

Breakfast Main Dishes Smoothies & Desserts

Breakfast

HOT WHEAT CEREAL or OATS with STEWED FRUITS

Preparation time: 5 – 10 minutes

Yield: 1 serving

Ingredients:

1 C water

¼ C hot wheat cereal or ½ C oats

Pinch of sea salt (optional)

½ C apples

½ C grapes or figs or dates

1 tsp fennel seeds

¼ tsp ginger

¼ tsp cardamom

Garnish: mint or shredded coconut

Cooking directions:

Bring water to boil. Add hot wheat cereal or oats cereal and stir on medium heat for 1 minute. Reduce heat and simmer for 3 – 5 minutes, stirring occasionally. Remove from heat and serve in 2 – 3 minutes.

Heat coconut oil in another small pot. Brown fennel seeds and add fruits. Add spices, 2 T water and simmer for 5 minutes. Pour on top of cereal.

Captions:

Oats are a source of fiber that lowers blood cholesterol levels

Wheat is great for thin people. It is very grounding

SPELT CHAPATI

Preparation time: 15 minutes

Yield: 1 serving

Ingredients:

1 C spelt flour

Pinch of rock salt

1 tsp ajwan seeds

½ tsp dill

2 oz water

Cooking directions:

Pour the flour, ajwan seeds, dill and salt into a mixing bowl. Add the water a little at a time to knead into pliable dough for 2 – 3 minutes. Divide dough into even pieces.

Lightly flour a clean table surface or cutting wooden board. Use a rolling pin to roll out each piece into a thin round patty. Preheat a griddle and cook the chapati for one minute on each

side over medium heat. Remove the tongs and place the chapati directly over an open flame until it swells. Disregard this step if having an electric stove.

Captions:

Serve hot with ghee or butter or raw honey or your favorite jam or peanut butter

Simply enjoy

FRENCH TOAST

Preparation time: 10 minutes

Yield: 1 serving

Ingredients:

2 organic eggs

2 slices sprouted grain bread

1 T ghee

¼ tsp mustard seeds

¼ tsp cumin seeds

¼ tsp fennel seeds

2 pinch celery salt, black pepper, mustard and turmeric powder

2 pinch paprika or cayenne pepper and basil for garnish

Cooking directions:

Whisk up 2 whole eggs. Soak the bread. Heat ghee in a non-stick pan (enamel) and add the seeds. When they pop up, add the soaked bread. Cook for 2 minutes on each side. At the end, sprinkle it with paprika and garnish with basil. Serve hot.

Captions:

Serve with stone ground mustard for better digestion or cayenne pepper to break down the fat. For Pitta type use egg white only

Main Dishes

VEGGIE CURRY with VERMICELLI

Preparation time: 30 minutes

Yield: 1 serving

Ingredients:

1 T ghee or coconut oil

½ C leek with scallions

1 small onion

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 clove garlic

½ C carrot diced

½ C zucchini sliced

1 C collard greens chopped

¼ C bambino roasted vermicelli

Garnish: fresh parsley, cilantro, sage or thyme or rosemary

1 tsp black sesame seeds

2 tsp of mellow white miso or barley miso paste

½ C water

Cooking directions:

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

Captions:

Captivating, rich, tasty, and aromatic that adds to better digestion and mind satisfaction

SPLIT MUNG BEANS with BASMATI RICE (Kichadi)

Preparation time: 20 minutes

Yield: 1 serving

Ingredients:

1 C water

½ C basmati rice

½ C split mung beans

2 pinch of sea salt and black pepper

½ tsp turmeric and coriander

2 tsp ghee

1 tsp cumin seeds

2 pinch of garam masala

Garnish: cilantro, sage, thyme, black sesame seeds

Cooking directions:

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

Captions:

Nutritious & cleansing! Helps with digestion and assimilation 😊

VEGGIE CURRY with COUSCOUS and RED LENTILS

Preparation: 30 minutes

Yield: 1 serving

Ingredients:

½ onion diced
1 carrot
½ golden beet
1 C swiss chard
1 piece Nori – sea veggie
¼ C red lentils
¼ C couscous
2 T ghee
½ tsp cumin seeds
½ tsp mustard seeds
½ tsp coriander seeds
½ tsp fenugreek seeds
2 pinch salt, pepper, ginger and turmeric powder
1/3 C water
Garnish: fresh dill and cilantro

Cooking directions:

Heat ghee in a medium saucepan. Add spices seeds. When they pop, stir in onions. When onions are brown, stir in veggies (carrot and beet) with salt, pepper and spice powder. Add water and cook for 10 minutes. Add chard and cook for another 5 – 7 minutes. Add Nori and sprinkle with herbs. Cover, remove from heat and let it stand for 3 – 5 minutes.

Captions:

Delicious, nutritious, aids digestion, and calms down nerves. Simply glorious. Enjoy!

VEGGIE CURRY with FAVA BEANS and SPAGHETTI

Preparation time: 30 minutes

Yield: 1 – 2 servings

Ingredients:

½ C fava beans cooked
½ C thin spaghetti cooked
1 carrot diced
1 tomato sliced
1 C greens (collard, kale or chard) chopped
½ C leek and scallions chopped
2 T ghee
½ tsp black mustard seeds
½ tsp cumin seeds
½ tsp coriander seeds
½ C water
2 pinch salt, pepper, turmeric, red curry and ginger powder
Garnish: fresh herbs (cilantro, parsley, thyme) and black sesame seeds

Cooking directions:

Heat ghee in a medium saucepan. Add the seeds (mustard, cumin, coriander). When mustard seeds pop, brown leek and scallions. Add carrot with tomato and salt and pepper, turmeric, curry and ginger. Sautee for 2 – 3 minutes. Add water and cover and cook for 10 minutes. Add greens and cook for another 5 – 7 minutes. Mix in fava beans and spaghetti. Garnish with herbs and sprinkle with black sesame seeds. Remove from heat and serve in 5 minutes.

Captions:

Well balanced protein, carbs, delicious dish preparation. Enjoy nutritious, buttery fava beans!

Soups

GREEN LENTIL STEW with CHINESE NOODLES

Preparation time: 30 – 40 minutes

Yield: 4 servings

Ingredients:

5 C water
1 T ghee or coconut oil
1 C green lentils
1 - 2 bay leaf
½ C leek and scallions sliced
½ C parsnip sliced (optional)
1 C carrots or broccoli
½ C celery
2 T minced onion
2 pinch sea salt, black pepper
½ tsp turmeric, coriander, cumin, fennel, mustard in powder
1 tsp grated ginger
1 C Chinese noodles
Garnish: parsley, cilantro, sage, thyme or chives

Cooking directions:

Bring water to boil. Add green lentils with salt and pepper and bay leaf. Cook for 10 – 15 minutes. Add veggies (carrots, broccoli, parsnip) and spices (turmeric, coriander, cumin, fennel, mustard). Cover and boil on low heat for 10 minutes. In a small pan, heat ghee or coconut oil and brown grated ginger with a little bit of black pepper (if you like spicy soup add red chili). Add to soup. Remove from heat and garnish with fresh herbs. Serve in 5 – 10 minutes.

Captions:

Serve with a teaspoon of ghee in each bowl of soup for an extra tasty flavor

Desserts

PEAR CHUTNEY

Preparation time: 10 – 15 minutes

Yield: 2 servings

Ingredients:

2 T ghee or coconut oil

1 T grated fresh ginger

½ C pitted, dried raisins or currants or dates

4 C fresh pears (quartered)

½ tsp cinnamon powder

½ tsp cardamom powder

¼ tsp ground cloves

¼ tsp ground nutmeg

4 oz water

2 tsp lemon/lime juice

½ C almonds, walnuts or pecans

Wheat germ, coconut flakes

Cooking directions:

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

Captions:

Simple and easy to prepare, tasty addition to a main dish

Captions:

RICE PUDDING

Preparation time: 15 – 17 minutes

Yields: 4 servings

Ingredients:

1 C rice

2 C water

½ C or 1 C organic whole or 2% milk

2 T cane or brown sugar

¼ tsp cardamom powder or 4 pods

Cooking directions:

Boil rice with water for 10 – 12 minutes. Also separately boil the milk with sugar and cardamom. Mix the rice with milk and cook for another 5 minutes.

Captions:

Lovely, light, elegant, sweet and yummy. Enjoy!

Smoothies

MORNING RUSH SMOOTHIE

Preparation time: 2 – 5 minutes

Yield: 2 servings

Ingredients:

2 apples

1 pear (optional)

1 carrot

½ C blueberries

½ C raspberries and ½ C red grapes

or 1 C strawberries

Pinch of ginger, cinnamon, cardamom

1 slice lemon or lime

2 C water

scoop of ice (optional)

Process all ingredients in the blender until smooth and creamy. Add coconut flakes, 2 T wheat germ or flaxseed meal, and/or honey bee pollen. Garnish with a mint leaf.

Captions:

Calming, clearing full of fibers and vitamins ☺

MAROON SMOOTHIE

Preparation: 2 – 5 minutes

Yield: 2 servings

Ingredients:

1 ½ C purified water

1 red beet

1 carrot

1 apple

1 slice of lime

¼ tsp ginger fresh or powder

¼ tsp fennel or anise seeds

Process all ingredients in the blender until smooth and creamy.

Captions:

Pears, apples, berries, clove, cardamom, ginger for Kapha

SMOOTHIE 1 with GOJI BERRIES

Preparation: 2 – 5 minutes

Yield: 2 servings

Ingredients:

1 ½ C purified water
1 ½ apple
½ banana
½ kiwi
2 T goji berries
1 tsp flax seeds
2 pinch cinnamon, cardamom and ginger powder

Process all ingredients in the blender until smooth and creamy.

Captions:

Figs, plums, pears, pomegranates, cinnamon, cardamom, rose petals for Pitta

SMOOTHIE 2 with GOJI BERRIES

Preparation: 2 – 5 minutes

Yield: 2 servings

Ingredients:

1 ½ C purified water
2 apples
1 kiwi
2 T goji berries
1 carrot
2 tsp flax seeds
¼ cinnamon, cardamom
Garnish with shredded coconut and mint

Process all ingredients in the blender until smooth and creamy.

Captions:

Pears, figs, dates, mango, plums, nutmeg, cardamom, ginger for Vata

PRUNE SMOOTHIE

Preparation time: 2 minutes

Yield: 1 serving

Ingredients:

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

Process all ingredients in the blender until smooth.

Captions: Prunes are a generous source of iron

WATERMELON DELIGHT

Preparation time: 2 minutes

Yield: 2 servings

Ingredients:

½ watermelon

1 tsp lemon juice

1 tsp coconut sugar

Garnish: mint leaf

Cut watermelon in cubes. Sprinkle it with lemon juice and coconut sugar. Garnish with mint

Captions:

Eat watermelon alone. Perfect for summer siesta.