



Recipes for Radiance

copyright 2021 rvk ritual



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 the 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. Tomatoes
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



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 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.



The dosha days

Now that you have figured out your dosha you can eat an dosha inspired diet during the class, as this is just a practice not perfect mission.

We made "perfect" mealplan days (next three pages) for each dosha to get you inspired to include some of the vata, pitta, kapha elements in your diet. Use this as inspiration and have fun exploring it, this does not include intermitting fasting, this is for regular days when eating for longer periods each day.

Also if you are TRIDOSHIC (which means that you have equal amounts of pitta, kapha and vata in you) you should focus on the dosha that is in season. Pitta for example is the dosha of summer, so for a tridoshic person you should eat a pitta inspired meals during summer and then transition into VATA in fall/early winter. And then Kapha is the season of winter days.



VATA

IDEAL VATA DAY!

UPON WAKENING - Warm lemon water with turmeric

BREAKFAST - Nourishing bowl of oatmeal, cook it in water, but you can add any kind of nut mylk, add a pinch of ground cinnamon, ginger and cardamom and top it with almond butter and hemp seeds.

MORNING SNACK (OPTIONAL) - Stewed apples with spices and a little bit of fat for some grounding energy. Stew the apples with a pinch of ground cinnamon, clove and nutmeg spice and the scraped seeds of 1/3 third vanilla bean

LUNCH - any kind of curry soup with tofu (coconut curry)

AFTERNOON SNACK - Hummus and seaweed sprinkle with veggies or rye/nut crackers.

AFTERNOON BEVERAGE - Digestive Tea. To make the tea infusion, simmer 1/4 tsp of each coriander, cumin and fennel seeds, 2 dime-sized pieces of fresh ginger and 1/2 tsp of licorice root in 2 cups of water for about 5 minutes. (This tea is also suitable for all three doshas)

DINNER - Split Mung Bean VATA Kitchari. Portion is kept small.

Best oils: olive oil, sesame oil

Best grains: Basmati rice, brown rice
Best veggies: Root vegetables, squash, warming green (chard, spinach)

Best spices: Warming spices such as turmeric, fresh ginger, fenugreek, black pepper, cumin

BEDTIME MILK - Almond milk with nutmeg and a natural sweetener of choice two hours before bedtime



PITTA

IDEAL PITTA DAY

UPON AWAKING: warm oat mylk with saffron, turmeric and optional coconut sugar or maple syrop.

BREAKFAST: a green cooling smoothie or an overnight oatmeal with blueberries and chia seeds

BREAKFAST SNACK: Apple or Pear

LUNCH: fresh kale or collard salad with lemon or lime dressing & sunflower oil OR you could do steamed greens and tofu with tamarin and cooling herbs.

AFTERNOON SNACK: miso soup with pumpkin or just snack on some sunflower seeds.

AFTERNOON BEVERAGE: Drink mint, fennel or lemongrass tea.

DINNER: Stir fry root vegetables with coriander dipping sauce or a cooling kombu mushroom broth with buckwheat noodles and veggies like kale, zucchini, celeri and cabbage

BEDTIME SNACK: Red clover tea and coconuts and pumpkin seeds



KAPHA

IDEAL KAPHA DAY

It is perfect for Kaphas to do all kinds of fasts and fasting, juice cleanses and so on to move the digestive system, but do not go to any extremes, intermitting fasting is the best. For kaphas snacking is NOT ideal.

UPON WAKING: Herbal, green, or black tea with optional rice milk

BREAKFAST: warm "oatmeal" but instead of oats use buckwheat, barley or millet. Omit all fats but add on plenty of fruits like apples, apricots, berries, mangos, peaches, and strawberries if you are in a hurry a fruit smoothie is perfect

LUNCH: A simple vegetable soup made with vegetables like onions, garlic, broccoli, celery, carrots, green beans, and asparagus, and a slice of rye toast....If you are not in the mood for soup you could do a Black bean taco. Include black beans, sautéed onions and bell peppers, shredded romaine lettuce, cilantro, salsa, and a squeeze of lime juice and serve on corn tortillas.

AFTERNOON BEVARAGE: water with lime or herbal tea

DINNER: Red lentils with basil and a small serving of basmati rice.

simple recipes



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 syrop

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 green 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



the radiant smoothie

We need to remember the SKIN. Drinking a cooling antioxidant smoothie in the morning really gets you radiant for the day

handful blueberries
handful raspberries
1 desiliter pompgranate
1 date
2 tablespoons hemp seeds
1 table spoon almond butter
a handful of frozen zucchini for creaminess
water



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 empty 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 teaspoon ground turmeric
1 tablespoon chopped mint leaves
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!



“nutty” banana granola

This "banana bread" granola is clustery, gluten free, and tastes just like banana bread! It's perfect on top of smoothies, with vegan yogurt, or on it's own as cereal. It's a delicious vegan snack or breakfast that is made with simple ingredients.

This granola will store in an air tight container for up to 2 weeks.

The longer you let the granola sit in the oven while it is off, the crispier it will get.

The almond butter can be subbed for any other nut or seed butter.

- 4 cups glutenfree oats
- 1 cup mashed banana about 2 medium bananas
- ¼ cup runny almond butter
- ¼ cup maple syrup
- 2 tsp cinnamon
- 1 cup chopped nuts of choice (walnuts, pecans)
- 1 tsp vanilla
- 3 tbsp coconut oil melted
- ¼ cup coconut sugar
- ½ tsp sea salt

HOW:

- Preheat oven to 165 degrees Celsius.
- Mash the bananas into a large mixing bowl.
- Add the melted coconut oil, maple syrup, almond butter, vanilla, and coconut sugar. Mix well.
- Add all remaining ingredients and mix together.
- Add to a baking tray lined with parchment paper and spread evenly.
- Bake for 30 minutes, stirring halfway.
- Turn the oven off and let sit another 30 minutes (or longer) to crisp. You may want to leave the oven door opened just a crack.
- Remove from the oven, let cool and then break apart into clusters.



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 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 savory 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 tablespoon 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



protein bomb ranch dressing

An oil free and delicious vegan ranch dressing that you can feel good about. It is filled with good protein and your taste buds will thank you.

serves 8

1 block silken tofu
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
1 tablespoon yellow mustard
1 tablespoon agave
1 teaspoon onion (granules)
1 teaspoon garlic (granules)
1/2 teaspoon Himalayan pink salt
2 tablespoons parsley (dried or fresh minced, * fresh is better)
2 tablespoons dill (dried or fresh minced, *fresh is better)

HOW: In a high-speed blender, mix silken tofu, lemon juice, apple cider vinegar, mustard, agave, onion granules, garlic granules, and salt. Blend thoroughly on high until smooth.

Add parsley and dill and pulse until evenly mixed in the dressing. Be careful not to over process because this will make your herbs bitter.

Store in an air-tight container in the refrigerator for 7 days. Serve chilled.



kale, avocado and grapefruit Salad

We are obsessed with kale salads especially after we learnt that we must massage the leafs before eating. This salad is full of amazing ingredients, its 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 or pomegranate seeds.



roasted broccoli with tzatziki sauce

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)

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.

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 bit 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



thai soup for that glow

If we want to be radiant in the world we need to eat radiant foods! This soup is absolutely delicious! Serve with some toasty gluten free bread.

ingredients

- 2 tablespoons coconut oil
- 1 large yellow onion, roughly chopped
- 1 leek, white parts only, sliced into ribbons and washed to remove dirt
- 2 cloves garlic, roughly chopped
- 1 inch piece of fresh ginger, peeled and roughly chopped
- 1 Tablespoon plus 1 teaspoon Thai Red Curry Paste
- 4 medium carrots, peeled and cut into bite size pieces
- 2 large Sweet Potatoes (garnet yams), peeled and cubed into 1/4 inch cubes
- 4 cups Vegetable broth, water or bone broth
- 1 large (13.5 oz) can Coconut milk
- 2 teaspoons lime zest
- 1/2 lime juice
- Salt and pepper to taste

In a medium to large pot over a medium flame add coconut oil, allow to melt and coat the bottom of the pot. Add onions and leeks and cook for 4-6 minutes, stirring frequently until soft and translucent, being careful not to brown. Add the garlic and ginger and continue to stir for another 2 minutes. Add the red curry paste and stir until well blended into the onion mixture. Add the carrots and sauté for 4 minutes. Then add the sweet potatoes. Lower the flame so the soup does not boil. Cook for about 25-30 minutes until the carrots and sweet potatoes are fork tender. Add the coconut milk and stir. Remove from the heat and blend the soup in batches. Transfer back to the pot and stir in the lime zest and lime juice and salt and pepper to taste. Garnish with chopped cilantro or cut up asian pickles or chili oil and chopped scallions. Have fun and enjoy.



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 or cauliflower rice



super simple kitchari

Kitchari means mixture, usually of two grains and is a very important dish in Ayurveda. This super simple kitchari recipe is easy to digest, is the perfect balance of protein, carbohydrates and fat. Use this as a basic recipe and then experiment with spices (cumin, fennel) and vegetables (cauliflower, carrots) to switch it up

The basic recipe:

1 cup rice
1/2 cup mung-beans (whole or split)
2-3 tablespoons Ghee or olive oil
Turmeric
salt

HOW: If the beans are not split, let them soak overnight and then pour off the water. Rice and mung beans are put together in a pot with about four cups of water, more if you want to make it a soup. Add spices and butter/oil and simmer. Add salt to taste. The porridge is ready when the rice and beans are suitably soft.



fresh spring rolls

Everybody loves fresh spring rolls!

Feel free to add some tofu, rice noodles, avocado, seeds or whatever you prefer.

THE PEANUT SAUCE:

INGREDIENTS:

1/2 cup creamy peanut butter
1/2 cup water
2 tablespoons rice vinegar
2 tablespoons tamari sauce
1 1/2 to 2 tablespoons maple syrup
1 teaspoon toasted sesame oil

HOW: In a mixing bowl, use a fork or whisk to mix all the ingredients together. The peanut butter will be quite stiff at the beginning, but do not worry. Just keep working it into the liquids. In a few minutes, the sauce will reach a creamy consistency. Use the peanut sauce as a dip for appetizers, a salad dressing, or a sauce for noodles! Refrigerate any leftover peanut sauce for up to a week.

INGREDIENTS:

Any kind of lettuce leaves
1 red bell pepper, seeded and thinly sliced
2 carrots, peeled and julienned
1/2 cucumber, thinly sliced
1/4 head of red cabbage, sliced
fresh mint leaves
fresh basil leaves
THE peanut sauce

HOW: Fill a shallow, wide bowl with warm water. Lightly wet the surface of the cutting board. Place the vegetables on plates or bowls and get them close to your workspace. Have a large plate ready so that you can lay your finished spring rolls on top. Dip a rice paper wrapper into the bowl of water and circle the paper around so that the entire surface is moistened. Transfer the rice paper onto the wet board. Place a lettuce leaf on top of the rice paper. Then, lay the vegetables, mint, and basil on top, about 1/2 to 1 inch away from the bottom of the wrapper. Starting from the bottom of the wrapper, start rolling everything towards the middle. Fold the left and right sides of the wrapper towards the center, and finish rolling up the spring roll. Place the spring roll onto your spare plate and repeat for the remaining spring rolls. Serve the spring rolls with the peanut sauce.



easy breezy lentil soup

An easy nutritious soup is just what we need during purify week. This one is so so easy and only takes 20 minutes to make. The whole family will love it and it is full of the good stuff that helps fight off colds and inflammation in the body. It is also delicious the day after

Serves 3-4

Oil

- 1 cup chopped onion
- 1 cup chopped leek
- 2-3 pressed garlic clove
- 2 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon garam masala
- 1 cup uncooked red lentils
- 1 can coconut milk (organic)
- 1 can chopped tomatoes
- 4 cups water
- 1 piece vegetable stock
- 1/2 lime, only the juice
- 150 g Spinach
- salt and pepper
- fresh coriander (optional)
- Salted peanuts (optional)

HOW TO:

Start by frying the onion, leek and garlic in oil for a few minutes or until slightly softened. Add turmeric, cumin and garam masala, stir in the onion for about a minute. Put the rest of the ingredients (except the spinach and lime juice) and allow the soup to simmer for about 20 minutes on medium heat. Turn off the heat and add the spinach, lime juice, salt and pepper to the pot. Stir slightly and allow the spinach to soften. Serve with fresh coriander and salted nuts!



Creamy kale & sweet potato salad

We love massaging our kale. That's actually how to make it tasty. And it's a ritual in itself!

This simple and creamy salad is perfect for Purify Week. Paprika and cumin roasted sweet potatoes and chickpeas tossed through creamy cashew kale with a sprinkling of fresh parsley.

Serves 2-4

FOR THE SALAD

2 large (500g) sweet potatoes
1 x 400g can of chickpeas (organic)
1 teaspoon of cumin
1 teaspoon of paprika
200 g kale
pinch of chilli flakes (optional)
Drizzle of olive oil
salt and pepper
a handful of chopped fresh parsley

FOR THE DRESSING

150 gr cashews
2 roasted garlic cloves
6 tablespoons of almond milk
1 tablespoon of nutritional yeast
2 teaspoons of mustard
juice of 1 lemon
pinch of salt

HOW TO:

Preheat the oven to 190C with fan if possible. Peel and cut down the sweet potatoes in bite size pieces. Drain all the liquid from the chickpeas. Put both on a baking tray and drizzle with olive oil, cumin, paprika and pinch of salt. Mix well and roast for 30-35 min until the sweet potatoes begin to soften. While they cook make the dressing. Place all the ingredients in a powerful blender and blend until smooth. Place the kale into a large mixing bowl and add some olive oil and salt. Massage the kale for a few minutes, really rubbing the leaves until the kale goes nice and soft. Once soft pour the dressing into the bowl and gently rub it in again using your hands.

Once cooked remove the sweet potatoes and chickpeas from the oven allow to cool for a few minutes and then toss through the kale. Add to a serving bowl and finish with fresh parsley a crack of black pepper and a pinch of chilli flakes



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
or
Nori wraps

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 and/or cauliflower sauted in healing spices
kimchi
edible flowers

HOW: Let the creative flow guide you!



the ritual bliss

by Dyri 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! Its perfect when you are making almond milk and want to use the PULP!

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



pink champagne

by Dyri Huld

When you are not drinking alcohol it is fun to have drinks that are both fun and super healthy. Rejuvelac is a kind of grain water that was invented and promoted by Ann Wigmore, born in Cropos, Lithuania. It is fermented drink that is super good for digestion. Making this into pink champagne is super fun and delicious.

Rejuvelac champagne

2 cups rejuvelac (see [@thyri_huld instagram](#) highlights for recipe)

6 dates

1 teaspoon juiced ginger

6 strawberries

Blend together and strain with a filterbag and enjoy! Store in closed container in a cooler

the bean protocol



the bean protocol

We want to tell you about the beans protocol if you ever want to try it if you need to heal your body. It is much more intense than our purify week but good to know about! The Bean Protocol could be called The Bean Diet, but it is not really a diet, it's a protocol developed by Karen Hurd that helps the liver detox and heal from a range of ailments, including infertility, inflammation, digestive issues, diabetes, autoimmune diseases and much more. It consists of eating all kinds of beans and/or lentils 3-6 times a day for a minimum of three months and much longer for people with long-term illnesses and diseases. You could also do a longevity protocol plan if you just want to get healthier, age better and live better. Of all the superfoods out there... Why beans?

THE LIVER NEEDS SOLUBLE FIBER

The liver is a natural detoxifier. The liver works with gallbladder, pancreas and intestines to digest, absorb and process food. It's main job is to filter the blood coming from the digestive tract, before passing it to the rest of the body. It also detoxifies chemicals and metabolizing drugs. As it does so, the liver secretes bile that ends up back in the intestines.

First off, our bodies naturally detoxify chemicals. And our bodies actually do more amazing things like transforms fat into energy and it recirculates the things we need like blood. But what else does the body recirculate? Bile!!! Yes, the bile with all the excess chemicals, toxins and hormones returns to liver via the ileum, and this is called Enterohepatic circulation. That is Crazy!

The only way the liver can properly remove the toxic bile from the body is through soluble fiber. The chemical composition of soluble fiber attracts and attaches to the chemical composition of bile that houses all the excess metals, toxins, and hormones from our body.

Which is fantastic because soluble fiber CANNOT return to the liver. Once soluble fiber and bile attach the only place it can go is the toilet! It leaves your body in the form of a bowel movement. Which is so amazing and really makes you look at detox diets differently.



the bean protocol

If you never eat soluble fiber, all the crap that has been sitting in your liver recirculates over and over and over again. What happens to any oil that gets reused? It becomes thicker, it ferments, and it slows down. Once it slows down, things in your body stop working or overworks to compensate for what doesn't work.

It's like if every night you would take the trash out and then you would wake up every morning and the trash would be back in your house. Getting smellier and older every fucxxx day.

Signs that your body isn't functioning properly?

- allergies to foods
- fatigue
- stress
- break outs
- excess/lack of hormone production
- premature aging
- lack or poor sleep
- mental fog
- Inflammation
- autoimmune diseases (crohn's, arthritis, Psoriasis, lupus)

Which causes us to:

- crave sugar to soothe the stressors
- need caffeine to stay awake or get bumps of clarity
- And sugar and stress, promotes sludgy circulating hormones.



the bean protocol day

Just to get you inspired and understanding this protocol better here is an example of the Perfect Bean Day. This menu does not consider intermitting fasting, but gives you an idea of how to incorporate more fiber to heal your body. Start small and incorporate beans and husk little by little:

6:00am Wake Up / Drink Water and psyllium HUSK

8:00am Cook two kinds of beans (like Pinto Beans and Black Beans) or one kind of bean and a whole grain (like quinoa, brown rice, barley) and some veggies.

10:00am Eat leftover beans from first breakfast and veggies

12:00pm cook more veggies, and Chick peas or make a big green smoothie with pure organic vegan protein (hemp protein from Kiki Health or Garden of life Raw organic protein, unflavoured)

2:00pm Eat two spoonfuls of Chick Peas with a small bite of veggies

4:00pm Eat two spoonfuls of Black Beans with a small bite of veggies

6:00pm Grill Asparagus and broccoli, heat two kinds of Beans, and enjoy some nice veggies and a whole grain of your choice if you want to.

7:30pm Snack on unsweetened nut butter and celery or a cup and a half of Salted Nuts with olive oil

Drink 2-3 liters of roomtemp water throughout the day, sparkling water is allowed but does not count as water intake.

In the next pages there are a few bean protocol approved recipes..!



the bean protocol

DO

So what should you focus on then?

Do this every day:

Eat a variety of legumes

ALL the Vegetables

Eat organic clean protein regularly (we recommend Garden of Life and/or Hemp protein from Kiki Health) especially if you feel that you aren't NOT included)

Nuts and Seeds (No coconut)

Sleep - at least 8 hours every night

Reduce all stress in your life

If you eat lean meat, fish or eggs, use it as medicine. (But this is totally doable the vegan way and we highly recommend that.)



the bean protocol DON'T

Always (no cheating here) say no to:

Sugar and Sweets

Natural Sweeteners (Stevia INCLUDED)

Artificial and Natural-Artificial Sweeteners

Sweetened Beverages

Fruits and Fruit Juices

Caffeine (Matcha included)

Herbal Teas

Fragrances and Perfumes

Dairy

Saturated Fats

All kinds of Gum

All Beverages (except water and unsweetened nut mylk)

Supplements

Alcohol

Formal Exercise (yoga and pilates is allowed and gentle forms of the Ritual Method)

Nicotin

Cinnamon

Soy Products (soy sauce and soybean oil are allowed)

Dark Meat and skins



the bean protocol ALLOWED

All of this is allowed, but you do not need to focus on doing this every day.

These things do not really support or disrupt the Bean Protocol;

Condiments with 5g of sugar or less per serving

Lemon and Limes

Carbonated Water

Good Oils (No palm oil or coconut oil)

Spices or herbs to flavour food

Starches

Unsweetened Nut Mylks (not coconut milk)

Do this for at least 3 months and then you can slowly check out the longevity health plan.

Then you can gently start to add things in like fruits, berries, a matcha here and there, movement, clean therapeutic essential oils, herbs etc.

For more support on the longevity plan, check out the Rvk Ritual Membership



the bean protocol

TIPS & TRICKS

Carbonated water and nut mylk does not count as water consumption.

Always separate your fats and beans

Have a bean snack and then wait at least one and a half hour before you have a fat snack.

Have a fat snack and then wait at least an hour before you have a bean snack

When you put your plates together do this:

One portion bean, one portion whole grain and one portion veggies

One portion bean, one portion another kind of bean and one portion veggies

One portion bean, one portion protein and one portion veggies

If you feel like you don't get enough greens, make yourself a nice green smoothie every day.

If you feel like you don't get enough proteins, add clean protein to that green smoothie

Make sure to always snack on nuts with salt and preferably nice olive oil every day, like maybe after dinner or in the afternoon.

Try to have a bean snack at least 3 to 8 times a day

And a fat snack at least 1 time a day

When you eat your snacks/meals always make sure that there is 1 and a half hour between your bean snack and your fat snack. If you are having a fat snack you only need to wait 1 hour before you have your bean snack

Bean recipies



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 butter 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

Ingredients:

- 1 15-oz. can pinto 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.

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



COOL BEANS PIZZA CRUST

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.

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.....



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- DOSHI 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.



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.

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 or magnesium flakes
- 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.



ESSENTIAL OILS

As you now know we like our essential oils, clean, high quality and beautifully harvested and produced. SO, if you haven't already, and want to jump on that wagon with us, send us a DM on [instagram](#) that you are interested and we will give you the best ways to start your journey, what to buy first ect.