

Making Ghee

Start with unsalted butter. Heat in a heavy pan over medium-low heat. When the butter starts to 'boil' it will crackle as the water comes off and the milk solids separate and sink to the bottom. Just as it is done it will stop making noise. The milk solids should be a light golden brown color and the ghee will be clear. It will burn quickly!! So watch carefully. Let cool a little bit and then just pour the ghee off. The milk solids will just stay on the bottom. When you're not cleansing, it is good to have a little ghee everyday. Sauté your spices in it, add to cereal and use it instead of butter.

Ginger digestive aid

Thinly slice peeled organic ginger, cover with lime juice and add a pinch of salt. Enjoy about 15 min before a meal if agni (digestive fire or appetite) is low, or just before or during your meal to keep digestion at its peak.

Kitcharee

The very digestible 'perfect protein' (kitchary, kitchadi, etc.)

- 1/2 cup basmati rice
- 1 cup split yellow mung beans or baby red lentils
- 4 1/2 cups water
- Veggies
- Ghee
- Ginger
- Mild curry spices including tumeric, cumin, coriander, hing, mustard seeds, ground ginger

Combine in a crock pot and cook as directed about 3 hr on high or 7 hr on low. Or prepare on the stove top - bring rice, beans and veggies to a slow boil then turn down to a low simmer and cook for about 25 minutes. You may add spices in the beginning or sauté spices in ghee and add at the end.

Cilantro Chutney: great with Kitcharee

Use very fresh organic cilantro if possible. May substitute 1 bunch parsley.

- 2 bunches cilantro washed
- Juice from 2-4 limes
- Chunk of peeled ginger chopped
- 1/2 - 1 cup of unsweetened coconut (the fresher and more whole the better)
*I have substituted a couple tablespoonfuls of coconut milk
- Pinch of cayenne
- Rock salt

If you are using a blender, I have found a carrot works best for pushing the cilantro down to be ground. A food processor works well if you have one. Ideally is a medium-thick pleasant consistency. This can be frozen in an air tight container- covered with plastic wrap if necessary to keep air off.

Coconut Lentil Soup

- 2 cups baby red lentils or split yellow mung beans (moong dal)
- ~3 cups water
- 1 can coconut milk
- butternut squash* or yams, peeled and chopped
- chopped greens like kale, chard or spinach (add close to end)
- fresh basil or cilantro to garnish
- mild curry spices- like for kitcharee
- small amount of green or red thai curry to taste
- squeeze of lemon or lime
- Add all ingredients, bring to a low boil over medium heat and then reduce to a simmer
- Serve with rice, brown or white or quinoa
- Garnish with chopped cilantro and squeeze of lemon or lime
- *Butternut squash is definitely my favorite!

Split pea soup

- 2 cups green split peas
- ~4-6 cups water with veggie bouillon to taste
- potatoes
- carrots
- chopped greens
- zuchinni
- bay leaf
- squeeze of lemon or lime in the last 5 minutes of cooking
- Bring to a low boil over medium heat and then reduce heat to a simmer and cook for about 30 minutes, stirring often
- Serve with rice, brown or white or quinoa
- Garnish with chopped basil, parsley, cilantro or chives and squeeze of lemon

Italian Kitcharee

- 1 cup brown lentils
- 1 cup brown rice
- ~ 4 cups of water
- tomatoes, fresh or canned or sauce
- fresh herbs like thyme, oregano, basil, chives
- olive oil
- chopped greens (like chard, kale or spinach)
- Bring to a boil over medium heat and then reduce heat to a simmer and cook for about 45 min (until lentils are tender)
- Garnish with fresh chives, basil or parsley and squeeze of lemon

Pasta with Chard*

whole wheat pasta- penne or spaghetti
swiss chard
walnuts
lemon

-Boil pasta and add chopped chard after ~5 minutes (add stalks first to give them a few extra minutes). Drain.

-Garnish with walnuts, squeeze with lemon, olive oil, salt, pepper.

*You can substitute any grain for the pasta

Red Lentil Ginger Pasta*

whole wheat penne pasta
1 cup baby red lentils
1/4 cup butter or ghee
spinach
ginger
dried or fresh sage
walnuts
parmesan

-Melt butter or ghee over medium heat. Add chopped fresh ginger and sautee for a few minutes (careful not to burn). Add lentils (rinsed) and cook in the butter for a few minutes. Add 2 cups hot water (careful it will steam). Cover and cook over low heat, stirring occasionally, 20-30 minutes or until lentils are tender. Add spinach at the end and a little more water if necessary (it takes a lot of spinach! to still have some left when it cooks down).

-Toss with pasta and

-Garnish with walnuts and parmesan (optional) and lemon

*You can substitute any grain for the pasta

Sattvic Snacks & Desserts

Sattvic snacks are always eaten mindfully *Consciously* with the *Hunger Scale* in mind.

Dried fruits like papaya, pineapple, peaches, crystalized ginger all make a nice easy to digest end of meal treat or snack.

Slice fresh bananas and place in a bowl. Add 1-2 tsp of cardomon, a little cinnamon and some turbinodo (whole or raw) sugar. Toss to coat.

Slice open Mejjool Dates and fill with almond butter and top with raisins.

Walnuts and Raisins are delicious together!!

Fresh fruit like apples or bananas sliced and topped with almond butter.

Fruit salad. Slice tropical fruits and add some coconut (dried, sweetened or not), some whole or raw sugar, ginger and lemon or lime juice. Toss to coat.