

BREAKFAST

HOT AMARANTH

Ingredients (yields 1 serving)

1 C of water

1/3 C amaranth

2 Tbsp raisins or Goji berries

Cooking time is 20 minutes:

1. Bring water to boil in a small heavy pot
2. Stir-in amaranth and raisins or Goji berries
3. Reduce heat to low and cover
4. Cook until cereal is hot and thick, stirring occasionally. Serve immediately.

CREAM OF RICE or ROLLED OATS with STEWED FRUITS

Ingredients (yields 1 serving)

1 C of water

¼ C cream of rice or ½ C rolled oats

pinch of sea salt (optional)

½ C apples

½ C dates (bananas)

1 tsp fennel seeds

¼ tsp ginger and cardamom

1 T coconut oil

Garnish: fresh mint or shredded/roasted coconut flakes

Cooking time is 5 – 10 minutes:

1. Bring water to boil
2. Add cream of rice or oats cereal and stir on medium heat for 1 minute

3. Reduce heat and simmer for 3 – 5 minutes, stirring occasionally
4. Remove from heat and serve in 2 – 3 minutes
5. Heat coconut oil in another small pot
6. Brown fennel seeds and add fruits
7. Add spices, 2 T of water and simmer for 5 minutes
8. Pour on top of cereal

MAIN DISHES

SPLIT MUNG BEANS with BASMATI RICE (KICHADI)

Ingredients (yields one serving)

1 ½ C water
½ basmati rice
½ C split mung beans
2 pinch of sea salt and black pepper
½ tsp turmeric and coriander powder
2 tsp ghee
1 tsp cumin seeds
2 pinch of garam masala
Garnish: cilantro, sage, thyme, black sesame seeds

Cooking time is 20 minutes

1. Bring water to boil in a small pan
2. Wash rice and mung beans and add to the water along with salt and pepper, turmeric and coriander
3. Cover and simmer on medium-low heat for 10 minutes
4. Heat ghee in a small skillet
5. Roast cumin seeds for a few minutes, add garam masala and then gently stir the roasted seeds into the rice and bean mixture
6. Garnish with fresh herbs and sprinkle with black sesame seeds

VEGGIE CURRY WITH VERMICELLI

Ingredients (yields 1 serving)

1 T ghee or coconut oil
½ C leek with scallions
½ tsp cumin seeds, coriander seeds, fennel seeds
½ tsp turmeric powder and red curry powder
3 pinch of sea salt and black pepper
½ C carrot diced
½ C zucchini sliced
1 C collard green chopped
¼ C bambino roasted vermicelli
Garnish: fresh parsley, cilantro, sage or thyme or rosemary
1 tsp black sesame seeds

Cooking time is 30 minutes:

1. Heat ghee or coconut oil in a medium saucepan
2. Add cumin seeds, fennel seeds and coriander seeds
3. Stir in leek with scallions
4. Wait until brown
5. Stir carrots with curry powder, turmeric powder
6. Add water
7. Cover and simmer over medium heat for 5 – 10 minutes
8. Add zucchini with greens for 5 – 10 minutes
9. Add vermicelli for 3 additional minutes with the heat turned off
10. Remove from heat
11. Garnish with herbs, cover and let it stand for 3 more minutes
12. Sprinkle with black sesame seeds and mix in 1 tsp miso

SMOOTHIES AND DESSERTS

MAROON SMOOTHIE

Ingredients (yields 2 servings)

1 ½ C purified (structured) water
1 red beet
1 carrot
1 apple
1 slice of lime
¼ tsp fresh ginger
¼ tsp fennel or anise seeds

Preparation time is 2 – 5 minutes:

1. Process all ingredients in the blender until smooth and creamy

PRUNE SMOOTHIE

Ingredients (yields 2 servings)

1 C purified water
1 apple
5 prunes
1 pinch cinnamon and cardamom

Preparation time is 2 minutes

1. Process all ingredients in the blender until smooth and creamy

PEAR CHUTNEY

Ingredients (yields 2 servings)

2 T ghee or coconut oil
1 T grated fresh ginger
½ C dried raisings, currants or pitted dates
4 C fresh pears (cut in square pieces)
½ tsp cinnamon and cardamom powder
¼ tsp ground cloves and nutmeg
4 oz pure water
2 tsp lemon/lime juice

Cooking time is 10 – 15 minutes

1. Heat ghee or coconut oil in a saucepan
2. Brown ginger for a few minutes and stir in spices
3. Add dried fruits and 2 oz of water
4. Cover and simmer for a few minutes until fruits swell
5. Stir in pears and add lemon juice and the remaining water
6. Cook for 3 more minutes or so until pears are half way melted into chutney mixture
7. Remove from heat and let it cool down for 5 minutes before serving
8. Sprinkle with coconut flakes

RICE PUDDING

Ingredients (yields 4 servings)

1 C basmati rice (rinsed)
2 C spring pure water
½ C organic whole milk
2 T cane or brown sugar
¼ tsp cardamom powder or 2 cardamom pods

Cooking time is 15 – 17 minutes

1. Boil rice with water for 10 – 12 minutes
2. Separately boil milk with sugar and cardamom
3. Mix the rice with the sweet milk for another 5 minutes