



Some of our favourite recipes

<p>Breakfast Fruit 1 apple peeled and cut into pieces ¼ - ½ cup water Spices - pinch cinnamon & cardamom powders & 1-2 cloves Dried fruit - e.g. 2-3 prunes (V& K) or dates (V&P) or figs or small handful raisins (V&P) or dried cranberries (K)</p>	<ul style="list-style-type: none"> • Gently simmer apple & spices for 5-10 minutes • Excellent light breakfast for Kapha • Cancer preventative
<p>Almond Milk ¼ cup almonds (12-15) – soaked & blanched* (*optional) 1 cup water</p> <p>Almond Milk & Date Smoothie 1-2 fresh or 3-4 dried dates ¼ tspn each cardamom & cinnamon powder 1 tspn cacao 1 Tbspn hemp seeds (optional)</p>	<ul style="list-style-type: none"> • Soak almonds overnight in water. • To remove skins cover with boiling water & skin will come away easily. • Blend almonds and water – I use a Bullet Master which makes 1-2 cups easily and quickly. • You can strain through a muslin or similar cloth. • Remaining pulp can be used to add bulk to smoothies or as a body exfoliate in the shower or bath. • If making a smoothie for a thicker blend leave unstrained & add remaining ingredients
<p>Cleansing Tea 2 cups water 1 tspn each coriander, cumin, ajwain & fennel seeds 4 green cardamom pods 1-2 tspn grated ginger 1 small handful raisins</p>	<ul style="list-style-type: none"> • Place all ingredients in a saucepan and boil gently until liquid has reduced to 1 cup. • Strain and drink as a tea throughout the day – using 1-2 tspn of concentrate in warm/hot water. • Make a fresh batch for each day. • Helps remove toxins from the body & stimulate digestive fire. • Can be taken 1 day per week and between seasons for 1-2 weeks to help eliminate toxins and maintain balance. If high Pitta (excess heat) delete ajwain seeds.
<p>Spicy Lentil Soup 100g split red lentils (washed well) 1 large onion, sliced 1 garlic clove, chopped 2 teaspoons cumin seeds 1 teaspoon ground coriander ¼ teaspoon cayenne pepper (<i>only a pinch if you don't like it 'hot'</i>) 1.2 litres of stock</p>	<ul style="list-style-type: none"> • Heat enough oil in saucepan to saute onion and garlic till translucent • Add cumin seeds, coriander and cayenne and cook till onions begin to brown • Add lentils and stir for 1 minute • Pour in stock and bring to boil • Cover and simmer for 45 minutes



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Kitchari in Thermos Flask Lunch

Kitchari is at the core of Ayurvedic nutritional healing. A simple stew of basmati rice & split mung dhal which is easy to digest & assimilate. Rice & dhal are generally used on a ration of 2:1. Spices & vegetables will vary according the constitution & action required - cooling spices for pitta, warming for vata & stimulating for Kapha.

1 tspn ghee

Pinch hing (asafoetida)

1 tspn cumin seeds

1 tspn fresh grated ginger

Plus Dosha Spices (see below) or ½-1 tspn curry powder

1-2 Tbspn split mung dhal & 1-2 Tbspn basmati rice

1 cup fresh chopped vegetables

2 cups water

Salt to taste

- Wash dhal & rice 2-3 times until clear
- Heat ghee & gently saute spices
- Add remaining ingredients to ghee & spices.
- Bring to boil for 5 minutes.
- Immediately spoon into a heated 1 litre thermos flask.
- Seal and leave for about 4 hours.

Experiment with cooking times and quantities to find the right mix for you. The exact amount of time required will depend upon how well your thermos flask retains heat – glass lined flasks retain heat the best. If the time between cooking & eating is only 2-3 hrs you may need to cook on stove for 10-15 minutes. If the time is 4-5 hours then 2-5 minutes is sufficient. Always remember that mung dhal & rice swell substantially so you need a generous amount of water. Add ingredients in following order – sauté seeds in ghee first then add dhal, then water, powdered spices, rice & vegetables. Heavier vegetables can be cooked with rice & dhal for a few minutes, lighter ones can be added just before transferring to thermos.

Sprouted Mung Dhal/Kitcheri (serves 4-6)

1 cup green mung beans (sprouts to 3-4 cups)

*½ cup brown or white basmati rice (Kitcheri only)

1 Tbsp ghee &

1 tsp mustard seeds

5 curry leaves (fresh or dried)

1Tbsp fresh grated ginger

1 small bunch fresh coriander

2 3 tspn Mum's masala spice mix

¼ tsp Hing (known as Asafoetida in the West)

½ tspn trikatru (optional - available from Mary)

2 cups chopped vegetables (optional)

1 tsp. salt

1½ tsp. lemon/lime juice

1 tsp. jaggery/rapadura sugar

- Soak beans in 3X water overnight. Next day rinse well. Add only 1 cm water & cover. Rinse daily. Darkness & warmth support the sprouting process. In hot weather it will only take another 12-24 hrs for beans to sprout. 2-3 days in cold weather. Keep tails under 5 mm for best cooking results.
 - Wash & drain sprouted mung beans
 - Using heavy based saucepan melt ghee over medium heat and then add mustard seeds, when seeds pop add curry leaves and then ginger – sauté a few minutes.
 - Next add finely chopped coriander stalks. Save leaves for garnish.
 - Add remaining spices (except salt).
 - Add beans and sauté for 5 minutes.
 - Add 2-3 cups of water initially & more as cooking for desired consistency.
 - After 10 minutes add vegetables of choice e.g. leafy greens, carrots, asparagus, sweet potato, zucchini
- *For Kitcheri add ½ cup basmati rice. Add with sprouted beans if using brown basmati or with vegetables if using white basmati.**
- Cook for another 10-15 minutes adding extra water if needed.
 - Add salt, lemon juice & sugar when cooked.



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In Ayurveda, Mung Bean Soup has a magical and powerful effect! It helps to balance all 3 doshas. Its spices are part of the medicinal quality of this delicious and nourishing soup. When combined with certain sharp and penetrating herbs, the blocks created by Ama (toxic mucus that lodges in the body over time due to poor diet, lack of exercise and wrong lifestyle) are broken. In the same way that a gun is able to shoot through objects and break them, some herbs and spices have this effect. Mung Bean Soup contains many of these spices. It is beneficial to fast on Mung Bean Soup. One can start, depending on the amount of Ama in the body, with 3-5 days of fasting only on Mung Bean Soup. Then add cooked vegetables like pumpkins and squashes, and leafy greens for two days. Finally, add rice for the next two days. And then return to your normal diet. You can also give your digestion a rest at any time with a mung soup day.

Sesame Sweeties (makes 20-25)

½ cup sesame seeds
 ½ cup unsweetened coconut plus extra to toast
 2/3 cup sunflower seeds ground
 ¼ cup currants
 Pinch salt
 1/3 cup honey
 2 tbspn tahini or sesame butter
 1 tspn vanilla extract

- Grind sunflower seeds & combine all ingredients to mixture that sticks together.
 - Roll into 1" balls & roll in lightly toasted coconut
- NB: Reduce honey & increase tahini to adjust sweetness...they are very sweet!

Ginger Snaps (makes 35)

¾ cup maple syrup
 ½ cup sunflower oil
 ¼ cup unsulfured molasses (black strap)
 3 Tbspn freshly grated ginger
 2 ½ cups flour (kamut/barley/oat/wheat)
 1 tspn baking powder
 1 tspn baking soda
 ½ tspn sea salt

20 mins – 15 mins at 180 o in upper oven

- Whisk wet ingredients together
- Mix ingredients together.
- Mix wet & dry just until thoroughly moistened
- Cool for 5 mins and place on rack

Mary's Bliss Balls (Makes 20)

2 cups ground nuts/seeds (sunflower, almonds, cashews, hemp)
 ½ cup shredded unsweetened coconut
 4-5 fresh dates (8-12 dried) & ¼ cup raisins
 ¼- 1/3 cup cocoa powder
 ¼ cup sultanas
 2 tbspn buckwheat
 Optional: 2-3 drops peppermint oil or blend 2 tbspn glazed ginger with dates & raisins.

- Grind nuts & seeds mix
- Cover dates & raisins with boiling water, soak then blend
- Blend wet ingredients
- Combine dry ingredients
- Mx together & roll into balls
- Finish by rolling in toasted desiccated or shredded coconut



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<p>Ghee 500 gm unsalted butter – organic if possible Heavy based, steel medium size saucepan Fine cloth for straining Uses: Digestive aid; high level of heat resistance so it does not lose any of its nutritive value during the cooking process. Good for all constitutions. People with weight or cholesterol problems will also benefit from a small amount and should not exceed 2 tspns per day. A teaspoon in a glass of warm water morning & night will help alleviate dry skin & nourish the body or a teaspoon in a warm spiced milk at night will help with constipation & dryness - just a couple of its myriad of uses.</p>	<ul style="list-style-type: none"> • Melt butter over medium heat till it bubbles then reduce to gently simmer for 20-25 minutes. • Throughout the cooking process milk solids will foam to the surface and then start to sink to the bottom. A thin film will be left on the top • When cooked the bubbling will gradually quieten. • Remove it from the heat now for a lovely golden colour. If you leave it too long it will burn. The aim is a golden colour rather than brown and a beautiful caramel smell. • Strain through a light cloth - using an elastic band secure a cloth over a pyrex bowl and pour into cloth. The pyrex bowls with plastic lids sold in Woolworths are the perfect size for this. • Leave it on the cupboard overnight to harden. Ghee does not have to be refrigerated. • Meditative experience - take the time to stand and watch it bubble and take in the beautiful smell as it cooks.
<p>Mums Masala (spice mix) 1 tspn each - ground cardamom, black pepper & ginger. 2 tspn each - turmeric powder, cumin seeds 2 Tbspn each – fennel , coriander seeds.</p>	<ul style="list-style-type: none"> • Dry roast seeds over low heat in flat pan (cumin, fennel & coriander) • Grind in mortar & pestle or small blender. For best results dry roast and grind separately • Combine all spices and store in airtight glass jar. • Use ½ to 1 tspn per serving in lieu of recipe spices.
<p>Rooibos Chai (2) 1 cup water and 1 cup organic Unhomogenised milk 1-2 organic Rooibus tea 1/4 tspn each cinnamon & cardamom powder 1 - 2 tsp fresh grated/sliced ginger Sweeten with raw sugar/jaggery/rapadura sugar or honey to taste</p>	<ul style="list-style-type: none"> • Add spices & #sugar to water and simmer gently for 5-10 mins • Add milk and gently return to boil. • Strain and enjoy. • # Don't add honey when cooking – cool to drinkable temperature first – honey should never be heated/cooked. • Can also use 1-2 tspn organic Rooibus chai mix