

Firestarter (week 1)

# SPRING AYURVEDIC CLEANSE MANUAL

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## Introduction

Welcome to Rasayana [Rah-sah-yana] - a holistic massage therapy practice specializing in India's traditional holistic medical system, Ayurveda [ah-yer-vey-duh, -vee-]. Now that yoga has established a world-wide presence, Ayurveda is emerging as an important global system of mind-body medicine. Sadly, our current cultural focus on diagnostic tools, treating symptoms, and categorizing wide ranges of ailments into rigid categories of

disease, is dulling our collective capacity for self-awareness and individual sensitivities. Consequently, many of us ignore our internal warning bells when we're feeling just slightly *off*, and can't figure out the exact reason why. A general malaise and early stages of being unwell - of feeling foggy, weighed down, or handicapped in some way - creep in, and even if you're feeling good, wouldn't you want to know how to stay that way? With Ayurveda's 5,000+ year-old traditions and strategies, we can learn to tune in to our own innate intelligence and recognize the subtle indicators that the balance in our health has gone awry.

Comprised of eight branches (internal medicine, psychology, pediatrics, surgery, otolaryngology, aphrodisiacs, toxicology, and rejuvenation/geriatrics) Ayurveda is both a natural healing system and guide to the art of daily living. It's a system that allows you your own spiritual beliefs and invites you to clean up your act, emphasizing relation to self and relation with Nature and her rhythms.

In Sanskrit, *ayus* means "long life" and the word *veda* refers to a system or "knowledge". So the rough translation of *Ayurveda* is "the art of longevity" or "science of life". It is a powerful natural healing approach for mind, body, and spirit, with antiquity and depth parallel to the Yoga tradition. At once a vast body of knowledge and an inclusive approach to healing, Ayurveda does not subscribe to rigid applications of "do's" and "do not's". It is a richly-layered system steeped in tradition, and "...developed in a culture where worship, religion, philosophy, health, poetry, dance, and music were interwoven on a daily basis" (Frawley). It is not merely a system to address illness, but rather an approach about *how to live*.

It looks closely at the way food tastes, feels, transforms, and heals. It considers the natural rhythms of the season and prioritizes the strength of our digestive fire - *agni*, in Sanskrit, above all else. *Agni* oversees digestion, absorption, and assimilation in the GI tract, as well as the exchange of nutrients at the cellular level - even the digestion of thoughts and emotions. Ayurveda emphasizes quality over quantity, and *a balanced agni is your number one defense system against ill health and disease*.

My intention for you during this cleanse is to ignite or rekindle a conscious relationship with your food, and begin to see your kitchen as a sacred space. Ayurveda has a personalized approach – recognizing that not all healthy foods are “healthy” for everyone.

The point is that tending to and supporting the health of *agni* can be a powerful catalyst for improving overall mental and physical health. While there are several ways to support *agni*, seasonal cleansing like Firestarter is one of the most straightforward and effective means available. Done correctly, an Ayurvedic cleanse helps to eliminate toxicity that inhibits *agni*, strengthens *agni* throughout your system, and can serve to initiate a powerful process of renewal and healing at many levels. It’s designed to draw out toxins and excess vata, pitta, and kapha out of the tissues and into the digestive tract so they can be eliminated. While this is sometimes an uncomfortable process, the end result should be an improved sense of balance, concentration, and overall health.

## Indications

These are some common signs your body would benefit from a cleanse:

- You have trouble listening to what your body needs (i.e. sleep, food, rest)
- You often lack energy or feel real tired
- You struggle with constipation, loose stools, or irregular bowel movements
- You have intense cravings for spicy, salty, or sweet foods
- You suffer from anxiety or stress
- Your mind feels foggy or lethargic
- Your mind feels scattered and you have trouble focusing
- You feel a general, undefined malaise and don’t feel as good as you should (or have in the past)

## An Ayurvedic Cleanse Helps:

- Restore an improved sense of energy, vitality, and enthusiasm for live
- Foster a sense of calm to the mind and nervous system
- Recover each individual’s natural state of balance
- Prepare the tissues for deep nourishment and rejuvenation
- Curb food cravings and mood swings
- Maintain a healthy weight

- Reduce gas, bloating, and constipation
- Promote regular and balanced elimination
- Support heart health
- Clear mental clutter and keep sharp and focused
- Maintain an awesome skin complexion - get your glow on!

Traditional Ayurvedic cleanses typically last a minimum of (3) three weeks and involves three distinct phases - preparation, active cleansing, and reintroduction - which are then followed by a period of rejuvenation. This format helps to ease the body in and out of the actual cleanse process and offers deep nourishment to the tissues afterwards. The diet consists primarily of whole grains, kitchari, and veggies, and is supported by detoxifying herbs and teas. Other complementary practices involve self-massage with oil, gentle sweating, and the administration of herbal nose drops - all which help to loosen and release imbalances buried deep within the tissues.

## The 3 Phases

### 1. PREPARATION (week 1)

Remove: Removing foods that are lackluster or depleting, including canned, frozen, microwaved foods. Minimizing sugar, flour, dairy, meat, and caffeine. Also consider removing toxic household cleaners and beauty products.

Restore: Restore optimal liver function with bile-moving foods and fluids in preparation for proper detox processes. By jumping in without this step, many experience a sort of “cleanse casualty” where the body cannot adequately support the fat-burning, detox process and strong side effects typically derail efforts.

### 2. ACTIVE CLEANSING (week 2)

Replace: Simplify your diet to a mono-diet of kitchari, ghee, and culinary spices to increase the power of digestive enzymes like bile and hydrochloric acid. This loosens excess vata, pitta, kapha, and *ama* (toxins) from the system and stokes your main digestive fire - *jatharagni*, in Sanskrit, turning your body into fat-burning mode.

Eject: Castor oil initiates a purge of the bowels, ejecting accumulated doshas and toxins from the body.

### 3. REJUVENATION (week 3)

Reinoculate: After the gut has been cleaned, a slow, gentle transition to a more diverse diet to reintroduce beneficial bacteria, dietary fiber, pre and probiotics.

Repair: Repairing the cells of the small and large intestines is accomplished by the preceding steps followed by internal and external oleation of the body.

This 21-day seasonal cleanse is my systematic approach through these stages, ensuring a safe, gentle, and deeply therapeutic experience. However it is NOT for you if:

- You are pregnant, breastfeeding, or menstruating
- You are extremely weak, debilitated, or convalescing

***During the cleanse, be sure to continue taking any and all prescribed medications as instructed by your doctor.***

### You Can Do This

If you feel intimidated, or have doubts about how you'll respond to the restrictions or the overall structure of a cleanse, please remember while your diet will be simplified, you will not be fasting. In fact, you will continue to enjoy tasty and satisfying meals and teas, complete proteins, and a balanced diet overall. Even if you don't feel any early warning signs of imbalance, your body will very likely appreciate the break.

While cleansing can be profoundly beneficial, it important to honor your own process and timing. Remember, Ayurveda aims to meet each of us exactly where we are. It is important to realize that the longer and deeper a cleanse is, the more delicate the body is likely to become during the process, and the more care and attention will be necessary in order to "return to normal" afterward. Start where you are, and give yourself permission to start small, and to progress at your own pace. Most importantly, don't freak out. Instead, REACH OUT for support from the Firestarter Facebook Group or attend a live Q&A call.

Some common side effects while cleansing can include: headache, nausea, fatigue, irritability, constipation, bloating, bad breath, and general body odor. These are temporary symptoms which are easily managed, albeit inconvenient. Inevitably, as our overall state of balance improves and the intelligence within our bodies resurface, these cleansing therapies will become more natural, easeful, and rewarding.

<b>Building, Nourishing, Promoting Qualities</b>	<b>Reducing or Lightening Qualities</b>	<b>Tastes</b>
Heavy	Light (in weight)	Sweet
Slow/dull	Sharp/penetrating	Sour
Cold	Hot	
Oily	Dry	Salty
Smooth	Rough	
Dense/thick/solid	Liquid	Bitter
Soft	Hard	
Static/stable	Mobile/unstable	Pungent
Gross/big	Subtle	
Slimy/cloudy/sticky	Clear/non-slimy	Astringent

(Table 1): How Food Feels & Tastes

Being a system of balance, Ayurveda applies a “like increases like” and “opposites balance” approach to living. According to Ayurvedic theory, Spring in New England is considered the season of *Kapha*– a biological principle governing structure, cohesion, lubrication. As we transition from the dry and cold qualities of Winter, to the warmer, more humid months of Spring and Summer, Nature’s air element gives way to earth.

Think about what the earth is like: dense, stable, sometimes slimy and heavy.

The *Kapha* dosha is made up of earth + water.

So for the months of late March - late June in New England, these elements and qualities dominate the world around us and within us.

In its balanced state, *Kapha* bestows empathy, love, loyalty and strong, healthy tissues. It’s the “glue” that holds everything together. It’s the stability in our bones and muscles, the liquid lubrication to the joints, the protection of vital organs, and the fluid our brain and spinal cord is suspended in.

*Kapha* resists change and is generally slow moving. It’s the protector. The insulator of the mind-body. But when our lifestyles imbue too many of those heavy, sticky, and cool qualities, we experience a state of imbalance - often showing up as persistent weight gain, oily skin/hair/nails, cold or clammy hands & feet, lack of motivation, depression, and respiratory illnesses like chronic cough, asthma, or sinus infections.

Nature has cycles which regulate seasons, harvests, migration and mating patterns, so we should be following them too. Protein, fat, and carbohydrates are always needed in our diets, but in varying proportions as the seasons change. In Spring, we need a ratio of 10:60:30. In Summer its 10:10:80. For Fall and Winter, a ratio of 40:30:80 is recommended (Douillard). This cleanse protocol will provide the necessary ratios for steady blood sugar levels and initiate the body’s desire to burn FAT for fuel. Environmental, dietary, and emotional toxins lodge in fat cells of the body.

***Burn fat, banish toxins.***

Many things in life can be stressful; but when our lives are flowing in synch with Nature's cycles (rather than against them) stress doesn't have the same impact on our immune system. This is the difference between "curing" a disease and *initiating the body's healing response*. In North America, we tend to associate 3<sup>rd</sup> world living with the constant stress of poverty. But the day-to-day lives of many of those people are far less stressful (with more family support systems) than our own hectic and highly alienated lives.

Simple changes in your exercise and sleep routines will also be recommended over the course of your cleanse, further habituating the body into Nature's rhythms. These recommendations - when established as our daily routines - offer us a wonderful chance to TURN DOWN the volume of life and TUNE IN to your deepest needs and divine power. In doing so, you are declaring to your body that LIFE IS NOT AN EMERGENCY.

Congratulations on taking this important step in your self care. My goal for you in this program is to become familiar with how this ancient system can apply to your modern life, and to empower you thru experiential learning, such that you are energized, joyful and present to the beauty and magic of life. Are you ready? Let's go!

## References

Douillard, John. (2000). *The 3-Season Diet. Eat the Way Nature Intended*. New York: Three Rivers Press

Frawley D, Summerfield Kozak S. (2001). *Yoga for Your Type: An Ayurvedic Approach to Your Asana Practice*. Twin Lakes: Lotus Press.



## Phase One - PREPARATION

There are lots of different kinds of cleanses available today and one of the reasons I love Ayurveda's approach is that it is effective without leaving you feeling deprived or hungry. No fasting, no juicing. Just real food and real results. That being said, cleansing regimes are not necessarily an easy or comfortable endeavor, and in order to give you the best chances of success, you'll need to prepare (phase one).

### Tasks to Complete

- Clear your schedule of any non-essential commitments. You do not necessarily need to take any time off of work, but do pull back from social engagements, house projects, and typical workout/gym routines. Ask a friend/family member to help you with car pooling the kids to their commitments, hire someone to do the household chores, and create the space in your life for reflection, rest, and managing any side effects you may experience.
- Clear out your pantry, fridge, and freezer of any stale, frozen, or left-over foods. Wipe down shelves and drawers so you begin with a fresh, clean slate. Share before and after pics with the Facebook Group.
- Do the Sentence Completion exercises provided in this manual

Begin your meal planning for weeks 1 & 3. Use the recipes in this guidebook for inspiration, or favor the foods on the Seasonal Shopping List.

Blend your spice mixes, grocery shop, and consider ordering other helpful, complementary supplies for your self care:

- Stainless steel, insulated food/beverage thermos
- Mortar & pestle or clean coffee grinder for spice mixes
- Pressure cooker or 3-quart sauce pan
- Cheesecloth for ghee-making
- Stainless steel tongue scraper
- An eye-dropper
- Neti Pot and non-iodized salt
- Organic sesame seed oil for self-massage
- Castor oil
- Hot water bottle
- Square panel of flannel, enough to cover abdomen (2 layers)
- Sanitary napkins or adult disposable “diapers”
- Journal & Pen

Establish limits around technology and set your DVR to record your favorite shows for later viewing. Compose an auto-reply on your email, consider creating a new personal greeting on your voicemail stating you’ll be unavailable for a period of time.

Join the “Firestarters” private Facebook Group via your email invitation

Identify your personal support team aside from the Facebook group. Write down the names of people in your life that will support and cheer you on during your cleanse. Tell them of your plans and intent with this cleanse, then fold that piece of paper and carry it around with you. It is common to experience emotions like grief, anger, fear, frustration, and disappointment as unresolved issues percolate to the surface and are purged from your subconscious. In those moments, pull out that piece of paper and call someone from that list for additional moral support.



## Sentence Completion Exercise

Unresolved or “stuck” emotions are a major factor involved in our mental health and wellbeing. Each experience in life – good or bad – leaves “a groove on the mind”, according to world-renowned Ayurveda expert, Dr. Vasant Lad. “Like a record,” he says. These grooves or “scars” on the mind is referred to in yogic philosophy as Samskar. Carried over from former experiences (or even former lives), Samskar is like a field of consciousness sprinkled with seedlings of thoughts, attitudes, beliefs and feelings. Undigested experiences congest the mind. And ultimately, block the flow of our vital life force energy (prana).

**This exercise is designed to assist you in removing obstacles to fulfilling your dream of endless energy and steady stamina.**

Complete the sentences below, either in writing or verbally with a trusted partner. Don't try to figure out the "right" answers. Just let your thoughts and feelings come out uncensored with the first ones that comes to mind.

Notice any unconscious defense mechanisms that may pop up to distract you (i.e. "I'm hungry" or "this is a silly exercise"). Some of your responses may make no sense and that's okay.

Occasionally reread the statement and list any new or different insights. Do these same steps for each statement. After you've made your lists, review them once more time and add any other thoughts that come to mind. Then take a deep breath, exhale, and release your past and the energy associated with it by shredding or preferably, burning the lists outdoors.





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**HOW WOULD YOU CURRENTLY DESCRIBE THE STATE OF YOUR DIGESTIVE HEALTH?**

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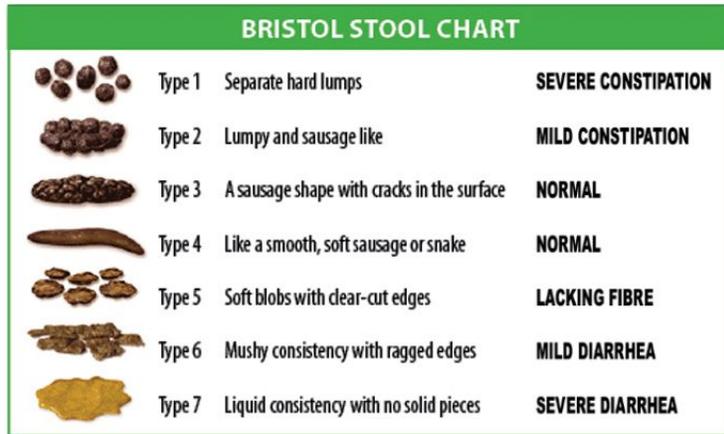
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## AGNI ASSESSMENT CHECKLIST



### Is it Balanced?

- I pulse between authentic hunger and deep satiation
- My tongue is a healthy pink
- I poop each morning
- My bowel movements are clean
- My energy is consistent all day without the use of stimulants
- I can think clearly
- My skin is clear and smooth
- My libido is steady

### Is it Unbalanced?

- I eat when not hungry or I overeat
- My tongue has white, yellow, or grey gunk on it
- I fart and/or belch a lot
- I have bad breath
- I crave unhealthy foods
- My appetite is irregular
- There's gurgling in my intestines
- I have excessive saliva in the mouth



**WHAT ARE YOUR FAVORITE FOODS TO EAT? THE ONES YOU CAN'T DO WITHOUT?**

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**WHAT QUALITIES (GUNAS) AND WHICH OF THE 6 TASTES(RASA) DO THEY HAVE (PG 6) IN ITS NATURAL STATE?**

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## Seasonal Shopping List (Spring)

- Artichokes
- Arugula
- Endive, Radicchio
- Spinach
- Chillies
- Pears
- Tofu
- Grapefruit
- White beans, red/green lentils
- Kale
- Fiddleheads
- Garlic
- Sprouts
- Barley, Buckwheat, Millet, Rye
- Asparagus
- Goat cheese
- Apple cider, balsamic vinegar
- Pomegranate
- Cranberry, cherries
- Raisins, prunes
- Swiss chard
- Mustard greens
- Onion
- Dandelion
- **Yellow mung beans (split & hulled) for kitchari phase (week 2)**

## Guidelines of Eating

It is not simply *what* one eats, but *how, when, and where*.

- Consider hunger level and eat an appropriate quantity for that level. Eat just until full then stop.
- Eat only after previous food is digested. The general recommendation is 4-5 hours between breakfast & lunch, then again between lunch & dinner – while fasting between dinner & breakfast for 13-15 hours)
- Set a specific time and place for meals
- Eat in good spirits; never when stressed, angry, or emotional
- Create a pleasant environment with flowers, candles, pleasing music
- Bless your food before eating
- Chew food well (32 times per bite)
- Do not talk, read, watch TV or be on the computer at meals. Direct your attention to the sensations you experience while dining and refrain from eating while moving in the car.
- Eat freshly cooked and warm, moist food (not fried)
- Eat fresh and seasonal fruit/veggies

## Phase One Recipes

Here are a few of my go-to recipes for spring to give you some inspiration and get you started in seasonal menu planning. If none of these speak to you, simply cook your favorite foods on the seasonal shopping list and favor steaming or blanching over sauteing in oil.

### SAVORY SPICE MIX

From Eat, Taste, Heal: An Ayurvedic Cookbook for Modern Living by Thomas Yarema, Daniel Rhoda, and Chef Johnny Brannigan

- 2 T. whole fennel seeds
- 1 T. each, whole coriander seed, whole cumin seeds, ground turmeric, dried basil
- 2 t. each, powdered ginger, salt
- 1 t. asafetida (also known as “Hing”, found at Indian grocery stores)

Combine all ingredients in a spice mill or coffee grinder and grind them. Empty into a bowl and mix well with a spoon to evenly distribute the spices. Transfer to an airtight container and store at cool room temperature. Sprinkle on grains or veggies when cooking to improve digestion and reduce gas or bloating.

### SWEET SPICE MIX

from the Everyday Ayurveda Cookbook by Kate O'Donnell

- 2 T. each, ground cinnamon and ginger
- 1 T. ground cardamom

Mix the powdered spices together in a glass shaker jar and add to cooked grains or fruit to add a sweet taste and warming quality to aid digestion. A must have for my cooler weather breakfast cereals, this spice mix can turn virtually any grain into breakfast.

### BUCKWHEAT & BLUEBERRY BREAKFAST PANCAKES

- 1 ½ c. buckwheat flour
- 2-3 c. almond or oat milk (depending on desired consistency)
- 1-2 tsp. Sweet spice mix
- 1 tsp. baking soda
- ½ tsp. Salt
- 1 egg, beaten (or substitute with 2T. Ground flax seed + 2 T. cold water, whipped with a hand-held immersion blender)
- Organic blueberries (or raspberries or blackberries)
- 2 tsp. coconut oil for the griddle/pan

Mix all ingredients to make a thick batter. Fold in berries. Cook first side on a hot, oiled surface until bubbles form then turn to the other side.

### STEWED APPLES & PEARS

Chop 2 apples and 1 pear (I like MacIntosh and Bartlett, myself) and combine them in a small saucepan with a heaping teaspoon of Sweet Spice Mix (recipe below) and ¼ c.

organic apple cider (can substitute with water). Cover and simmer on medium heat for 20-25 minutes. Enjoy warm by itself or spoon on top of warm cereal.

#### WARM CHIA-SEED BREAKFAST PORRIDGE

½ c. chia seeds

1 T. goji berries

2 ½ T. unsweetened shredded dried coconut or coconut flakes

½ c. almond milk

1 T. coconut sugar or date sugar

¼ t. Sweet spice mix

¼ c. blackberries or raspberries (optional)

1 t. Maca root powder (optional)

Combine chia seeds, goji berries, and coconut in a small bowl. Add the almond milk and let it sit for approximately 5 minutes. Stir in the coconut sugar, spice mix, and optional berries and maca.

#### EGG WHITE SCRAMBLE

- Organic, omega-3 egg whites (I buy a small carton of Organic Valley brand)
- Savory spice mix
- Chopped dark leafy green (I like spinach)

Saute the greens in EVOO or ghee over medium heat in a frying pan. When wilted and bright green, pour in egg whites. Add ½ - 1 t. Savory spice mix, and mix intermittently until cooked through. Serve with a side of avocado toast.....or wrap in a burrito with cooked black beans!

### FRESH-O-RAMA

From the Everyday Ayurveda Cookbook by Kate O'Donnoll

This is great for those experiencing congestion first thing in the morning. The sharp, penetrating quality of this bright drink is a great energy boost in the morning without the caffeine of coffee. Best to drink on an empty stomach in the morning about half hour before breakfast. If it's too acidic for your palate, omit the cayenne pepper and use lime juice instead.

- Juice of (2) oranges or grapefruits
- (1) ½” piece of fresh, peeled, ginger root
- Juice of (1) lemon
- 1-2 tsp. Raw honey
- a dash of cayenne pepper for the adventurous

In a blender, process 1 c. of the orange or grapefruit juice with the ginger root until well combined. While the blender is running, drizzle in the honey, then add the rest of the citrus juice and cayenne. Transfer to 2 glasses and drink immediately before the pulp settles to the bottom.

### GOLDEN BEET & GREEN BEAN SALAD

From What to eat for how you Feel (by Divya Alter)

Raw salads really go against the law of balance you're experiencing gas, bloating, or constipation. Raw foods, being cold and rough by nature, need strong digestive fire to

“cook” in the stomach. Blanching is a great cooking technique if you really want a crisp salad, while avoiding the raw.

- 1 tsp salt
- 2-3 medium golden beets, cut in ¼” wide and 2” long pieces (approx.. 2 cups)
- 2 c. green or French beans, ends trimmed and cut into 2” pieces
- 1 T. olive oil
- small pinch of asafetida (aka “Hing”, found at your Indian or Pakistani grocer)
- freshly ground black pepper
- 1 T. fresh lime juice
- 2 tsp. fresh ginger juice (grate 1 ½ inch piece of fresh ginger root and squeeze to release its juice with your hands)
- 2 T. fresh basil leaves (sliced into ribbons)

Prepare a large bowl for sprucing up the blanched veggies by fill it halfway with cold water and a handful of ice. Blanch peeled beets in 3-4 quarts of rapidly boiling water & salt for 5 minutes or until tender. Remove with a slotted spoon and put into ice bath for 10 seconds, and transfer to a colander. Repeat with the beans (but make sure the water is rapidly boiling again first). Drain the veggies and transfer to serving platter. \*Tip: Save the hot blanching water for cooking a soup or stock later! In a small bowl, whisk together the infused olive oil, lime and ginger juices, and remaining ½ tsp. of salt. Pour dressing over the veggies and gently toss. Serve at room temp. garnished with basil leaves.

### RED BEET & LENTIL SOUP

From What to eat for how you Feel (by Divya Alter)

- 2 t. Coriander seeds
- ½ t. Cumin seeds

- 1 c. red lentils, washed, soaked for 30 min., drained, and rinsed
- 2 medium red beets, peeled and cut into 1" cubes
- ½ t. Ground turmeric
- 1 or 2 small bay leaves
- 1 small green Thai chili, seeded and minced
- 1 T. ghee or EVOO
- ¼ t. Freshly ground black pepper

Grind the coriander and cumin seeds into a fine powder. Combine the lentils and 4 c. water in a heavy 3-quart saucepan. Bring to a full boil, stirring occasionally and skimming any froth from the surface. Add ground seeds, beets, turmeric, bay leaves, chile, and ghee and mix well. Bring to a boil again, then lower heat to med-low and cover. Simmer until beets are soft (approx. 20 min.). Remove from heat and allow soup to cool for a bit. Remove bay leaves and add salt & black pepper, ghee. Blend to a smooth consistency.

#### CINNAMON TEA (TO BATTLE SUGAR CRAVINGS)

- 1 stick cinnamon soaked in 2 c. water overnight
- 2 cardamom pods, cracked
- pinch of ginger powder
- pure vanilla extract

Cook first three ingredients over medium heat until reduced to 1 cup. Add 2 drops vanilla extract. Drink when sugar cravings hit.

## MIDDLE EASTERN OLIVE CASSEROLE, STUFFED IN BUTTERNUT SQUASH

Taken from Ayurvedic Cooking for Westerners by A. Morningstar

- 1/4 c. dry quinoa, rinsed
- 3/4 c. dry millet, rinsed
- 2 c. water
- 1/2 t. salt
- 1/2 c. chopped black olives
- 1 t. fresh ginger root, peeled and chopped finely
- 1 small onion, peeled and chopped finely
- 3-4 T. ghee or olive oil
- 1 tsp. paprika
- 1/4 t. ground cloves
- 2 butternut squash, halved lengthwise

Preheat the oven to 350 degrees. Wash and cut the squash, placing face down in a roasting dish. Add 1 1/2 c. water and roast for about an hour until the squash is tender.

In a medium saucepan, combine the quinoa, millet, water, and salt. Bring to a boil, reduce the heat to low and cover. Cook approximately 30 minutes or until all the liquid has evaporated. While the grains are cooking, prep the olives, ginger root, and onion.

In a large skillet, sauté the ginger and onion in the ghee on medium heat until the onions become translucent. Then stir in the paprika and ground cloves. Stir the spices evenly into the onion mix and set aside. After the grains have cooked, add them to the onion mixture in the skillet and mix well. Add the olives and freshly ground pepper and salt to taste. Stuff the mix into the squash and place back in the oven, uncovered, for 15 min.

## STEAMED SALAD BOWL

from the Everyday Ayurveda Cookbook by Kate O'Donnell

- 4 cups veggies: collards, spinach, green beans, beets, carrot ( or your personal favorites from the Spring shopping list)
- 2 cups quinoa
- approx.. 1/2 c. tahini
- 2 Tablespoons olive oil
- juice of 1/2 lemon
- 1/2 t. salt



For the dressing: Whisk the tahini, olive oil, lemon juice and salt in a large bowl. There will be a moment when the oils separate – keep whipping! The mixture will become smooth . Add 2 Tablespoons of water at a time to your desired consistency. Set aside.

For the Salad: Trim stems from your greens and add them (chopped) to a large frying pan with a Tablespoon of water. Cover tightly and steam them for 10 minutes of medium heat. Using a veggie peeler, add carrots, beets and continue to steam. Set aside when tender and leave partially covered. In a separate bowl, spread out a bed of cooked quinoa and top with the steamed veggies. Drizzle the tahini sauce and enjoy!

\*Optional toppings: poached egg, toasted nori, sliced avocado.