

recipies for
radiance

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ritual food commandments

1. Focus on what you can eat instead of what you must avoid eating
2. Enjoy lots of different and colorful raw vegetables and keep it simple!
3. Drink a smoothie daily and get in all sorts of good stuff
4. Eat slowly, and chew thoroughly
5. Focus on better digestion, including fermented food, probiotics and beans!
6. Skip processed food
7. Seek out organic food
8. Lower the temperature by a few notches when cooking
9. Add some fun to your food with herbs and spices and LOVE, the secret ingredient
10. Teach yourself to get comfortable without sugar and caffeine
11. Give your body a rest now and then with periodic fasting
12. Let food be your main source of nutrients, but do include high quality vitamins and herbs



ritual beauty commandments

1. Detox all toxic ingredients from your beauty routine
2. Include beauty foods like seaweed, avocado, hemp seeds and pumpkin seeds, chlorophyll, spirulina.
3. Meditate and do breathwork daily
4. Try making your own face oils, cleansing wipes and tonics with high quality ingredients.
5. Explore clean/organic beauty brands and find things you love
6. Include hot/cold therapy and cold showers into your routine.
7. Be a responsible sunbather: 20 minutes at a time, natural sunscreen and hats to protect your hair.
8. Drink lots and lots of water!
9. Do 3 minutes of cat/cow everyday!
10. Drybrush daily
11. Try herbal infusions to get in minerals for skin and hair
12. A daily walk to get in oxygen, movement, daylight, and the healing properties of nature.



the cocktail effect

Throughout our life we are exposed to hundreds of chemicals from multiple sources including from food, consumer products, household dust and drinking water. Current safety assessments mainly focus on single substances. However, combined exposure to many chemicals can lead to unacceptable effects, even if single substances in the mixture are below their individual safety levels. In 2012 the European Commission's Communication on The combination effects - Chemical mixtures identified several gaps and areas for action. Since then research has increasingly found reason for concern, but this has had little impact on regulatory action.

Cocktail effect makes chemicals more toxic

The knowledge we have about the effects of various chemicals is based on studies of one chemical at a time. Mixing different chemicals might alter their effect. This is commonly known as the cocktail effect and is the subject of increasing discussion among researchers.

This may partly be due to different chemicals having either the same or the opposite effect, which then strengthens or weakens the other's effect, and partly due to a chemical being able to influence how another chemical is absorbed, spread or eliminated in the body. It may result in negative effects being added so that $1+1=2$, but it can also be amplified even more so that $1+1=3$ or greater.

Doses previously considered safe suddenly become unsafe. For example, it has been shown that mixtures of low levels of environmental toxins in fish can double the toxic effect on human cells compared with the effects of those chemicals separately, that is, $1+1=4$. (First published in Medicinsk Vetenskap 2/2013.)



clean fifteen & dirty dozen

Buying the dirty dozen fruits and vegetables organic can really lessen the toxins you ingest. Also knowing that the clean fifteen are safe to buy non organic

dirty dozen

1. Apples
2. Celery
3. Tomatos
4. Cucumbers
5. Grapes
6. Nectarines
7. Peaches
8. Potatoes
9. Spinach
10. Strawberries
11. Blueberries (farmed)
12. Bell peppers

clean fifteen

1. Avocado
2. Corn
3. Pineapple
4. Cabbage
5. Peas
6. Onions
7. Asparagus
8. Mangoes
9. Papaya
10. Kiwi
11. Eggplant
12. Honeydew melons
13. Grapefruit
14. Cantalope melon
15. Cauliflower

chakras



chakra balancing foods

After figuring out what chakras are imbalanced, test out eating food connected to each chakra during the class. If this clashes with your dosha diet, use the chakra balancing food periodically.

ROOT CHAKRA

1. Consume root vegetables such as sweet potato, carrot, ginger, turmeric and beets.
2. Consume protein-rich, plant based foods such as nuts, seeds, legumes and quinoa.
3. Consume red foods and spices, such as strawberries, raspberries, pomegranate, beets, tomatoes, paprika and cayenne
4. Favor cooked food rather than raw food

SECOND CHAKRA

1. Consume naturally sweet foods, particularly those that are orange in color: peaches, apricots, mangoes and sweet potatoes.
2. Enjoy food without guilt! Don't go on a too restrictive diet.
3. Consume hormone building seeds such as pumpkin, flax, sunflower and sesame seeds.
4. Consume Shatavari & maca which balances hormones.



chakra balancing foods

THRID CHAKRA

1. Consume more yellow foods, such as lemons, pineapple, banana and yellow curry.
2. Eat more complex carbohydrates and whole grains, such as starchy vegetables, quinoa, brown rice, legumes and oats
3. Enjoy warming spices or tea for the solar plexus - turmeric and ginger

FOURTH CHAKRA

1. Eat more green foods, such as leafy greens, green juices and smoothies, fresh herbs, avocado, lime, spirulina and kiwi.
2. Drink ceremonial cacao on a regular basis to open the heart.
3. Drink green juice, matcha and green tea



chakra balancing foods

FIFTH CHAKRA

1. Consume lots of blueberries, blackberries and blue spirulina. Tree fruits such as apples, pears and plums.
2. Consume warm healing teas like peppermint, lemongrass and fennel
3. Liquids play a large role in healing the throat chakra because of their lubricating qualities; soups, warm cool juices and of course water are all encouraged.
4. Avoiding dairy is highly recommended as it can congest your throat and sinuses.

SIXTH CHAKRA

1. Consume purple kale, blueberries, cabbage, grapes, purple carrots and eggplant.
2. Take adaptogenic and brain enhancing herbs such as ashwaganda.
3. Take d vitamin during winter
4. Nuts and seeds to get fats to the brain

ayurveda



AYURVEDA on food

The natural world is deeply influenced by the rhythms of nature; The rising and setting of the sun, the cycles of the moon, the seasons and so on. Many plants and animals embrace a predictable daily and seasonal rhythm and live by it, no matter what. We as humans, have largely gotten away from this habit. Modern forms of energy allow us to heat and cool our homes, light the darkness, and engage with life at all hours of the day and night. The increasingly erratic nature of our lives is inherently taxing. Layer that on top of the busyness and stress that pervades modern life, and it is no wonder that so many of our nervous systems now exist in a chronic state of high alert—hyper-vigilant, increasingly unable to relax.

When you read the classic texts of Ayurveda, one thing stands out about the recommended daily routine: it is heavily focused on the early morning hours. Most of the recommended Ayurvedic practices are done upon waking and are completed before breakfast. Where you then start eating according to your dosha and according to the seasons. The early morning hours are an especially powerful time to engage in loving self-care, reflective practice, and the intention to heal or re-pattern the physiology. Beyond that, this is the timeframe that sets the tone for our entire day.

Breakfast - Eat your first meal mindfully, take your time, so that you start your day well nourished. The content of your breakfast should be seasonally appropriate and supportive of your dosha and/or imbalance.

Establish Consistent Times for Meals - This is a very simple way to create consistency for our bodies. It supports digestion, ensures that we are adequately nourished, and helps calm the nervous system by establishing another predictable pattern that our bodies can rely on.

AYURVEDA

on food

Think of Lunch as the Main Meal - The digestive fire is strongest at mid-day, from about 10 a.m. to 2 p.m. This is therefore the best time to eat our main meal (especially for pitta-types). This also allows us to enjoy a lighter evening meal, which supports sound sleep and deepens the body's capacity for rejuvenation each night.

Designate Time(s) to Take your Supplements and Herbal Remedies - Taking your herbs and supplements at the same time each day is the best way to ensure that you take your herbs regularly. It also benefits the body in much the same way that eating meals at regular times is beneficial.

Eat your Dinner at the same time, every day - Eat dinner early, so that our food has time to move completely out of the stomach before we go to bed. This means a minimum of 2-3 hours between dinner and bedtime. It may also mean eating a lighter dinner. These practices allow for proper digestion, prevent the unnecessary accumulation of toxins, and support healthy sleep patterns.

Triphala - Triphala is a traditional Ayurvedic formula comprised of three fruits that is balancing for vata, pitta, and kapha. It gently cleanses and detoxifies the digestive tract while replenishing, nourishing, and rejuvenating the tissues. About half an hour before bed, steep ½ teaspoon triphala powder in a cup of freshly boiled water for 10 minutes. Cool and drink. Or, take 2 Triphala tablets with a glass of warm water. (you can get Triphala in Systrasamlagið)

Seasonal Adjustments - We can support an improved state of balance throughout the year by making a conscious effort to live in harmony with the cycles of nature and by making small adjustments in our routines in order to accommodate the arrival of each new season.

simple recipies



matcha latte

Matcha comes from the same plant as green tea, but since it's made from the entire leaf, it packs in a more concentrated amount of antioxidants and beneficial plant compounds.

Studies have revealed a variety of health benefits associated with matcha and its components, ranging from enhancing weight loss to decreasing the risk of heart disease.

It's important to choose an organic, premium quality matcha

We love the matcha from [Tefélagið](#).

1 gr matcha

a bit of hot water

1 cup oat milk (oatly barista)

Optional: tiny amount of organic blue agave or maple syrup

Vata: cinnamon

Pitta: pumpkin

Kapha: ginger

HOW: whisk the matcha vigorously into a small amount of hot water (not boiling) and then stir in the sweetener. Top with hot frothy milk and top with a spice for your dosha

UPLEVEL: a drop of peppermint essential oil (high quality and pure oil) for waking up or lavender essential oil for relaxing



golden mylk

Turmeric is an incredible root that has many healing properties. It is said to fight various diseases, be anti-inflammatory and cleansing. Golden milk is an ayurvedic healing drink that is good to drink as a nightcap. There is a simpler way to make this drink, but this way you get the most out of the nutrients.

If you want a ready made turmeric latte mix we recommend the one [Systrasamlagið](#) makes!

TURMERIC PASTE

1/4 cup turmeric powder
1/2 teaspoon black pepper
1/2 cup water

GOLDEN MYLK

1 cup sugarless or homemade vegan milk (almond or hemp)
1 teaspoon of organic coconut oil
1/4 teaspoon or more of the turmeric mixture
Sweetener of choice to taste (organic date syrup)

HOW: PASTE

Mix water, turmeric and black pepper in a small saucepan and mix well. Adjust to medium-high heat and stir continuously until the mixture has thickened. This takes a short while, so don't leave the pot for a while. Then allow the mixture to cool in a jar and store with a lid in the fridge.

MILK

Put everything except the honey together in a small saucepan. Adjust the heat to medium-high heat. Stir constantly while heating the mixture but do not allow the drink to boil. This should only take a few minutes or until the mixture is well lukewarm and the oil has dissolved. In the end, you can put honey to taste, if you like. I think half a teaspoon more than enough.



the radiance smoothie

A form of a green smoothie will get in the vitamins and minerals you need for radiance and energy. We recommend you switch out ingredients regularly to keep the variety of taste and nutrition but keep the ration 70 % greens 30% fruits. This is just a basic recipe to inspire you to make your own green smoothie, full of vegetables, herbs and fruits.

2-4 servings

2 cups water (filtered if living outside of Iceland)

1 bunch organic spinach

1 head of romian lettuce

3-4 organic celery stalks

Small bunch of cilantro or parsley

1 apple

1 banana

1/2 fresh lemon juice

HOW: blend it all together



no filter needed smoothie

We believe in eating ourselves to better skin. This smoothie is loaded with vitamin C and healthy nourishing beauty fats as well as antioxidants and blood purifying turmeric. Plus its so good! Try it midmorning or during the afternoon. Best to drink on an emty stomach for optimal digestion

serves 2

2 cups coconut water
2 cups frozen mango chunks
1/2 ripe avocado
1 tablespoon chia gel (chia+water)
2 teaspoons vanilla extract (dust not drops)
1/4 teasppon ground turmeric
1 tablesppon chopped mint leaces
pinch of salt

HOW: blend it all together



fresh hemp milk

Hempseed is full of essential omega 3 fats, minerals and protein. It is an amazing food to support our muscles, hair, brain power, beautiful skin, hormonal balance and more. It is so easy and only takes 2 minutes! No need to soak the seeds or strain the milk. It's ready after blending!

Great for smoothies and golden milk

makes about 4 cups

1/2 cup hempseeds
4 cups water
pinch of salt

HOW: combine the ingredients in a blender and blend on high speed for about a minute or until well combined.

Transfer the milk to a sealed container and refrigerate. It will keep for about 5 days!



chia bircher bowl

This is a grounding nutritious bomb of a breakfast. So much nutrition and healthy fats in one bowl. Perfect breakfast for vatas

Serves 4 to 6

- ½ cup raw pumpkin seeds, soaked overnight
- ½ cup raw sunflower seeds, soaked overnight
- ¼ cup chia seeds
- ¼ cup hemp seeds
- 2 tablespoons ground flax seeds
- ½ cup whole raw almonds, soaked overnight
- 3 cups filtered water
- 2 tablespoons coconut flour
- 1 tablespoon vanilla extract
- 2 teaspoons ground cinnamon
- Pinch of fine sea salt
- ½ cup unsweetened shredded coconut

HOW

Drain the pumpkin seeds and sunflower seeds in a strainer, rinse under cold water, and set the strainer over a bowl to drain thoroughly. Combine the chia, hemp, and flax seeds in a medium bowl; set aside. Drain and rinse the almonds and transfer them to an upright blender. Add the 3 cups water, coconut flour, vanilla, cinnamon, and salt and blend until completely smooth, then add the drained seeds and briefly blend or pulse until the seeds are roughly chopped. Pour into the chia mixture, stir well to combine, stir in the coconut, and set aside for 25 to 30 minutes, until thick and creamy. This can be eaten immediately, with any topping.



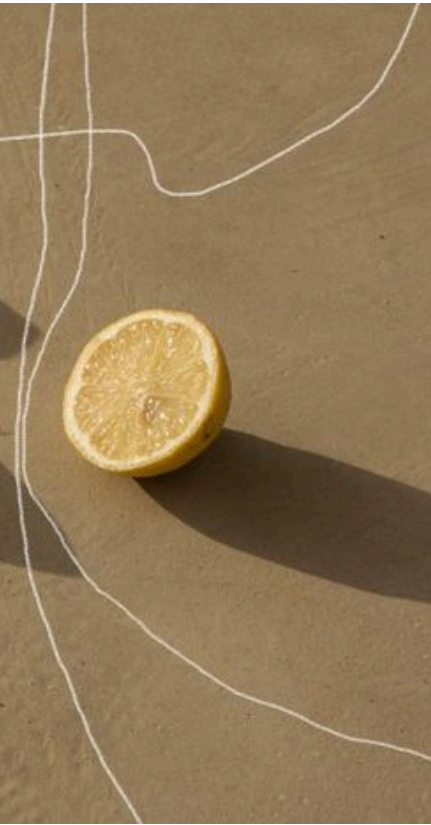
chia matcha pudding

This is a simple snack or breakfast to give energy and good vibes and perfect to take on roadtrips

Serves 2

2 teaspoons matcha green tea powder
1 cup non-dairy milk
¼ cup chia seeds
½ tablespoon pure organic maple syrup
Toppings: Raspberries and almonds

Instructions: In a large bowl, mix the matcha green tea powder with the milk and whisk until smooth and not clumped. Add the chia seeds and the maple syrup. Stir to combine, making sure there are no clumps of chia seeds. Place it in the fridge for 2 hours or overnight to set. Top with fresh fruit, granola and/or nuts.



plant based pesto

Pesto makes everything better! With it you get in healing herbs and vitamins and fats from seeds. This is a super simple base to play around with. Put it on top of vegetable dishes, on glutenfree crackers and bread.

Makes one cup

2 cups fresh basil
1/2 cup sunflower seeds or walnuts
1/2 teaspoon salt
3 garlic cloves minced
1 tablespoon lemon juice
1/4 cup olive oil (more if needed)

HOW In a food processor combine basil, garlic, sunflower seeds, salt and lemon juice. Pulse while streaming in olive oil until the thickness you want, stopping to scrape down the bowl once or twice. Refrigerate in an airtight container for 2-3 days.



sweet potato toast

Sweet potatoes are the new plant-based carb of choice! Packed with minerals and vitamins, sweet potato is the perfect vessel for your favourite sweet and savoury toppings.

VATA TOPPINGS

Sweet: banana, almond butter, cinnamon, dried goji berries

Savoury: slice avocado, tahini, lemon juice, cumin, sea salt, parsley

PITTA TOPPINGS

Sweet: coconut yogurt, berries, hemp seeds, almond butter, drizzle.

Savoury: Coconut bacon, mashed black beans, parsley, cilantro, pumpkin seed butter.

KAPHA TOPPINGS

Sweet: sunflower seed butter, cinnamon, sliced strawberries, pomegranate

Savoury: hummus, sliced cucumber, lime juice, parsley

1 LARGE sweet potato, scrubbed and ends removed

HOW

Preheat the oven to 190 degrees and line a baking sheet with baking paper. Cut the sweet potato lengthwise into equally thin slices.

Place the sweet potato slices on the prepared sheet. Bake for 15-20 minutes until they are tender but not cooked all the way through.

Remove from oven and allow them to cool completely. Now either store them in a refrigerator or eat.

When ready to serve pop a slice in the toaster and toast on a high setting.

Finally add the sweet or savoury toppings for your dosha and enjoy!



turmeric roasted root veggies

Roasted veggies are good for the body and soul, as they are comforting and grounding. (perfect for vata). This also contains turmeric that purifies the blood and fights inflammation

serves 6

1/4 cup coconut oil (melted)
4 medium carrots cut into slices
1 medium butternut squash
2 medium red beets, peeled and cut into cubes
2 sweet potatoes, peeled and cut into cubes
1 teaspoon sea salt.
2 tablespoons coconut nectar
1 tablespoon ground turmeric
1 teaspoon black pepper
1/2 teaspoon cinnamon

HOW: Preheat the oven to 190 degrees and grease a baking dish with coconut oil. Toss together all the vegetables and the coconut oil

In another small bowl mix together the salt, nectar and spices. Then pour over the veggies.

Spread the veggies on the bake dish and bake until tender about an hour, stirring them after 30 minutes



kale, avocado and grapefruit salad

We are obsessed with kale salads especially after we learnt that we must massage the leaves before eating. This salad is full of amazing ingredients, it's cooling and energizing so good for pitta and kapha.

serves 2

- 2 teaspoons orange juice (freshly squeezed)
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- black pepper to taste
- 6 cups shredded kale leaves (no stems)
- 1 pink grapefruit, peeled and cut into pieces
- 1 avocado sliced
- 2 tablespoons fresh mint leaves, chopped

HOW: In a small bowl, combine the orange juice, olive oil, sea salt, and pepper for dressing.

Place the kale in a large bowl and pour the dressing over, massage it for a few minutes to get the leaves more tender. Divide the kale between two plates and add the grapefruit and avocado. Finally sprinkle the mint over each plate.



roasted broccoli

Roasted broccoli

3 medium heads broccoli, cut into florets
2 tablespoons coconut oil (melted)
Sea salt and black pepper

Pine nut tzatziki sauce

1/4 cup pine nuts
1/2 cup raw unsalted cashews
2 tablespoons fresh lemon juice
2/3 cup coconut milk
2 tablespoons minced white onion
pinch of sea salt
2 tablespoons minced dill leaves
2 tablespoons minced mint leaves.

Broccoli is a great source of protein, folate, vitamin K and C and much more. Pine nuts are a true beauty delicacy. They nourish us with antioxidants, lutein and vitamin A, B, C, D and E. They also make the sauce very creamy.

Serves 4 (as a side dish)

HOW: Preheat the oven to 200 degrees. In a bowl toss the broccoli with the coconut oil and lightly season it with salt and pepper. Grease a baking sheet with coconut oil and spread the broccoli on top. Roast for 20 minutes.

Meanwhile make the sauce. In a blender put the pine nuts, cashews, lemon juice, coconut milk, onion and sea salt and blend until creamy. Stir in most of the mint and dill, leaving a little for topping.

To serve: put the broccoli on a serving dish and pour the sauce over the top. Top with the remaining dill and mint.



self care cauliflower soup

Whenever you need some extra love in a bowl, this is it. Its full of vitamins, beauty fat, and minerals to give you the loving energy you deserve,

serves 4

1 tablespoon coconut oil
1/2 cup diced yellow onion
1 medium head cauliflower, cut into florets
1 1/2 cups shredded cabbage
1 tablespoon chopped fresh rosemary leaves.
1 tablespoon chopped fresh thyme leaves
1 1/2 cups vegetable broth
1 1/2 cups coconut milk
sea salt and black pepper to taste

HOW: In a large pot, heat the coconut oil over medium heat. Add the onion, cauliflower, cabbage, rosemary and thyme and saute until the cauliflower starts to slightly brown (about 4 minutes) Stir in the vegetable broth and let it simmer, partially covered for 30 minutes.

Transfer the mixture into a blender in batches taking care with the hot liquid and blend until smooth. Pour it back into the pot and stir in the coconut milk, warming it just under a boil. Season with salt and pepper

Cauliflower delight



We eat so much cauliflower we should actually be growing it ourselves. The combo of a cooked cauliflower with tahini is one of our most favourite combos in the world!

We have also mastered cooking the cauliflower whole in a few steps that bring out the flavour so nicely

1. PRE - HEAT THE OVEN to 220 Celcius
2. Cut the base of the cauliflower and remove the leaves
3. Fill a large pot of water and season well with salt and bring to a boil. Place the cauliflower in, cover and let cook for 6-8 minutes depending on size. Check to see if ready by poking a stem with a knife, and then remove the cauliflower and place on a sheet tray to steam dry for around 10 minutes.
4. Cover the cauliflower with high quality olive oil, and season well with sea salt. Place in the oven and let it roast for 45 minutes until charred and golden all over
5. Remove from the oven and place on a serving plate. Finish with more olive oil & drizzle the tahini sauce all over it.

TAHINI SAUCE.

4 medium-to-large cloves garlic, pressed or minced

¼ cup lemon juice

½ cup tahini

½ teaspoon fine sea salt

6 tablespoons ice water, more as needed

Mix it all together and drizzle over the cauliflower



carrot soup for that glow

If we want to be radiant in the world we need to eat radiant foods! And carrots are one of the best glow promoting foods around, being high in beta-carotene, which affects skin healing and vitamin A. Serve with some toasty gluten free bread.

2 teaspoons orange juice (freshly squeezed)

1 tablespoon olive oil

1/2 teaspoon salt

black pepper to taste

6 cups shredded kale leaves (no stems)

1 pink grapefruit, peeled and cut into pieces

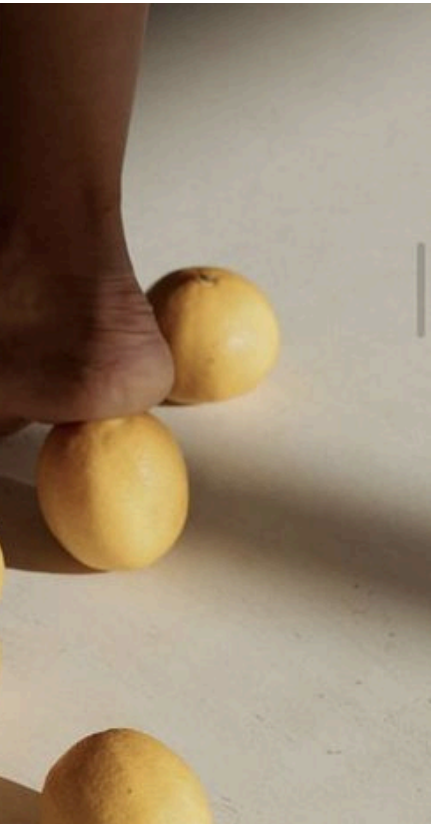
1 avocado sliced

2 tablespoons fresh mint leaves, chopped

HOW: In a small bowl, combine the orange juice, olive oil, sea salt, and pepper for dressing.

Place the kale in a large bowl and pour the dressing over, massaging it for a few minutes to get the leaves more tender.

Divide the kale between two plates and add the grapefruit and avocado. Finally sprinkle the mint over each plate.



the leftover curry

We love simple clean food. And sometimes super easy to make. We both make a version of this probably once a week. No recipe really, just the vegetables you have and some love.

Leftover veggies: zucchini, bell pepper, cauliflower, broccoli, mushrooms, all cut into bitesize pieces, onion

Coconut oil

Chickpeas organic

Coconut milk organic

Curry paste

Healing spices: cinnamon, turmeric, black pepper, salt, cumin, ginger.

HOW: On low to medium heat saute the vegetables with the spices and coconut oil on a pan. Then add to the pan the chickpeas, coconut milk, chili paste and mix it all together.

Optional: Serve with basmati or brown rice



VERY CHICK CHICKPEA STEW

Instructions:

Place the drained and rinsed chickpeas in a large pot and cover with water by several inches. Place over high heat and bring to a boil. Reduce heat and simmer, covered, until chickpeas are soft and tender but still hold their shape, about 45 minutes to 1 hour. If using ground spices, skip this step. In a small frying pan over medium heat, toast the cumin, coriander, and fennel seeds until fragrant, about 2-4 minutes. Transfer to a plate to cool. Once cooled, grind spices using a spice grinder or mortar and pestle. Set aside. In a Dutch oven or heavy-bottomed pot, heat the olive oil over medium-high heat. Add the onions, carrots, a generous pinch of salt and ground pepper. Cook, stirring occasionally until the vegetables have started to soften and take on some color, about 5-7 minutes. Add the garlic, ground cumin, ground coriander, ground fennel, smoked paprika, turmeric, thyme, and bay leaf. Cook until very fragrant, 1-2 minutes. Stir in the tomato paste and cook until it begins to darken, stirring constantly about 3 minutes. Deglaze the pan with the white wine, scraping up all the bits on the bottom. Cook until the wine has reduced by about $\frac{3}{4}$, 2-3 minutes. Discard the bay leaf, add the stock, and bring to a simmer. Carefully transfer 1 cup of the soup to a blender along with 2 cups of the cooked chickpeas. Blend until smooth. Return puree to the soup pot. Add the kale and cook until softened. Gently stir in the remaining chickpeas. Remove from the heat and let stand for 20 minutes. Season with salt and pepper to taste. Just before serving, add the vinegar.

Ingredients:

1 lb cups dried chickpeas, soaked overnight and drained and rinsed
1/2 tsp cumin seeds OR 3/8 ground cumin
1 tsp coriander seeds OR 1/2 tsp ground coriander
1 tsp fennel seeds OR 3/4 tsp ground fennel
2 tbsp extra virgin olive oil
3 medium carrots, peeled and cut into 1/4 inch thick half-moons
3-4 garlic cloves,
minced Sea salt
Freshly ground black pepper
1 tsp ground smoked paprika
1/4 tsp ground turmeric 3 fresh thyme sprigs
1 bay leaf
2 tbsp tomato paste
1 cup dry white wine
4 cups vegetable
1 bunch Tuscan kale, stemmed and roughly chopped
1 tsp red wine vinegar

This recipe is great for bulk cooking on Sundays! It has all the greens and all the amazing spices. Great as a supper and also as a breakfast. Warming, grounding and super comforting



TRI- DOSHIC KITCHARI

Kitchari is the traditional cleansing food of Ayurveda. It is a combination of split mung beans and white basmati rice with plenty of spices. Amidst all of the modern diet trends happening today, this might seem like an unusual cleansing food. But it is absolutely fabulous.

The combination of rice and mung dal provides all the amino acids needed to form a complete protein. Eaten on their own, each of these foods is missing one or more of the essential amino acids that our bodies are not able to make on their own. However, together they make magic happen! The protein content of kitchari supports stable blood sugar levels so that energy and mental clarity are balanced during the cleansing process.

We suggest Kitchari mono diet cleanse when you feel called to it. Enjoy...

Ingredients:

- 1 tbsp olive oil
- ½ tsp whole cumin seeds-optional
- ½ tsp mustard seeds-optional
- ½ tsp coriander powder
- ½ tsp cumin powder
- ½ tsp turmeric powder-optional
- ½ inch ginger root, chopped or grated
- ½ cup white rice, rinsed and drained
- 1 cup mung beans (split yellow), rinsed and drained
- 6 cups of water
- 1 ½ cups assorted vegetables (optional)
- Sea salt
- Fresh cilantro leaves (optional)

Instructions:

Heat oil in a large pot over medium heat. Add the mustard seeds and cumin seeds and cook until they pop. Add the sliced leek and ginger and cook until softened. Stir in the coriander and sauté until fragrant, 2-3 minutes. Add dal and water and bring to a boil. Reduce heat, cover, and simmer until dal is softened, about 20 minutes. Stir in stock cube and simmer for an additional 5-10 minutes. Add water as needed to adjust the consistency to your liking. Before serving, stir in spinach and lemon juice. Salt to taste.



SPICY GARLIC HUMMUS

Hummus is something that we are highly addicted to. Use this as a dressing or a dip... or just eat it directly from the jar with a big spoon.

This is almost a fat free hummus so you get to enjoy the benefits of your beans without the fat hijacking the amazing soluble fiber.

Ingredients:

1 14.5-oz. can garbanzo beans
1 Tbsp. lemon juice or juice from ½ lemon
½ tsp. salt
¼ - ½ tsp. red pepper flakes
1 clove garlic, minced
3 Tbsp. olive oil

Instructions:

Drain and rinse beans. Let sit a couple of minutes to drain well. Place beans, lemon juice, salt, pepper flakes, and garlic in food processor. Start processor and drizzle in oil while processing. You may need to stop and scrape down the sides several times. Add more oil if needed for desired consistency. Use smaller amount of red pepper flakes for more mild hummus, and larger amount for more heated hummus.

Variation: For Spicy Curry Hummus add 1 tsp. curry powder.

QUICK MOCK MASHED POTATOES



Who doesn't love mashed potatoes?

Potatoes aren't allowed on the bean protocol so this is such a nice comfort food to add to different dishes when you miss them potatoes. You can both eat this as a light main dish, an appetizer or as a side dish. You can do endless of variations

Ingredients:

- 1 15-oz. can cannellini beans, rinsed & well drained
- 1 tsp. bouillon paste or 1 cube bouillon
- ¼ tsp. sage
- ¼ tsp. black pepper
- 2 Tbsp. oil
- ½ small onion chopped
- 1 small clove of garlic chopped
- 1 small bay leaf

Instructions:

Place beans, bouillon, sage, and pepper into a food processor. Sauté onion, garlic, and bay leaf in oil until onions are tender, 5-7 minutes. Do not brown vegetables or the garlic will turn bitter. Discard bay leaf. Scrape onion mixture with any excess oil into food processor. Process until smooth. Heat "mock" potatoes on stovetop until hot.

Serves 3.

Variation: use 19-oz. can of beans in place of 15-oz. can. Other kinds of beans will work as well.



COOL BEANS PIZZA CRUST

Even on the Bean Protocol you can have your pizza and eat it too!! Friday pizza nights will never be the same.

Our favorite toppings are roasted chickpeas with smoked paprika, loads of harissa and pineapple. You can also do a Truffle pizza with the garlic hummus, truffles, dulse, spring onion, mushrooms and chili flakes.

Mmmmmmm.....

Ingredients:

1 cup bean flour
½ tsp. salt
1 cup water
2 Tbsp. oil, for frying

Toppings:

Tomato sauce or hummus
Your favorite vegetables (onions, green peppers, mushrooms, etc.), lightly sautéed in oil

Instructions:

Sift flour and slowly add water. Whisk to form smooth batter. Cover and let stand for 30 minutes at room temperature. It will be the consistency of crepe batter. Split into 2 portions. In 10" cast iron skillet or non-stick pan heat 1 Tablespoon of olive oil over medium-high heat. Stir batter and pour one half into skillet. Tip and swirl to coat pan evenly. Cook until bottom is golden and top is set, about 2-3 minutes. Burst any bubbles. Slide onto oil-sprayed baking sheet and repeat with second half of batter. Add toppings and bake at 400° for 10 minutes.

BREAK THE FAST GREENS



eat this greener then green combo for breakfast with 1/2 cup beans and you have started your day as a Bean Queen. Use different greens for different seasons! Remember variety is key and keeping everything as green as possible. Have a lovely day...

Ingredients:

1 large purple or yellow onion chopped,
whole head of garlic if desired.

Frozen or fresh mix of kale, chard, collards. You can do whatever mix you'd like. It's roughly 4 - 5 cups uncooked.

Dash Apple cider vinegar or squeeze of lemon.

Sea salt to taste

Instructions:

If you cut and clean your own greens, start by washing the greens in a sink full of water. Chop the stems off first (put in a bowl to cook with onions) and chop the rest and put in another bowl. Chop yellow onion and sauté in olive oil. Use sea salt to taste. When they turn clear-ish, add in chopped stems and sauté more. add in a dash of lemon or apple cider. Cook till soft. Then add in leafy parts and cook till soft. I usually let them wilt down, turn off the heat and put the top on and just let them sit for 10-15. If using frozen greens, skip the stem part and just add in greens to onions.



goddess feast

When we meet our lovely circle of friends we love making a feast! Everybody contributes to making ingredients for the best wraps that are made with love and while having fun!

Be creative with this, these are only suggestions!

Gluten free wraps
and/or
Rice paper

saladmix
dry toasted dates
toasted and salted seed mix
homemade spicy hummus (basic hummus recipe + jalapeno)
Pink beet hummus (basic hummus recipe + baked beets)
Sauted brussel sprouts
broccoli or cauliflower sauted in healing spices
kimchi
edible flowers

HOW: Let the creative flow guide you!



the ritual bliss

by Þyrí Huld

We love following THYRÍ on instagram and getting daily inspiration to make healthy living foods from her. She made this recipe especially for us as we are matcha fans and love mixing desert and matcha!

1 cup almonds soaked overnight with the skin removed. Put in a blender with 3 cups of water. Strane through a filterbag

Pulp from the almond milk

1 tbsp Matcha

4 dates

1/2 teaspoon vanilla

1 tablespoon almond butter

1 lime (grind skin to put on top)

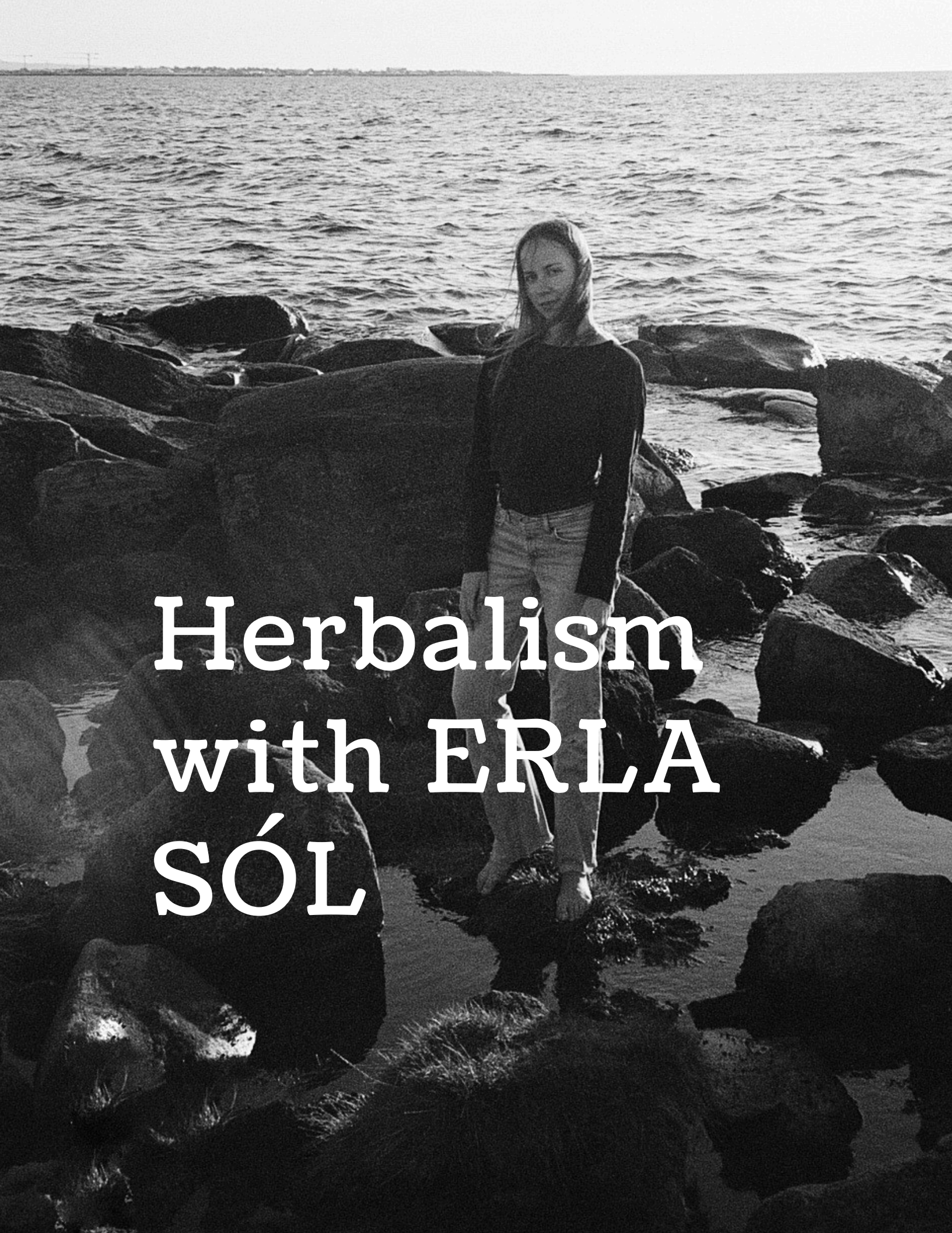
1 tablespoon coconut butter

5 gr cocoa butter (melted)

1 tablespoon cocoa nibd

1/8 cup almond milk

Directions: All mixed together. Roll into small balls and dip in coconut flour mixed in Matcha. Put directly in the freezer and store overnight before enjoying. Store in the freezer



Herbalism
with ERLA
SÓL



herbs for purification

A beautiful and nourishing way to connect with your body and to enhance your purification process is through intentional herbal integration. Throughout history, various herbs have been used traditionally to promote cleansing, healing, nourishment, and balance in the body. Through the lens of Western herbalism, herbs used for cleansing are holistic in nature and ideally work synergistically to purify all body systems.

When using herbs for purification, we focus on promoting efficient elimination of waste, enhancing nutrient balance, and restoring body tissues to their optimal state. When using herbs for a cleanse, we want to be sure to address the elimination, nutrition, and restoration of the organ systems we are working with, such as the digestive, lymphatic, and kidney systems.

A cleanse is more effective when we ensure that we are nourishing and restoring the body while cleansing, not just promoting rapid elimination while depleting the body of fluids and minerals. So in the following cleansing formula, there are herbs that help to strengthen the body with a rich mineral profile, promoting enzyme activity, enhancing metabolic function, and balancing nutrient status.



herbal infusion

A HERBAL INFUSION FOR PURIFICATION

Stinging Nettle (*Urtica dioica*)

Traditionally used as a nutritive tonic herb to aid in the production of enzymes to promote healthy metabolic and liver function, increasing mineral status, cleansing the kidneys, promoting detoxification of the urinary tract, regulating the immune response, and strengthening the body.

Cleavers (*Galium aparine*)

Traditionally used as a cleansing tonic herb for the lymphatic system, promoting the movement of waste material out of the body, detoxifying the lymphatic and kidney systems to enhance skin health, reducing swelling, and easing inflammation throughout the body.

Calendula (*Calendula officinalis*)

Traditionally used for easing inflammation, healing the gut lining, soothing digestion, cleansing the microbiome of unwanted pathogenic bacteria, clearing fungal overgrowth, purifying the blood, and gently stimulating the lymphatic system

Marshmallow Root (*Althea officinalis*)

Traditionally used for soothing the mucous membranes of the digestive, respiratory, and urinary tracts, along with its hydrating, moistening benefits for the digestive tract to soothe inflammation in the gut and promote healthy elimination.



the formula

An integrative herbal cleanse formula to nourish the body, promote healthy elimination of waste from the digestive system, kidneys, and lymphatic system while restoring their integrity.

1 tablespoon of Stinging Nettle

1 tablespoon of Cleavers

2 tablespoons of Calendula

1 tablespoon of Marshmallow Root

(makes 3 servings, to drink throughout the day)

To make the herbal infusion...

Place the herbs into a heat safe glass jar or a pot and pour freshly boiled water over the herbs. Stir gently and put a cover over the mixture. Allow the herbs to infuse for at least an hour, up to 8 hours. Strain the infusion and drink it throughout the day. A larger batch can be made and kept in a glass jar in the refrigerator for up to 2 days. You can add fresh lemon juice to it, enjoy!

DAILY HERBAL INFUSION

Drinking a daily herbal infusion is a grounding way to nourish the body on all levels and connect to the earth. The herbs of traditional herbalism for daily use are balancing, strengthening, toning, and nourishing for all levels of our being. Herbs that can be used for daily nutritive support are inherently rich in vitamins, minerals, and amino acids crucial to the function of all body systems. Herbal infusions are the holistic multivitamins of choice for herbalists and bring a deep sense of wholeness to the wellness rituals we embrace. The act of creating the herbal infusion in the morning is a mindfulness practice on its own, as we engage our senses and connect to the plants that offer us so much nourishment and radiance.

A NUTRITIVE HERBAL INFUSION

Stinging Nettle (*Urtica dioica*)

A powerhouse of vitamins and minerals that energize and aid the body in optimal function. Rich in iron, magnesium, calcium, potassium, B vitamins, vitamin K, vitamin A, amino acids, quercetin, lutein, beta carotene, and linoleic acid.

Oat Straw (*Avena sativa*)

A nourishing and restorative herb that nourishes the nervous system and builds collagen in the body. Rich in silica, B vitamins, iron, and magnesium. It is used to promote deep sleep and relaxation.

Raspberry Leaf (*Rubus idaeus*)

A tonic herb often used to reduce and prevent symptoms of premenstrual syndrome like cramping, fatigue, water retention, and cravings, helping to strengthen and tone tissues in the reproductive organs and digestive tract. It is rich in magnesium, calcium, potassium, B vitamins, and antioxidants.

Rosehips (*Rosa rugosa*)

A tart and refreshing cardiovascular tonic herb that is rich in vitamin C, helping to increase the absorption of iron. It is used to promote strong immunity, glowing skin, and a healthy heart.

THE FORMULA

A nourishing and strengthening herbal infusion for daily use to increase mineral status and provide key nutrients to support every system of the body for optimal wellbeing.

1 tablespoon of Oat Straw

1 tablespoon of Raspberry Leaf

2 teaspoons of Stinging Nettle

2 teaspoons of Rosehips

(makes 3 servings, to drink throughout the day)

To make the herbal infusion...

Place the herbs into a heat safe glass jar or a pot and pour freshly boiled water over the herbs. Stir gently and put a cover over the mixture. Allow the herbs to infuse for at least an hour, up to 8 hours. Strain the infusion and drink it throughout the day. A larger batch can be made and kept in a glass jar in the refrigerator for up to 2 days. You can add fresh lemon juice to it, enjoy!



herbal wisdom

HERBS FOR ENHANCING NUTRITION

Stinging Nettle (*Urtica dioica*)
Oat Straw (*Avena sativa*)
Chickweed (*Stellaria media*)
Dandelion Leaf (*Taraxacum officinale*)

HERBS FOR THE WOMB

Raspberry leaf (*Rubus idaeus*)
Stinging Nettle (*Urtica dioica*)
Lady's Mantle (*Alchemilla officinalis*)
Rose petals (*Rosa damascena*)

HERBS FOR THE NERVOUS SYSTEM

Milky oat tops (*Avena sativa*)
Lemon balm (*Melissa officinalis*)
Holy Basil (*Ocimum sanctum*)
Skullcap (*Scutellaria lamiaceae*)

HERBS FOR CLEANSING THE LIVER

Dandelion Root (*Taraxacum officinale*)
Milk Thistle (*Silybum marianum*)
Ginger (*Zingiber officinale*)
Schisandra (*Schisandra chinensis*)

HERBS FOR EFFECTIVE DIGESTION

Triphala powder (*Emblica officinalis*,
Terminalia bellerica, *Terminalia chebula*)
Slippery Elm (*Ulmus rubra*)
Marshmallow Root (*Althea officinalis*)
Aloe Vera inner gel (*Aloe vera*)

HERBS FOR LYMPH FLOW

Cleavers (*Galium aparine*)
Burdock root (*Arctium lappa*)
Calendula (*Calendula officinalis*)
Violet (*Viola odorata*)

HERBS FOR THE KIDNEYS

Stinging Nettle (*Urtica dioica*)
Cleavers (*Galium aparine*)
Dandelion Leaf (*Taraxacum officinale*)
Parsley greens (*Petroselinum crispum*)

HERBS FOR SKIN GLOW

Hibiscus (*Hibiscus malvaceae*)
Burdock root (*Arctium lappa*)
Rosehips (*Rosa rugosa*)
Red Clover (*Trifolium pratense*)

Beauty recipies



LOVE YOUR FACE VERY MATCHA

Oh we love matcha in so many ways! This our only non-vegan recipe, but it is so simple and good that we had to share it! To make it vegan, switch out the honey for your favourite face oil or even water

Matcha is an excellent ingredient for the skin. The same properties that make it beneficial for drinking are great for the skin, especially epigallocatechin gallate (EGCG), which is helpful in reducing inflammation and evening skin tone. The antioxidants may also be helpful for reducing acne and increasing skin elasticity!

This two-ingredient beauty mask is very simple to make and can be made in advance and stored for future use since both ingredients are shelf stable. To create a perfect consistency and additional benefits, honey is used as the base to mix Matcha into for this mask. This results in a smooth, nourishing and moisturizing face mask that is good to use about once a week for your skin.

Ingredients:

1 teaspoon Matcha Green Tea Powder
1/2-1 teaspoon raw honey (manuka)

Instructions:

Mix the honey and Matcha to form a paste, this is enough for a single use. Depending on the consistency of your honey, you may need slightly more or less. Spread the honey over your face and neck using circular movements. Leave on for 10-15 minutes and remove with a warm, wet washcloth.



GOLDEN BATH

We love making bath into a full blown self care ritual. Making your own bath salt will make this experience even more special. This bath salt is anti inflammatory and full of magnesium and relaxing essential oils to melt your worries away.

Recipe:

1 cup Epsom salt
1 tablespoon olive oil
1/2 tbsp jojoba oil
dash of turmeric
5-10 drops of eucalyptus oil
5-10 drops of lavender oil

Just stir the mixture and let it slide into the bath. The turmeric, which is anti-inflammatory and soothing, is a great addition, if only for the beautiful yellow color that the bath receives. Make it, keep in a jar or use right away!



VENUS MASSAGE

Massage is a great healing technique for yourself and your loved ones. Making your own blends makes the ritual more powerful and meaningful in every way. This is also a great mixture to use for breast massage and sexy night time massage with a partner. Try out this blend and then make it your own by changing the proportions!

Grapeseed oil or V6 (young living)- as much as you want of the massage oil, its good to find a suitable bottle under the oil first and make as much as fits in it.

Relaxation mixture:

Sandalwood: 10 drops

Jasmine or Ylang Ylang 8 drops

Bergamot 2-3 drops

Francincence 2-3 drops

This amount is based on approximately 60 ml of carrier oil.



HERBAL FACE MAGIC

Teas can be a beautiful herbal remedy for your skin especially when used as a TONER. We love using green tea and chamomile for our mixtures as green tea is full of antioxidants and chamomile is anti-inflammatory. We use the green tea toner to wake up our skin and chamomile to soothe and calm it. SO, make your tea in a big kettle and use the rest to make yourself some herbal magic a toner!

DAYTIME TONER:

Green tea 120 ml
Peppermint 3 drops
Geranium 10 drops
Carrotseed 10 drops
Almond oil 5 drops

NIGHTTIME TONER:

Chamomile tea 120 ml
Copaiba 10 drops
Francincence 10 drops
5 drops E-vitamin oil

HOW TO: Make the tea a little bit stronger than usual, strain it, make it cool down and mix in the rest of the ingredients. Best to keep in a glass spray bottle. If you don't have the essential oils, just use the TEA and remember to cool it before using as a toner!

RECIPES
FOR
RADIANCE