

Clear Mind Strong Body (Module 3, Week 1)

DIGEST & DETOX WORKBOOK



Introduction

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?

Ayurveda 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.*

HOW WOULD YOU CURRENTLY DESCRIBE THE STATE OF YOUR DIGESTIVE HEALTH? USE THE SPACE BELOW.

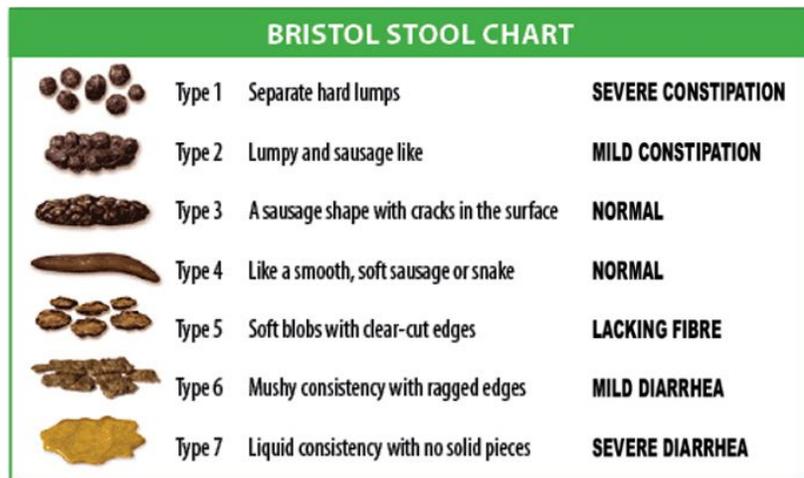
AGNI ASSESSMENT CHECKLIST

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



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*, Ayurvedic cleansing like this is one of the most straightforward and effective means available. Done correctly, it 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, it will leave you more clear and energized for the next modules, your continued personal habit evolution, and lifestyle design!

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 life
- 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 seasonal 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, days 1-3)

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 2, days 4-7)

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 shortened 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 is 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 CMSB 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.

Building, Nourishing, Promoting Qualities	Reducing or Lightening Qualities	Tastes
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

Ayurveda considers eating food a practice.

What kind of food practice you create will directly impact your strength, energy, clarity of mind, skin complexion, immunity, and your sensory perception of the world around *and within you*. It gives you vital life force energy (prana) and the foundation for building healthy tissues.

SINCE TISSUES ARE CONSTANTLY BEING BROKEN DOWN
TO UTILIZE ENERGY; REPLENISHING WITH GOOD QUALITY FOOD
IS ESSENTIAL.

Food is called *purnabrahma*. “Purna” means full or absolute. “Brahma” is defined as universe. So food is considered to have all of the elements the Universe is comprised of. Being a system of balance, Ayurveda applies a “like increases like” and “opposites balance” approach to living.

According to Ayurvedic theory, Autumn in New England is considered the season of *Vata*—a biological principle governing movement and communication. As

we transition from the hot and oily qualities of Summer, to the cooler, dryer months of Autumn & Winter, Nature’s fire element gives way to air.

Think about what Air is like: cold, dry, and light, moving quickly in all directions.

The *Vata* dosha is made up of air + space.

So for the months of October – February in New England, these elements and qualities dominate the world around us and within us.

In its balanced state, *Vata* bestows enthusiasm and creativity and brings lightness to the mind. It loves change, is sensitive/intuitive and generally cheerful. But when our lifestyles imbue too many of those light, cold, mobile qualities, we experience a state of imbalance – often showing up as dry or cracked skin/hair/nails, constipation, gas and bloating, pain

(especially in the low back), cracking & stiff joints, racing thoughts, forgetfulness, nervousness, or fear and insomnia.

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 3rd 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 (Douillard).

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.

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.

WHAT ARE YOUR FAVORITE FOODS TO EAT? THE ONES YOU CAN'T DO WITHOUT? WHAT QUALITIES (GUNAS) DO THEY HAVE? WHICH OF THE 6 TASTES DO THEY HAVE?

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

For these two weeks, 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 CMSB Facebook Group.
- Do the Sentence Completion exercises from your CMSB Welcome Packet
- Begin your meal planning for this week. Use the recipes & meal planner in this guidebook for inspiration, or favor the foods on the Seasonal Shopping List.
- Blend some tasty spice mixes (pg 17), 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.
- 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 in your wallet or purse throughout the week. Because Ayurvedic cleansing involves more than just the physical body, 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.

SEASONAL SHOPPING LIST (FALL/WINTER)

- Red lentils
- Adzuki beans
- Quinoa
- Maple Syrup/Jaggary
- Ghee (clarified butter)
- Acorn/butternut/buttercup/delicata squash
- Sweet potato
- Turnips
- Rutabaga
- Leafy greens (kale, collards, mustard, chard)
- Cauliflower
- Apples
- Figs
- Yellow mung beans (split & hulled) for kitchari phase
- Chickpeas
- Basmati or brown rice
- Honey
- Almonds (peeled & soaked)
- Coconut oil and/or EVOO
- Sea vegetables
- Carrots
- Parsnips
- Raisins
- Beets
- Onions/garlic
- Pears
- Dates

SEASONAL SHOPPING LIST (SPRING)

- Artichokes
- Arugula
- Endive, Radicchio
- Spinach
- Chilies
- Pears
- Tofu
- Grapefruit
- White beans, red/green lentils
- Yellow mung beans (split & hulled) for kitchari phase
- Sprouts
- Barley, Buckwheat, Millet, Rye
- Asparagus
- Goat cheese
- Apple cider, balsamic vinegar
- Pomegranate
- Cranberry, cherries
- Raisins, prunes

SEASONAL SHOPPING LIST (SUMMER)

- Beets
- Fennel
- Summer squashes, zucchini
- Berries
- Peaches, plums
- Barley, quinoa
- Avocado
- Goat cheese
- Rose water
- Corn
- Cukes
- Apples
- Dates
- Melons
- Chick peas, white beans
- Coconut
- Yogurt, fresh
- Coconut water

For the next week, simply work from the seasonal ingredients and guidelines provided here, while continuing to develop your sleep hygiene. **Don't be afraid to toss some flour around the kitchen and have fun! I've thrown in a few of my favorite recipes here so you can channel your inner Julia Child and serve up some *sattva*.**

Yesterday, mine was getting fresh flowers on the table . :)

RASA (TASTE)

"Ra means "to relish, praise, or ease;" sa means "juice, sap or secretion." Rasa is the case associated with secretions in the mouth. The moment a substance (food, medicine, or herb) touches the tongue, the first experience is ease or *rasa*. Any substance, be it pepper or milk, creates salivation and thereby taste. The word *rasa* has many profound meanings. *Rasa* means taste, melody, experience, comprehension, interest, enthusiasm, appreciation, emotion, juice, plasma (*rasa dhatu*), mercury (a heavy, liquid metal), semen, and essence."

-Vasant Lad, M.A.Sc.

GUIDELINES OF EATING

- 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

GUIDELINES OF EATING (CONT)

- 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

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

WHAT QUALITIES (GUNAS) DO THEY HAVE? WHICH OF THE 6 TASTES DO THEY HAVE?

PHASE ONE RECIPES

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 fall and winter breakfast cereals, this spice mix can turn virtually any grain into breakfast.

BREAKFAST PANCAKES

From Simple Ayurvedic Recipes by Myra Lewin

- 2 c. flour
- ½ c. rice or soy milk
- ½ t. each ground cinnamon, cumin, and coriander
- ¼ c. applesauce
- 2 t. honey
- 1 t. tahini
- 2 T. ghee or olive oil for cooking

Mix the flour, milk, and spices to make a thick batter. Add the applesauce (or cooked apples) to the batter for more moisture and a sweet taste. Cook first side on a hot surface until bubbles form then turn to the other side. Mix honey and tahini together in a separate dish and top your pancakes with it.

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.

YAM & OAT MUFFINS

From the Everyday Ayurveda Cookbook by K. O'Donnell

1 egg (or sub. with 1 Tbsp. ground flaxseeds whipped with 3 tsp. water in a blender for 2 min.)

½ c. whole cow's milk or almond milk

½ c. cooked, mashed sweet potato

1 tbsp maple syrup or molasses

½ c. oats (to grind)

½ c. rolled oats

1/8 tsp baking powder

1/4 tsp. each baking soda, cinnamon, ground ginger

1/8 tsp nutmeg

pinch of salt

*Optional Mix-ins: ½ c. chopped pecans or ¼ c. chopped pitted dates

Preheat oven to 400 degrees. Line muffin tins with cup liners and grease with coconut oil.

In a small mixing bowl, whisk the egg until fluffy, then stir in milk, mashed sweet potato, and maple syrup or molasses.

Grind ½ c. oats, place oats in dry blender carafe or food processor and pulse until ground (less than a minute). Pour into a large mixing bowl and mix in the remaining dry ingredients.

Stir wet ingredients into the dry ones, just enough to incorporate (do not overmix!). Gently fold in you mix-ins, if any, and pour batter evenly into 6 muffin cups/tins. Bake for 30 min., or until tops are golden and a toothpick inserted in the middle comes out clean.

WARM CHIA-SEED BREAKFAST PORRIDGE

⅓ 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, raspberries, or strawberries (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 sliced avocado, salted.

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 when you want to warm up or when you're experiencing gas, bloating, or constipation. Raw foods, being cold and rough by nature, need strong digestive fire to "cook" in the stomach. If balance is what you're looking for, go for cooked salads in fall and winter. Blanching is a great cooking technique if you really want a crisp salad in the winter, 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 it's 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.

BUTTERNUT SQUASH & SAGE SOUP

1 medium sized butternut squash (peeled & cubed into 1" sizes)

1 medium onion, chopped

2 large carrots, chopped (leave the peel on to save time! – just scrub them good)

3 celery stalks, chopped

1 large bulb of garlic, roasted

¼ - ½ c. chopped fresh sage

Organic veggie or chicken stock

¼ c. butter (or ghee)

In a large soup pot, melt the butter or ghee over medium heat and sauté the chopped celery, carrot, and onion until translucent. Add the squash, a generous pinch of salt & freshly grated black pepper, and mix to thoroughly coat everything. Add enough stock to cover the squash by an inch and raise the heat to a gentle boil. Add in the roasted garlic and chopped fresh sage leaves, mix, and return to a boil. Cook for approx. 30-45 min. or until squash is tender when pierced with a knife or fork.

Remove from heat and cool for 10-15 minutes before blending with immersion blender (or ladling it into a blender carafe).

STEAMED TURNIPS WITH HONEY LEMON SAUCE

From Ayurvedic Cooking for Westerners by Amadea Morningstar

Wash/scrub 4-6 medium turnips well and slice into thin rounds. Steam (covered) approximately 20 minutes or until soft. While they're steaming, prepare the sauce by whipping together 3 T. ghee (melted), 1 T. raw honey, and 1 tsp. fresh lemon juice. When turnips are done, transfer to a serving dish and drizzle the sauce over them. Gently toss and serve.

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.

SQUASHARONI: A NON-DAIRY ALTERNATIVE TO MAC & CHEESE (From Kripalu Cookbook)

- 12 oz. dried elbow or shell macaroni pasta
- 2.5 T. olive oil
- 1.5 c. sliced onions
- 5 c. peeled cubed butternut or buttercup squash (approx. 1 large squash)
- 1/2 c. water
- 1 t. salt, divided
- 1/3 c. tahini
- 1 T. each umeboshi vinegar and tamari
- 1/3 c. chopped walnuts
- 1/2 T. dried parsley
- 1/2 T. dried oregano
- 3/4 c. dried whole-grain bread crumbs

In a large saucepan, cook the pasta in boiling water until tender but still firm. Drain, rinse, and set aside. In a large, deep ovenproof skillet, heat 1 1/2 T. of oil and saute the onions for 3-5 minutes or until translucent. Add the squash and water and bring to a boil. Add 1/2 t. of the salt. Reduce heat to medium, cover, and cook for 15-20 minutes, or until the squash is soft.

Preheat oven to 375 F. In a small bowl, stir together the tahini, miso, vinegar, tamari, and remaining salt. Add the tahini mixture to the squash and mix together until creamy. Add the reserved pasta, remaining oil, the walnuts, parsley, and oregano. Top with the bread crumbs and bake for 20 minutes. Serve immediately.

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.

WINTER STEAMED SALAD BOWL

from the Everyday Ayurveda Cookbook by Kate O'Donnell

- 4 cups veggies: squash, collards, spinach, sweet potatoes, beets, carrot, tomatoes
- 2 cups bulgar wheat
- miso sesame dressing
- handful of meaty, soaked nuts like cashews or macadamia
- 1/2 t. salt

For the dressing: Combine in a small bowl: 2 tsp sesame seeds, 1 T. red miso dissolved in 1 t. Hot water, ¼ c. sesame oil (untoasted), ¼ c. rice vinegar, ½ t. Each of Ginger and cumin powder and an optional dash of ume plum vinegar. Whisk together and shake well before pouring. *Will keep up to a week in the fridge

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, or potatoes and continue to steam. Set aside when tender and leave partially covered. In a separate bowl, spread out a bed of cooked bulgar wheat and top with the steamed veggies. Drizzle the miso sauce and enjoy!

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

OJAS MILK

- 2 cups organic, whole cow's milk (can sub. almond or oat milk)
- 3-4 chopped, pitted medjool dates
- ¼ raisins
- 2 heaping T. sweet spice mix

Heat milk on medium heat until hot, but not boiling. Remove from heat, add spices, dates, raisins and mix for 2-3 minutes. Blend into a frothy beverage and enjoy warm when feeling depleted, tired, or restless. Makes for a great bedtime/evening elixer!