chop 1-2 apples or pears. Heat a small saucepan. Add ¼ c. water and ¼ tsp. cinnamon, Cardamon, fennel powder. When water comes to a boil add apples, and a handful of raisins, figs, dates or chopped prunes. If you like oatmeal add a handful of oats and a little more water to the cooking process.

Soaked Almonds

Soak 1 cup of almonds overnight. Peel the skins off in the morning. Wrap in a paper towel and store in a jar or tupperware in fridge. Add to recipes for more protein and fat.

Soothing - Oats Porridge

Serves 2 - Good for Vata and Pitta. Good in all seasons.

Ingredients:

- Ghee – ½ - 1 Tbsp
- Fine Oats – ½ cup
- Hot Water – 2 cups
- Cardamom, ground – ¼ tsp
- Cinnamon, ground – ¼ tsp
- Raw Sugar – as per taste
- Raisins or Sultanas – handful (10-15)

Method:

1. Heat ghee in a small saucepan over low flame. Add fine oats & toast for 1-2 minutes until they turn light brown.
2. Add hot water and keep stirring for about 2 minutes (this helps to break the lumps).
3. Add cardamom and cinnamon powder.
4. Add raw sugar.
5. Add raisins.
6. (Let it cook, bubbling on medium flame for another 3 - 4 minutes).
7. Serve it warm.



Poha / Rice Flake Porridge (Gluten Free)

Serves 2 - Good for Pitta and Kapha. Good in all seasons.

Ingredients:

- 'Poha' Rice flakes – 1/2 cup
- Water – ½ cup
- Ghee – 1 Tbsp
- Milk (non-homogenised) – 2 ½ cups
- Cinnamon powder – a pinch
- Cardamom powder – a pinch
- Fennel powder – a good pinch (optional. more appropriate in summer)
- Raisins/Sultanas – ¼ cup
- Raw Sugar – to taste or 1 Tbsp

Method:

1. Add a little water to the Poha to dampen them, ensuring a rice flakes are wet but not soaked in water. This helps to soften them.
2. Heat saucepan and add ghee.
3. Squeeze any excess water from the rice flakes and add t to pan.
4. Toast them for 2 minutes.
5. Add milk, cardamom and cinnamon and fennel powder.
6. Keep stirring, let it cook for 7-8 minutes and then add raise
7. Before taking off the heat, add raw sugar and cook for another minute.
8. Serve warm.

Cereal

Hot Quinoa Cereal

1/4 cup quinoa - soak quinoa overnight,
rinse in morning
4 dried apricots, or handful of raisins, soak
overnight.
1/2 cup water
1/4 tsp ground ginger
1/4 tsp cinnamon

Put the water and quinoa in a small
saucepan and bring to a boil over high heat.
Reduce the heat and simmer, stirring
occasionally, until the quinoa is tender and
the mixture thickens, about 20 minutes, add
ginger, and cinnamon.. Warm the mixture
over low heat.

Detox Basics

DETOX DECOCTION

3L Water
1 inch ginger
1 tbs Ajwain
1 tbs Fenugreek
1/2 tbs Coriander
2 Black Cardamon
6 Freen Cardamon

Simmer until reduced to 1.5L
and sip only this during the day
(no extra water).

MORNING DETOX DRINK

1/2 tsp Fresh Grated Ginger
1/2 tsp Lemon juice
1/2 tsp Honey
1 cup Warm Water

The ginger scrapes toxins stuck inside,
the lemon detoxes and the honey binds
the toxins to be removed.

SPICY LEMONADE

The staple of the Master Cleanse can be
used in any detox if you have any
congestion or want to burn fat. This recipe
makes 1 pint:

2 cups water
2 Tbsp of lemon juice
2 Tbsp of Maple syrup
1/10 Tbsp of cayenne pepper

Spicy lemonade has 3 simple ingredients
to cut mucus and fat: fresh lemons,
cayenne and maple syrup.



Kitchari Recipe & Tips

Kitchari for 1 day

Ingredients:

- Ghee - 2 Tbsp
- Cumin seeds – 1 tsp
- ‘Seasonal’ Summer/Winter seasoning – 1 tsp
- Himalayan Salt or Sea Salt – 1 tsp
- Yellow, Split Moong Dal – 1/2 cup
- Basmati rice – 1/2 cup
- 6 cups water
- Fresh Coriander & Lemon Juice (for garnish).
- Black Salt

Method:

- Soak dal & rice for 1-2 hours. Wash & drain ready for use.
- Heat ghee on medium heat in a heavy-based, open pot.
- Sauté the cumin seeds in the ghee until the seeds release their fragrance.
- Add dal & rice & stir and mix well.
- Add the seasonal mix (a specific mix of 14 herbs in unique proportion) & salt & cook for 2-3 minutes.
- Add water, cover and bring it to a boil on high heat. Then turn the heat down and let it simmer until both the rice and dal take on a soft, creamy consistency.
- Garnish with fresh coriander (great for Pitta - ok for Vata and Kapha), lemon juice (ok for everybody) and black salt (aids digestion).

Why Kitchari:

Kitchari is the traditional detox food of Ayurveda. The philosophy is simple. The body detoxes when it is given the opportunity. Lighten up what you eat, and nourish the 6 tastes, and 5 senses at the same time, and voila, you've created the opportunity.

Kitchari is considered a complete food in Ayurveda. You can eat it for weeks. Or do kitchari for a day. It's like baby food. Simple to cook and digest ... and then you don't have to worry about food for the day.



When to eat Kitchari:

- You're stressed out or overwhelmed
- You're sick
- Your cravings are unhealthy
- You need a change of diet
- You need to give your body a break
- You're too busy to prepare other food and need deep nourishment

What about vegetables?

This recipe is the most basic for detox or rejuvenation. Adding 2-3 cups of vegetables is a good idea:

Add diced roots in the last 20 minutes of cooking: carrots, beets, turnips, parsnips, or sweet potato.

Stir in greens when done cooking. Allow to sit for a few minutes: kale, chard, collards, celery, or shredded fennel

Stir in delicate greens just before serving: spinach, arugula, alfalfa sprouts, sunflower sprouts.

Kitchari:

- ☐ This is a great staple for those needing rejuvenation. Learn to cook it during the pre-cleanse. Make enough to all day during your deep rejuvenation.
- ☐ Experiment with the amount of spices. Don't be afraid to make it yellow (turmeric) and spicy (mustard seeds, ginger, cayenne).
- ☐ Use soaked whole mung beans, sprouted mung beans or split mung beans. See what you like best.
- ☐ Add your favorite vegetables towards the end of cooking to avoid over cooking.



Simple kitchari with vegetables, garnished with lemon, salt and cilantro.

Cooked or Living Soups

- ☐ Soups as stocks can be nourishing for any meal of the day.
- ☐ Try both raw and cooked soups to expand your repertoire.
- ☐ Add more fat (avocados, ghee, coconut oil, soaked almonds) if you're hunger is intense, unless you want to lose weight.
- ☐ Use hot spices to make living soups warming. Ginger, cayenne, mustard seeds, cinnamon, etc.



Make a spicy leak and pepper soup if you have any congestion.

Traditional Ayurvedic Recipes

Spiced Basmati Rice

3/4 cup basmati rice, soak overnight. Rinse.
1 tablespoons ghee
1 (2 inch) piece cinnamon stick, or a pinch of cinnamon
2 pods green cardamom
2 whole cloves
1/2 tablespoon cumin seed
1/2 teaspoon salt, or to taste
1 1/4 cups water
1/2 small onion, thinly sliced

- ☐ Place rice into a bowl with enough water to cover. Set aside to soak for 20 minutes.
- ☐ Heat the ghee in a large pot or saucepan over medium heat. Add the cinnamon stick, cardamom pods, cloves, and cumin seed.
- ☐ Cook and stir for about a minute, then add the onion to the pot.
- ☐ Sauté the onion until a rich golden brown, about 10 minutes.
- ☐ Drain the water from the rice, and stir into the pot. Cook and stir the rice for a few minutes, until lightly toasted. Add salt and water to the pot, and bring to a boil.
- ☐ Cover, and reduce heat to low. Simmer for about 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes, then fluff with a fork before serving.

Spicy Chana Dal With Collards

3/4 cup split dried chana dal, soaked overnight (@health food store or Indian grocer, or us lestil
1/4 tsp. hing
3 cups water
1 tsp. turmeric
1 tbsp. Grated fresh ginger
1 tsp. salt
1 tablespoon ghee
1 minced cloves garlic
1 tsp. garam masala
1 teaspoons cumin
1 teaspoons mustard powder
1/2 teaspoon red chili powder
3 tablespoons lime juice
black pepper to taste
additional ghee as needed
2 cups chopped collard greens.

- ☐ Put the dal, hing and water in a big pot. Boil the dal until tender - if split, about 45 minutes to an hour. Depending on the dal, it may take longer, and whole dal will take much longer - an hour and a half most likely.
- ☐ Once the dal is tender, reserve a half cup of any liquid remaining and drain the dal. Return it to the pot and add the collards. Add a little of the liquid back in, and cook over a low heat while you fry the spices. If the dal/spinach starts to dry out too much add more of the liquid back in.
- ☐ In a small skillet, melt the ghee and add the garlic. Sauté the garlic for about two minutes over medium heat. Add all the other spices except the black pepper and red pepper and fry for about a minute, stirring

vigorously. Add the red pepper, stir quickly, then take the skillet off the heat and dump the mix into the pot of spinach and dal.

- ☐ Stir well. Taste. Add the lime juice and the black pepper to taste, and if you feel it needs a bit more fat, add ghee to taste (but not TOO much). Salt to taste. If you eat the dal later in the day, you might need to add more water.

Steamed vegetables with Seasonal Spice Mix

Steam or roast vegetables of your choice

- ☐ Roots: turnips, beets, parsnips, carrot, sweet potatoes
- ☐ Greens: asparagus, green beans, brussel sprouts.
- ☐ Steam until tender or
- ☐ Roast in a glass baking dish. Coat with coconut oil or ghee. Bake at 180°, an hour for dense roots, 25 minutes with greens. Partially covered.
- ☐ Add the above salad dressing if you need more fat or flavor.

Moong Dal

Serves 4

- Good for all Doshas
- Good in all seasons

Ingredients:

- Moong Dal (split) – 1 cup
- Ghee – 2 Tbsp
- Cumin Seeds – 1 tsp
- Garlic cloves – x 3 cloves
- Fresh Ginger – 1 tsp
- Onion (Chopped) – 1 x Onion
- Seasonal Mix - 1 tsp (specific mix of 14 herbs in unique proportion)
- Salt – per taste
- Water – 5 to 6 cups
- Fresh coriander for garnish



Method:

1. Wash dal until water is clear & then soak for 2 hrs before cooking. Strain prior to use.
2. In a heavy saucepan add water, dal, salt and Seasonal mix.
3. Cook for 20 – 25 min. until the dal is tender and well mixed with water. (to ensure that the moong dal is cooked correctly, cook mung dal on slow-medium heat till it is quite soft, has a velvety texture, has integrated well with water & the mixture is of a homogeneous consistency).
4. In another pan, heat ghee on medium flame, add cumin seeds, chopped ginger, onion and garlic and cook until they are light brown in colour.
5. Add the pre-cooked dal and mix it nicely.
6. Let it cook for another 2 - 3 minutes.
7. Garnish with fresh coriander & serve.

Comments:

- It is always good to serve this dal with basmati rice or with freshly made chapattis.
- If you don't have the Seasonal mix then use ½ tsp turmeric powder, 1tsp cumin seeds powder, ½ tsp fennel powder, and a pinch of black pepper powder).
- Serve with a squeeze of lemon juice & pinch of black salt.
- It is good for Agni and Pitta.

Cooked Soups + Broths

Cleansing Soup

- 1 large leek, chopped small
- 3 bay leaves
- 1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small
- 5 cups vegetable stock (or 5 cups water & 2 vegetable stock cube)
- 2 1/2cm piece of ginger, minced
- 2 1/2cm piece of turmeric, minced (or 1/2 tsp. dried)
- 1 zucchini, chopped small
- 2 cups minced kale
- a large handful of spinach, coarsely chopped
- juice of 1 lemon
- *fresh chopped parsley, flax oil
- *fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip or sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves, ginger, & turmeric. Simmer for 10 minutes. Add zucchini and kale and cook over medium--low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.



Simple Soup (one serving)

- 1 cup vegetables (celery, zucchini, carrots, turnips, sweet potatoes)
- one vegetable broth cube
- 2 cups water
- sea salt to taste
- chopped parsley or cilantro, to garnish (optional)

Clean the vegetables and dice and slice attractively.

Heat ¼ c. water and ¼ of veggie cube in 2 1L pot on medium heat. Add veggies and sauté until aromatic. Add remaining ingredients and simmer until vegetables are tender. Season with nama shoyu or sea salt, and serve garnished with chopped parsley or cilantro.

Wellness Broth

- 4 cups water
- 1 celery stick
- 3 stalks kale or collards
- 1 cup fresh parsley
- 1 cup green beans
- 2 1/2cm piece of fresh ginger
- lemon

Bring the water to a boil in a medium--sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

Cooked Soups

Green and Gold Soup Ingredients:

- 1 tbsp ghee
- spices: 1 tsp of each; cumin, coriander & ¼ tsp fennel seeds
- 1 tbsp fresh ginger nely chopped
- 1 tsp fresh turmeric nely chopped & ½ tsp of turmeric powder
- 1 leak chopped
- 1 zucchini chopped into small pieces
- 1 small head of broccoli chopped into pieces
- 1 stick of celery chopped small
- 1 cup of pumpkin chopped into cubes
- 1 cup of green beans chopped small
- 1 handful of chopped fresh coriander
- 4 cups of boiling water
- 1 tsp of sea salt
- ¼ tsp black pepper



Creating your soup:

1. Place a spoon of ghee into your pot on a medium heat and stir in cumin, coriander and fennel seeds.
2. Stir in fresh ginger, turmeric, turmeric powder and chopped leek; toasting for 2-3 minutes to coat your ingredients in the ghee and spices.
3. Add your vegetables: zucchini, celery, pumpkin, green beans, broccoli and stir them into the spices.
4. Add 4 cups of boiling water, sea salt, black pepper and fresh coriander.
5. Place the lid on and let simmer on medium heat for 15 minutes or until your vegies are soft and cooked.
6. Serve in your favourite bowl with a garnish of fresh coriander and a few extra cracks of pepper & sea salt to taste.

Bone Broth



Bone broth is deeply Vata-pacifying, or calming to anxious or undernourished detoxers. Packed with high calcium, magnesium, and phosphorus and a little rich fat, broth boosts the immune system, improves digestion and elimination. Bone broth builds bones, teeth, joints, hair, skin, and nails due to its high collagen content. It may reduce cellulite as it builds smooth connective tissue.

Broth is very high in the amino acids proline and glycine which are vital for healthy connective tissue (ligaments, joints, around organs, etc).

Find the best bones you can afford - local, grassfed or wild bones of beef, bison, lamb, poultry, or fish. Add vegetables and spices.

- ☐ 2 kg of bones from a healthy source
- ☐ 2 chicken feet for extra gelatin (if you happen to have chicken feet)
- ☐ 1 onion
- ☐ 2 carrots
- ☐ 4 stalks of celery
- ☐ 2 tablespoons Apple Cider Vinegar
- ☐ 1 bunch of parsley, 1 Tbsp or more of sea salt, 1 tsp peppercorns, additional herbs or spices to taste.
- ☐ 2 cloves of garlic for the last 30 minutes of cooking.

Instructions

- ☐ If you are using raw bones, especially beef bones, it improves flavor to roast them in the oven first. Place in a roasting pan and roast for 30 minutes at 350.
- ☐ Put bones in a large stock pot. Pour 12 cups (good) water over the bones and add

the vinegar. Let sit for 20-30 minutes in the cool water. The acid helps make the nutrients in the bones more available.

- ☐ Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.
- ☐ Bring the broth to a boil. Boil for a few minutes, then, reduce to a simmer and simmer until done.
- ☐ Every 30 minutes, remove the gunk that floats to the surface. Do this for 2 hours.
- ☐ During the last 30 minutes, add the garlic and parsley, if using.
- ☐ Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a gallon size glass jar in the fridge for up to 5 days, or freeze for later use.

How long to simmer:

- Beef broth/stock: 48 hours
- Chicken or poultry broth/stock: 24 hours
- Fish broth: 8 hours

Living Soups

A great way to start with raw soups is to add boiling hot water to the refrigerator cool vegetables. This renders a soup about 46c so the nutrients are mostly alive. I also like to add Rapunzel veggie broth cubes and fresh herbs for flavor. I use a high powered blender (Vitamix) for a creamy texture in my raw soups. A regular blender works, but renders a chunky texture. When using a regular blender you can finely chop or put veggies through a food processor first.

Raw Family Green Soup

3 leaves of chard
1 stalk of celery
Half a bunch fresh parsley
Juice of 1 lemon
1 large avocado
2 cups of hot water

Add water as needed and blend to desired consistency. We like to use dulse leaves, grated carrots, grated cauliflower, and sprouts to our bowl of soup.

From 'Green Smoothie Revolution', recipe by [Victoria Boutenko](#)

Pumpkin seed & broccoli Soup

1 stalk celery
small handful pumpkin seeds
big slice lemon juice
1 tbsp. fresh thyme
2 cups broccoli, stalks are fine
1 veggie broth cube
salt & pepper
pinch of cayenne (for Vatas & Kaphas)
2-3 c. hot water

Bright red tomato soup

2 tomatoes
1 red bell pepper
2 stalks celery
5 sun-dried tomatoes
1 veggie broth cube
1 tbsp. olive oil
salt and pepper to taste

Fennel Pesto Soup

2 stalks fennel
handful coriander
1 tbsp. olive oil
big slice lemon juice
1 tbsp. pesto or 1/4 c. fresh basil
1 stalk celery
1 cup green sprouts (alfalfa, sunflower, whatever)
1 veggie broth cube
salt & pepper
pinch of cayenne (for Vatas & Kaphas)
2-3 c. hot water

Green Goddess Soup

3 cups sunflower seeds, soaked
½ cup parsley
½ cup cilantro
2 tbsp dill weed
Juice of 3 lemons
Celtic salt to taste Blend and serve.

Living Soups



Vata soups: warm, savory and spicy as a general guideline

Basic Vata Green Soup

1 c. fennel
1/2 c. yellow pepper
1 avocado
1/4 c. fresh basil or dill chopped
1 tbsp. lemon juice
1/2 tsp. agave
1 veggie broth cube
dash of cayenne
salt and pepper to taste.
Blend with 4 c. boiling water.
Garnish with sunflower sprouts.

Basic Vata Red Soup

3 c. tomatoes
1 stick celery
5 brazil nuts
1 tbsp. olive oil
1 tsp lemon juice
2 tsp. Italian spice blend
1/2 tsp. agave
1 veggie broth cube

Blend with 4 c. boiling water.
Garnish with fresh basil.

Fun Vata Soup

1/2 fennel bulb
1 large carrot
1 avocado
1 veggie broth cube
Blend with 4 c. boiling water.
Garnish with sunflower sprouts.



Pitta Soup: sweet and hearty with plenty of color and sprouts.

Basic Pitta Green Soup

1/2 an avocado
2. c. lettuce greens
sprigs of fresh dill or coriander
1 1/2 c. zucchini
1 veggie broth cube
1/2 avocado

Blend with 4 c. boiling water.
Garnish with clover sprouts.

Minty Asparagus Soup

1 cup asparagus
juice of 1 lime
2 tbsp. unsweetened coconut flakes
1 c. cucumber
2 tbsp. mint
salt to taste
1 veggie broth cube

Blend with 4 c. boiling water. Stir in
1/2 an avocado, diced.

Garnish with sunflower sprouts

Curry Coconut Carrot Soup

1 c. chopped carrots
1 c. fresh carrot juice
1 c coconut water, or water
4" leek
1 1/2 tsp. yellow curry powder
1/2 c. unsweetened coconut flakes
2 dates, pitted
2 stalks celery
1 veggie broth cube
Blend with 4 c. boiling water.
Garnish with cilantro and sunflower sprouts.



Kapha soups: spicy, pungent and light

Basic Kapha Soup

1 cup arugula
1/4 c. basil
1 turnip
1 cob corn (sliced off)
1 veggie broth cube
1 tbsp. flax oil
cayenne to taste
Blend with 4 c. boiling water.
Garnish with fenugreek sprouts.

Spicy Ginger Soup

1 daikon, grated
1 c. celery
1 big tomato
1 tbsp. cup lemon juice
2 tbsp. fresh lemongrass
2 tbsp. ginger, finely grated
2 tsp. thai curry paste
1 tbsp. toasted sesame oil
1 veggie broth cube
Blend with 4 c. boiling water.
Garnish with sunflower sprouts

Light Seaweed Broth

2 sheets nori, cut into strips
1 stalk celery, finely chopped
2 tbsp. miso paste
1 tsp. thai curry paste
1 tbsp. toasted sesame oil
1 veggie broth cube
Blend miso with 2 c. warm water.
Dissolve broth cube and curry paste with 2 c. hot water. Stir in remaining ingredients. Garnish with arugula.

Living Soups

Ginger Carrot Sprout Soup

1 cup fresh carrot juice
1 " shredded ginger
1 tbsp. sunflower oil
1 handful mixed sunflower, alfalfa, and clover sprouts
1 tsp masala of choice

Blend the oil, ginger and carrot juice until smooth. Mix in masala or try adding sea vegetables for a different taste. Garnish with sprouts and serve.

Sea Veggie Miso Soup

(Great for Vata imbalances)
1 handful dulse, alaria, kelp, or nori (or a mixture), soaked
1 tsp fresh ginger
½ tsp mellow miso
1 ½ cups water, heated to 115 degrees

Dissolve the miso in a quarter-cup of the heated water and mix back in. Stir in the sea veggies and ginger. Serve (Excellent for building digestive fire.)

Red Hot Tomato Soup

4 large tomatoes
1 red bell pepper
4 tsp cold pressed olive oil
1 tsp grated ginger root
4 green onions
1/8 tsp cayenne
dash of cinnamon
Add water or more tomatoes for desired consistency if needed.
Blend in blender or vitamix.

Sequoia's Calcium Soup

by David Wolfe

10 kale leaves
1 handful of parsley
2 cloves of garlic
1/3 of a red onion
2 lemons
1 avocado
1 tomato
2 yellow bell peppers
1 handful of dulse strips or Spirulina flakes
1/2 teaspoon sea salt
1 tablespoon of unpasteurized miso
3 tablespoons olive oil
20 pumpkin seeds.

Shave the outer skin of the lemons leaving the white pith intact. While blending all the ingredients, add distilled water to reach a thick, soupy consistency. This is a great raw soup for kids! An excellent way to introduce important heavy minerals and calcium into the diet.

Living Soups

Butternut Apple Soup

4 cups butternut squash, chopped
1 cup fresh apple juice or cider
1/3 cup orange juice
1/3 cup water
2 large stalks celery
1/2 a leek
1 tsp. curry paste
4 pitted and soaked dates
1 tsp sea salt
1 tsp. Tamari

Blend all in a high speed blender till smooth and creamy. **If you don't have a high speed blender, steam the squash and celery first. Then, blend. You can reheat on the stove post-blending.

Borscht adapted by Boutenkos

*In high speed blender, blend together for 30 seconds:
2 cups water
2 carrots
2 stalks celery
2 tblsp lemon juice
1 T raw honey
1/2 cup olive oil
sea salt to taste

Add 1/2 cup walnuts and blend on low speed quickly so walnuts are not completely blended.

Grate:

1/4 head cabbage
1-2 carrots
1 bunch parsley

Add grated ingredients to blended mixture. Warm. Serve.

Serves 7 - 10

* with regular blender, gently steam the veggies first.

Cooked Vegetables & Rice

Baked Beets

(and/or turnips, parsnips, carrots)

Scrub beets with a vegetable brush. Bake whole for best flavor and to prevent color from bleeding. Rub with ghee or oil or place in a baking dish with a little water. Sprinkle with salt & pepper. Cover and bake in a 180c oven until tender, 1 hour or longer. Trim the root and stem ends, peel and slice.

Sautéed Turnips

2 medium turnips, cut and peeled (peeling is not necessary if turnips are fresh)

2 Tsp Ghee or Coconut oil
fresh parsley

Sauté turnips for 3 minutes in oil. Sprinkle with salt and cover. Simmer for an additional 10-15 minutes. The turnips will “sweat” and cook in their own juices (the salt draws the juice out) bringing out their sweetness. If needed, add a little water, cover and simmer until turnips are soft. Turn the heat off and drizzle nama shoyu over turnips. Place in a bowl and sprinkle with fresh parsley before serving.

Stir fry Greens

1 bunch of greens de-stemmed (chard, collards, kale, turnip greens, etc)

1 Tsp fresh grated ginger

1 Tsp Ghee or coconut oil

1 Tsp fresh Garlic

1 Tsp each Cummin, fennel and Ajwain seeds

1 cup of green vegetables, brocollini, greenbeans, etc.

Heat ghee in wok or fry pan, add Cummin, Fennel and Ajwain seeds for 1 min, add grated ginger and garlic cook for one minute (reduce temp here so that the seeds do not burn. Add greens, cover for 5 min stirring occasionally until greens are cooked.

Lemon Green Beans

½ kg green beans

1 tbsp Ghee

½ lemon, juiced

sea salt + pepper to taste

Cut off the tough ends of the beans. Bring water to a boil, turn off heat, and allow to cool a moment. Place beans in a shallow pan and pour hot water over them. Allow to stand for 10 minutes or until the beans become tender. Drain and toss with the remaining ingredients. Allow to marinate at least 5 minutes.

Jeera Rice

About:

This is the easiest as well as an elegant way to cook rice by giving it a flavour of cumin seeds.

- Good for Kapha, Vata and Pitta
- Good in all seasons

Ingredients:

- Basmati Rice – 2 cups
- Cumin seeds ('Jeera') – 1 Tbsp
- Ghee – 1 Tbsp
- Water – 4 cups



Method:

1. Wash rice until water is clear & then soak for 15-20 minutes. Strain prior to use.
2. Heat ghee in a heavy saucepan, add cumin seeds & cook until they start spluttering.
3. Add rice, sautéing until rice is coated in ghee (Take care not to over stir it this can break the rice grains).
4. Add water and stir briefly.
5. Cover pan, reduce heat to low & cook until water is absorbed and rice is cooked (Approx. 10-15 minutes).
6. Turn off heat & let rest for 5 minutes, leaving lid in place.
7. Stir gently & serve hot.

Comments:

- Cumin seeds remove excess water from rice, making it lighter.
- Good meal for those suffering from sluggish metabolism.

Wraps & Pancakes



Vata wrap ingredients:

Avocado s
tomatoe s
shredded jicama, beets, carrots
sprout s
creamy dressing s
zucchini strip s
steamed cor n
red, orange or yellow pepper
sesame seed s
Non Yeast bread for Wraps

Vata Wrap Sauce

1 cup sesame seeds
1 tbsp grated ginger
3 tbsp miso paste
2 tbsp sesame oil
3 tbsp rice vinegar
2 tbsp honey
1/4 cup water (or enough
for desired thickness)



Pitta wrap Ingredients

avocado
zucchini strips
carrot strips
fennel strips
sprouts
leafy greens
raw corn
shredded roots
sunflower seeds
creamy dressing
Non Yeast bread for Wraps or
brown rice tortilla

Pitta Wrap Sauce

4 tbsp dill leaves
1/2 cup cilantro leaves
1 cup soaked almonds
1 tbsp raw honey
1/2 cup water (or enough
for desired thickness)



Kapha best wrap ingredients

sprouts
greens
shredded cabbage
spicy roots
raw corn
red, orange or yellow pepper
pickled vegetables & fruits
pumpkin seeds
spicy dressing
Non Yeast bread for Wraps or a
steamed collard leaf.

Kapha Wrap Sauce

1/2 cup basil leaves
1 cup soaked pumpkin
seeds 3 tbsp flax oil
1 tbsp raw honey
1/2 cup water (or enough
for desired thickness)

Best Tools for Wraps:

Mandolin - cuts long veggies into strips

Spiralizer - cuts veggies into noodles or ribbons

High powered blender (to make sauces super creamy)

**These recipes are
helpful for before and
after your deep detox.**

Non - Yeast Bread

Basic Dough Recipe

Ingredients:

- Whole wheat flour – 2 cups
- Water – 1 to 1.5 cups

Method:

1. In a large bowl mix flour and $\frac{1}{2}$ cup of water. Mix well with your hands to combine.
2. Add another $\frac{1}{4}$ cup of water, slowly, and mix again. (always add water gradually).
3. Continue adding water a little at a time until the dough forms a ball (amount of water needed may vary for different flours obtained from variable sources. Ensure that water is added gradually, first to allow the flour to come to a crumbly mixture, and then using as much as needed to bring it to fine-kneaded dough consistency.
4. Knead dough vigorously until moist, soft and slightly sticky, but doesn't cling to hands.
5. If dry, dip fingers into some water or sprinkle on the dough and continue kneading.
6. Place the dough in a clean bowl and cover it. (If not using the dough straight away, cover with a damp cloth or wipe the surface of the dough with some ghee to prevent it from drying out).

Comments:

- The most important thing is to add appropriate amount of water to mix into the flour to bring it all together. Too much water results in a sticky and hard to knead dough. Too little water will produce a hard, dense dough.
- Mixing wheat with yeast is the prime cause of many digestive problems. Most of the time when people talk about an allergy to wheat flour, it is not the actual wheat that is the cause of the problem but the way the wheat is prepared and eaten. This the reason that Ayurveda advises to make wheat breads without yeast.

Chapatti/ Wrap

Ingredients:

- Dough (See basic Dough Recipe)
- Extra flour for rolling
- Ghee for serving



Method:

1. Take small portion of prepared dough and roll into ball by tossing it in a bowl of dry flour.
2. Set the ball on a clean surface and flatten it into a disc.
3. Now roll the disc (flouring the dough as needed) into a thin round.
4. You can either roll all the chapattis at the same time and keep them on a plastic sheet or roll them one by one as you would cook. I like to roll them one by one and cook them.
5. Heat the non-stick pan over medium heat.
6. Place chapatti on heated Tawa and cook until the top darkens slightly, about a minute.
7. Now flip the chapatti with a spatula and cook the other side for about ½ minute.
8. If working on a gas stove turn a second burner to high. Using a pair of tongs carefully pick the chapatti by the edge and put it directly onto the burner. Cook it until the chapatti balloons and browns (10-15 sec). Then carefully turn the chapatti using tongs and cook until the underside browns and bread balloons again. Remove chapatti from fire. Put it in a plate and rub with ghee. Serve immediately while you continue cooking the remaining chapattis.
9. If working on an electric stove, cook the chapatti on tawa until it raises slightly on the side, flip it and cook the other side until bubbles appear. Continue cooking with a help of thin kitchen towel as it balloons and turning the chapatti in clockwise motion until the chapatti is well browned and swells like balloon. Serve immediately.

Besan Protein Pancakes

Serves 2 (2 x pancakes)

About: Besan is a flour is made from a legume known as Black Gram (also known as Kala Channa). This legume is rich in iron and is well known for its action to assist in fat metabolism, as well as strengthening muscles and bones. It has also been used for centuries to support diabetic patients. Besan Pancakes are the best food for those who have a gluten allergy or looking for a protein rich meal either for breakfast or lunch option.

- Good for Kapha & Pitta and Kapha aggravation in other constitutions
- Good in spring and winter

Ingredients:

- Besan ('Black Gram') flour – ½ cup
- Onion (chopped) – ½ x medium onion, finely chopped
- Salt – per taste
- Ajwain seeds – 1 tsp
- Cumin seeds – 1 tsp
- Turmeric – ¼ tsp
- Water – 200 mls
- Oil/ghee for cooking
- Fresh coriander for garnish

Method:

1. In a large bowl mix flour, onion, salt, ajwain, turmeric & cumin seeds.
2. Add water & mix well to make a batter, ensuring no lumps of flour remain. Prepare batter well. Batter should not be too thick nor too runny.
3. Heat a non-stick pan and drizzle on 1 teaspoon of ghee.
4. Spoon 2-3 Tbsp of batter onto pan and spread to make a pancake.
5. Shallow fry for about ½ minute. (flame should be medium, not too low or too high).
6. Flip over and cook on other side for ½ minute.
7. Spoon a little more oil or ghee on the sides of the pancake to create a golden-brown colour and make it crisp.
8. Flip it one more time and cook for about 10 seconds. Cook well for both sides, evenly in centre and around edges. The finished pancake should have a slightly darker colour than those in this image.
9. Serve hot with chutney.



Simple Salads



Vata salads: sweet and warm greens and roots with a soft quality (not too cold and crunchy). Marinate and cook your salads!

Best Vata Salad

1/2 cup fennel, shredded
1 cup diced chard (stalk is fine)
1 cup yellow pepper
1 cup sunflower sprouts
1/4 cup fresh basil or dill
chopped 1 tbsp lemon juice
2 tbsp olive oil
1 tsp raw honey
salt and pepper to taste.
Mix the wet ingredients and pour over the veggies. Marinate for 2+ hours at room temperature before eating. Adjust seasonings to taste.

Zen Kale Salad (V-)

2 cups green kale
1/4 cup sesame seeds
2 tbsp sesame oil
1 tsp lemon juice
1/2 tsp celtic salt

Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit from 1-12 hours. Add remaining ingredients and mix well.

Cooked Fennel, carrot & sweet Potato Salad (VPK-)

1/2 fennel bulb
1 large carrot
1 diced Sweet Potato

Cut all into thin strips. Add a light dressing of ghee, sprinkle with salt and Summer Spice Mix. Bake in the oven until cooked.



Pitta salads: sweet and bitter greens and roots with plenty of color and sprouts.

Simple Pitta Salad

1 cup sunflower sprouts
2. cup lettuce greens
1 cup grated golden beet 1/2 avocado

Green bean coconut salad

1/2 lb. green beans, slices in half, & in 1" pieces
juice of 1 lime
1 tbsp. melted coconut oil
2 tbsp. minced fresh dill or mint
salt to taste

Toss and marinate at room temperature for 2+ hours.

Pitta Sprout Salad

1/2 cup lentil sprouts
1/2 cup sunflower sprouts
1/2 cup alfalfa sprouts
1 cup lettuce or mixed greens 1/2 cup jicama

Fennel and Apple Salad

1 fennel bulb
2 apples
Grate 1/2 of each ingredient. Thinly slice the other 1/2. Mix and enjoy.



Kapha salads: primarily of spicy & bitter greens and sprouts

Simple Kapha Salad

1 bunch Rocket
4 thinly sliced radishes
4 thinly sliced turnips
1/2 cup fenugreek sprouts

Daikon-Ginger Salad (K-)

1 daikon, grated
1/3 cup lemon juice
1/4 cup ginger, finely grated
1/4 tsp cayenne
Let the grated ginger marinate in lemon-cayenne juice for several hours. Pour the marinade over the daikon and serve.
(Daikon is unbalancing for P in large amounts.)

Mixed Greens and Sprout Salad (K-)

2 c. mixed greens
1/2 cup Rocket
1/2 cup fenugreek sprouts
1/2 cup radish and onion sprouts
1/2 cup grated golden beet
2 tbsp pumpkin seeds

Fall Fennel Slaw:

2 apples, one chopped, one grated 1 fennel bulb, grated
1/2 lemon
1 carrots
1 cup green cabbage, grated
1 cup red cabbage, grated
1/2 cup dried cranberries
1/2 cup pumpkin seeds
Place apples in bowl. Squeeze the juice from 1/2 lemon over the apples and stir. Add the rest of ingredients and combine.

Simple Dressings



Vata Basic Detox Dressing

1/2 cup olive oil
Juice of 1 lemon
raw honey to taste
salt and pepper to taste

Orange Avocado Dill Dressing (VP-)

1 cup fresh orange juice, with pulp
1/2 avocado
2 tbsp fresh dill
pinch sea salt
Blend

Sesame Ginger Dressing

1/2 cup white sesame seeds
1 tbsp sesame oil
1/2 cup water
1 inch chopped ginger
pinch of stevia

Lemon Miso Tahini Dressing

3 tablespoons sesame tahini
1 tablespoon lemon juice
2 tablespoons miso

Creamy Basil Dressing

1/2 cup hemp seeds
1/2 cup fresh basil
1/2 cup water
juice from 1 lemon
2 cloves roasted garlic
1 tbsp. nutritional yeast
1 tbsp. agave nectar

Whisk all ingredients together. Pour over slaw and mix well.



Pitta Basic Detox Dressing

1/2 cup sunflower oil
Juice of 1-2 lime
maple syrup to taste
salt and pepper to taste

Mint - Cilantro Dressing (P-)

1/4 cup mint leaves
1/2 cup cilantro leaves
1/2 cup sunflower oil
1 tbsp dried coconut
1 tsp raw honey or stevia
juice of 1 lime
a few tbsp water to desired consistency

Pitta Dill Dressing

2/3 cup sunflower seeds, soaked 5 tbsp sunflower oil
2 tbsp lemon juice
1/2 cup chopped dill
1 tbsp nama shoyu
5 tbsp. water



Kapha Basic Detox Dressing

1/2 cup flax oil
Juice of 1 lemon
raw honey to taste
pepper to taste

Flax Ginger Dressing (K-)

1/2 cup flax oil
Juice of 1 lemon
2 tsp ginger juice
a few pinches cayenne
1 tsp raw honey or liquid stevia

Spicy Mustard Dressing (K-)

juice of 1 lemon
2 tbsp yellow mustard
1/4 cup organic corn oil
1/4 cup flax oil
2 dates
1 celery stalk
1 tsp raw honey
pinch of cayenne

Tomato Chives dressing (K-)

1 tomato
2 tbsp hemp seeds
2 tbsp flax oil
3 tbsp chives
2 tsp raw honey
squeeze lemon juice
pinch of salt

Best Teas & Beverages



Best seeds & herbs for Vata teas:

licorice root, fennel seed, cardamom seed, alfalfa leaf, cumin seed, fenugreek seed, cinnamon, ginger, jasmine flowers, oat straw, tulsi, orange peel, blessed thistle, sweet herbal chai, rose hips

Fennel & Cardamom tea

add 1/2 tsp fennel seeds and 1/2 tsp cardamom seeds to a 1/2 liter thermos. Add boiling water.

Flax seed Tea

1 -2 tbsp ground flax seeds (grind fresh in a coffee grinder)
1/4 tsp of cinnamon or garam masala
1 cup hot water
1/2 tsp raw honey. Stir and drink, or eat if it's thick!



Best seeds & herbs for Pitta teas:

licorice root, fennel seed, coriander seed, mint leaf, cardamom seed, alfalfa leaf, chamomile flowers, jasmine flowers, lavender flowers, rose buds, rose hips

Rose Coriander Tea

Add 1 tbsp rose petals and 1/2 tsp coriander seeds to 1/2 liter boiling water

Alfalfa Burdock Mint Tea

Steep alfalfa, burdock root and mint teas in hot water. Drink up to 3 cups a day.

Licorice Peppermint Tea



Best seeds & herbs for Kapha teas:

fenugreek seeds, cloves, black pepper, cardamom seeds, fennel seed, cardamom seed, alfalfa leaf, dried orange peel, lemon peel, cinnamon, ginger, green tea, tulsi, red raspberry leaf, rose hips

Caraway Fenugreek Tea

Add 1/2 tsp caraway seeds and 1/2 tsp fenugreek seeds to 1/2 liter thermos. Fill with boiling water.

Ginger, Cloves and Cinnamon Tea

Cummin, Coriander and Fennel seed Tea
(good for all Doshas)

Dessert!

Baked Apples

4 medium apples
3 tbsp. maple syrup
1/4 cup chopped walnuts or pecans
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
Pinch ground cloves
1 tablespoon ghee or coconut butter (optional)

Preheat your oven to 180'. Core your apples. Mix everything else. Lube a baking pan or your toaster oven. Core your apples. Stuff with the mix. Place in pan. Pour water around apples. Cover loosely with foil. Bake for 20 minutes. Remove the foil. Bake another 20-30 minutes. Allow to cool.



Raw Chocolate Balls

1 cup unsweetened coconut flakes
1 cup of almonds
1/2 a dozen dates
4 Tbsp of cashew butter
2 Tbsp of raw cacao
1 Tbsp of coconut oil

Soak your dates overnight. Pit them in the morning. Blend all ingredients in a food processor. Roll into balls with wet hands. Roll in more cacao powder or dried coconut. Store in fridge.



Easy nut cookies

2 cups almond or cashew flour.
1/4 cup maple syrup
1 tsp cardamom powder
2 tsp water

Preheat oven to 180'. Grind nuts in coffee grinder until they become a powder. Mix all ingredients. Add more water if needed to make a cookie-like dough. Bake on buttered up cookie sheet at 180' until golden brown, about 15-20 minutes. Remove from pan immediately.



Celery Juice

3 to 4 stalks of Celery

Juice to make 500ml of Celery Juice

Celery juice is the latest trending health craze, being called a “savior when it comes to chronic illness”. It’s claimed that in just one week of drinking 16 ounces of celery juice on an empty stomach every morning, you will restore gut health, improve digestion, reduce inflammation, improve autoimmune disease, starve bad bacteria, flush out viruses, balance your body’s pH, detox your liver, clean your blood, hydrate on a “deep cellular level, eliminate migraines, reduce anxiety and panic attacks, and reverse brain fog, depression and anxiety.

Read more about whether celery juice is Fad or Fabulous by The Paleo Mom

<https://www.thepaleomom.com/celery-juice-fad-or-fabulous/>

