

SATTVIC FOOD FOR MEDITATION AND CLEANSING

Ayurveda is the science of life which relates to life as a state of balance between the body, mind and consciousness. It recognizes that food is medicine therefore can be used to purify and heal. Cleansing has become very popular in our society in these times. For cleansing, Ayurveda recommends a sattvic diet with some rajasic foods. Sattva, or purity represents calmness, alertness, kindness and compassion and examples of these foods are fruit and vegetables, nuts, avocados, dates and coconuts (sun foods). Rajasic foods are stimulating herbs and spices (earth foods) and are to create, complete and accomplish but in excess may cause indecisiveness, hyperactivity and anxiety. Sattvic foods and small amounts of rajasic foods are effective together with raw foods for cleansing and renewal.

Mung Beans and Rice is a perfectly balanced protein dish, easy to digest and very satisfying. Good any time of year but makes a particularly good winter diet.

Ingredients:

4 ½ cups water
½ cup whole mung beans
½ cup basmati rice
1 onion, chopped
3 cloves garlic, minced
¼ cup finely minced ginger root
3 cups chopped vegetables
2 tablespoons ghee or oil
¾ tablespoon turmeric
¼ teaspoon dried crushed red chilis
¼ teaspoon ground black pepper
½ teaspoon coriander
½ teaspoon cumin
½ teaspoon salt

Cooking instructions:

Rinse the mung beans and rice. Add the mung beans to boiling water and cook until they begin to split. Add the rice and cook another 15 minutes, stirring occasionally. Now add the vegetables.

Heat the ghee/oil in a sauté pan and add the onions, garlic and ginger and sauté until clear. Add the spices and cook 5 more minutes, stirring constantly. Add a little water if necessary. Add this to the cooked rice and beans. You can substitute vegetables as you like, as well as use Bragg Liquid Aminos or tamari or soy sauce instead of salt. Tastes great with yoghurt!

GURU JIWAN KAUR'S WARM APPLE SOUP

This is great for when you are doing an apple fast and for those crisp autumn and winter evenings.

Ingredients:

3 Granny Smith apples
3 Red Delicious apples
3 Burgundy or Champagne apples
1 tsp. curry powder
½ tsp. freshly ground nutmeg
Crushed cardamom seeds (to taste)
Freshly ground black pepper (to taste)
Mint leaves

Directions:

Wash and core, but do not peel, the apples. Place them in a pot covered with water (about 4 cups). You will be using the water when you puree the apples.

When the apples are soft (a fork goes into them easily), remove them with a slotted spoon to a blender – three at a time. Pulse the blender to chop the apples and then add some water and puree until smooth. Continue adding the apples and water until all the apples and water have been pureed. If the apple puree is too thick, add some more water until you get the consistency you want. Transfer the apple puree to the pot and simmer it on the stove with the spices for about 20 minutes. Transfer to bowls and garnish with mint leaves. Enjoy!

This keeps in the refrigerator for a few days, and it can also be frozen.

SOLSTICE SOUP

This recipe was given by Yogi Bhanan. It makes the blood slightly alkaline, which promotes mental balance.

Ingredients:

1 quart potatoes sliced
1 quart celery sliced
1 quart onions sliced
1/8 cup raw minced garlic
1/8 cup cooking oil
2 tablespoons chilé powder
1 tablespoon turmeric
1 tablespoon cumin
1 tablespoon coriander
Pinch of cayenne
Salt

Directions:

Layer the vegetables in a large pot with the potatoes on the bottom. Fill with water and add salt. Bring to a boil and cook until vegetables are tender. Meanwhile, sauté the chilé powder, turmeric, cumin, coriander and cayenne in the cooking oil and then add to the soup. Add garlic at the end before serving.

Yogi Bhajan's YOGI TEA

Yogi Tea is health promoting, delicious and soothing and a great coffee substitute. The benefits of Yogi Tea would fill pages. In the science of yogic foods the spices used are said to have the following properties.

Black pepper: blood purifier

Cardamom pods: digestive aid

Cloves: beneficial to the nervous system

Cinnamon: strengthens the bones

Ginger root: healing for colds and flu, increases energy

The milk in the tea helps in the easy assimilation of spices. A homeopathic dose of black tea acts as an alloy for all the ingredients, creating just the right chemical balance. When it's done, strain it (you can freeze the spices and save to make another smaller batch another day) and pour into a jar or lidded pitcher. Then when you desire a cup, just add the milk of your choice, bring it to the boiling point, sweeten if desired, and enjoy. Plain Yogi Tea keeps refrigerated for several weeks.

Ingredients:

4 qts water

25 whole cloves

30 peppercorns

6-8 3-4 inch cinnamon sticks

25 green cardamom pods

3-4" gingerroot (scrubbed clean, not peeled) thinly sliced

1 tsp. black tea (or 1 tea bag), optional

Bring water to a fast boil in a stainless steel pot. Add whole cloves and let them dance for about 1 minute. Add peppercorns, cinnamon, cardamom and gingerroot. Turn heat down so it is just simmering, cover, and let lightly boil for 45-60 minutes. Remove from heat, add black tea, and let sit for another hour (or overnight). This way it gets nice and strong so you can best enjoy this potent spice blend! Then strain and refrigerate.

VARIATIONS:

Add 1 Tbsp. or more of Fennel seeds with the other spices. This will make the tea somewhat diuretic, and gives a nice sweet flavor.

Summer Cooler: Mix plain Yogi Tea with apple juice and serve with ice and a twist of lemon.

Yogi Tea Frappe: Blend plain Yogi Tea with milk of choice, a few ice cubes, sweetener. Top with a dollop of whipped cream if you like. Sprinkle with cinnamon powder. Absolutely divine.

Yogi Tea Latte: (requires espresso/cappuccino maker) Pour 1/2 cup Yogi Tea into cup and add sweetener and perhaps a few drops of vanilla flavoring. Now add steamed milk. Sprinkle with cinnamon powder.

Yogi Tea Smoothie: Place 1 cup Yogi Tea, 1/2 cup soymilk, 1/2 banana, 2-3 ice cubes, and 1 tsp. honey in blender. Process until smooth.

Yogi Tea "Icee": Make sweetened Yogi Tea ice cubes (with or without milk). Put through ice crusher (or use blender to chop). Fill a tall glass with crushed Yogi Tea ice and add sparkling water or Reed's Ginger Brew. Serve with a straw.