

Vata Dosha Recipes

BUTTERNUT SQUASH SOUP WITH FENNEL, GINGER & GARLIC

SERVINGS: 4 | PREP TIME: 20 MINUTES | COOK TIME: 30 MINUTES

INGREDIENTS

1/4 tsp BLACK PEPPER

4 c BUTTERNUT SQUASH

1 tsp FENNEL SEEDS

2 clove GARLIC

2 tbsp GHEE

1/2 inch GINGER (FRESH)

1/2 whole LIME

1/4 tsp SALT (MINERAL SALT)

4 c WATER

1/2 c YELLOW ONION

DIRECTIONS

1. Roast the butternut squash in the oven at 350 degrees for 30 minutes. Remove and let cool. The skin will peel off easily with a potato peeler after roasting. When it cools, chop the butternut squash into 1 inch cubes.

2. Heat 2 tablespoons of ghee in a large stock pot. Add diced onions and saute. Chop ginger and garlic, and toss them in the pot when your onions begin to brown. Add salt, pepper and fennel seeds. Continue frying another thirty seconds, taking care not to burn the garlic. Now, add the butternut squash cubes, and 4 cups of water. Bring to a boil.

3. Reduce the heat to a simmer. Cook for about 20 minutes. Then mash with a potato masher, or puree in a blender. Squeeze the juice of half a lime into the finished soup.

4. Serve hot with a hearty hunk of bread!

POTATO LATKES

SERVINGS: 2 | PREP TIME: 20 MINUTES | COOK TIME: 10 MINUTES

INGREDIENTS

1/2 tsp BLACK PEPPER

2 whole EGGS

4 whole POTATO

1/2 tsp SALT (MINERAL SALT)

1/4 c SHALLOTS

2 tbsp SPELT FLOUR

1/4 c SUNFLOWER OIL

DIRECTIONS

1. Grate your potatoes in a cheese grater. Place in a sieve over a bowl and let the water drain for 15 minutes. Pour off excess liquid.
2. Mix in the chopped shallots, eggs, flour, salt and pepper.
3. Heat 1/4 inch of oil over medium high heat in a large frying pan. Fry scoops of potato mix that make pancakes about 3-4 inches in diameter. Fry for 3-4 minutes, then flip. When the edges are crispy and the whole latke is golden on both sides, they are ready to eat!
4. Serve with applesauce or sour cream or cottage cheese mixed with sour cream. Garnish with chopped chives.

QUINOA WITH MINT, CILANTRO & RED ONION

SERVINGS: 4 | PREP TIME: 10 MINUTES | COOK TIME: 30 MINUTES

INGREDIENTS

1/4 tsp BLACK PEPPER

1 c CILANTRO

2 whole LIME

2 tbsp MINT

.37 c OLIVE OIL

1 c QUINOA

1/4 c RED ONION (RAW)

1 tsp SALT (MINERAL SALT)

DIRECTIONS

Boil quinoa in 2c water 15 minutes or until soft. Do not over stir or over cook, to avoid quinoa turning to mush. Finely chop mint and onions. Gently mix all ingredients together. Serve immediately or chill in refrigerator for 2 hours before serving.

BODY-KIND COFFEE

SERVINGS: 1 | PREP TIME: 5 MINUTES | COOK TIME: 5 MINUTES

INGREDIENTS

2 tsp BUTTER (UNSALTED)

1/4 tsp CARDAMOM

2 tsp COCONUT OIL

1 tbsp COFFEE

DIRECTIONS

Choose grass-fed, organic butter whenever possible.

Brew a fresh batch of coffee using the coffee grounds and pour one and a half cup (12oz) into a glass blender. Add coconut oil, butter, and cardamom, and blend until smooth. Mix ingredients by hand if no blender is available.

VATA BALANCING TEA WITH GINGER & CARDAMOM

SERVINGS: 1 | PREP TIME: 5 MINUTES | COOK TIME: 0 MINUTES

INGREDIENTS

2 pinch CARDAMOM

1/4 inch GINGER (FRESH)

1/8 whole LIME

1/4 tsp RAW SUGAR

DIRECTIONS

Steep 3-5 minutes in 1c hot water.