



# Coaching for Vitality

## *RECIPES FOR AUTUMN*



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## Introduction

In this report I am happy to share with you ALL of the recipes for the dishes enjoyed during the Autumn Ayurvedic Nutrition workshop. I've also included

- an outline of the information received on Ayurvedic nutrition
- the seasonal tips received
- a units and measures conversion table

Now you too can have a taste of this workshop in your own home. As with all other dishes you prepare, make sure as many of the ingredients are organic and local where possible. If it's not possible, just add an extra "pinch of love" during preparation!

Enjoy!

A handwritten signature in black ink that reads "Janet". The signature is written in a cursive style and is underlined with a single horizontal stroke.

## DISCLAIMER

Whilst every effort has been made to ensure that the information in this publication is as complete and accurate as possible, the information is not intended to treat, diagnose, or prescribe. Its purpose is to educate and inform and should not be considered as a substitute for consultation with a licensed health care professional. The author disclaims any liability or responsibility for any loss, damage, or injury caused or alleged to be caused, directly or indirectly, by the use of any of the information in this publication.

## Spice Tea

*This is a warming drink that has a balancing effect for everyone. It is best drunk approximately half an hour before or one hour after eating.*

2 cinnamon sticks  
10 cloves  
1 tbsp of fennel seeds  
Water

1. Put all the ingredients in about 2 litres of water
2. Boil for about 15 minutes and serve.

Notes:

- a) Alternative: put all the ingredients in a flask, pour boiling water on them and leave to steep for 30 minutes.

### *Ingredient information*

**Cloves** are used for digestive complaints such as bloating, sluggish digestion and also for toothache!

**Cinnamon** is effective for digestive complaints such as bloating, sluggish digestion and flatulence. Its essential oil is antibacterial and anti fungus.



## Flat Bread (for 4)

(taken from “Plans for dinner?”)

*This non-yeast bread is quick and easy to make and to digest.*

200 grams flour (wholewheat, spelt or kamut)

pinch salt

glass warm water

1. Heat a non-stick pan or griddle over a medium flame.
2. Mix the flour and salt together.
3. Add water.
4. Knead well to form a flexible dough. Leave to rest for ½ hour if possible.
5. Divide into 8 pieces.
6. Take a piece of dough, form a round and roll out.
7. Place on the hot pan.
8. Dry roast until golden brown and the bread starts to puff up slightly. Turn and repeat for the other side.

### *Ingredient information*

**Spelt** is an ancient cousin of wheat that goes back long before many wheat hybrids.

**Kamut**, the name chosen as a registered trademark, is the ancient Egyptian word for “wheat” since this relative originated from a handful of grains found in an Egyptian tomb.

Both of these grains offer an interesting alternative to wheat for more variety in your food.

# Pumpkin and Sunflower Seed Sauce

(adapted from “Plans for dinner?”)

*This simple sauce contains five of the 6 tastes recommended in Ayurvedic nutrition. It is best eaten fresh.*

Juice of 1 lemon

Extra virgin olive oil (enough to produce a smooth paste)

75 grs organic sunflower seeds

50 grs organic sunflower seeds

Salt (to taste)

Chopped ginger

Black pepper (optional)

1. Soak the seeds overnight.
2. Rinse the seeds.
3. Put all the ingredients in a blender and blend until smooth.
4. Serve.
5. This sauce can be kept for up to three days in the fridge.

## *Ingredient information*

**Pumpkin seeds** contain a number of minerals, including iron, calcium, zinc, phosphorus, magnesium and potassium. When soaked overnight they start their germination process, which means that they are much easier to digest.

## Tomato and Basil Salad

Fresh ripe tomatoes  
Basil leaves  
Salt to taste  
Black pepper  
Olive oil

1. Cut the tomatoes into slices.
2. Arrange on a plate or in a bowl.
3. Season them with salt and pepper
4. Pour a little olive oil on the tomatoes.
5. Decorate with basil leaves.
6. Serve and savour.

### *Ingredient information*

**Olive oil** is cleansing, particularly for the liver when you use it with lemon. It is best used in salads and for cooking at low temperatures.



## Red Lentil Dahl

150 grs red lentils

½ litre water

½ tsp turmeric

Fresh ginger, cut into fine slices

½ tsp cumin powder

Sesame oil

Salt to taste

freshly ground black pepper

1. Wash the lentils until the water is clear.
2. Put them in a pot with the water and turmeric.
3. Bring to the boil and leave boiling for 10 to 15 minutes.
4. After 15 minutes add the salt, fresh ginger and the spices and a generous quantity of sesame oil.
5. Cover and leave to simmer for approximately 10 more minutes.

### *Ingredient information*

**Ginger** stimulates the appetite and also provides relief for colds, allergies and other respiratory complaints. Use fresh ginger root NOT the powder, which has a much stronger heating effect on the body.



# Curried Vegetables

(adapted from “Plans for dinner?”)

3 tbsps sesame oil  
½ tsp cumin seeds  
½ tsp coriander seeds  
¼ tsp turmeric  
1 tbsps cumin powder  
1 tbsps coriander powder  
¼ tsp black pepper  
½ small cabbage, small eggplant, 2 large carrots, small tomato  
Salt to taste  
warm water

1. Heat oil once it is hot and add cumin seeds and coriander seeds.
2. Sauté all until browned.
3. Mix the cumin powder, coriander powder,, turmeric and black pepper together with enough water to form a fairly thin paste.
4. Add to the pot and mix well.
5. After about 2 minutes the oil will separate from the rest of the sauce.
6. After all the water has evaporated, the sauce is ready.
7. Add the vegetable chunks to the sauce and mix.
8. Add salt and a little water, stir and cover.
9. Leave to simmer for 10 -15 minutes, depending on the time the vegetables need to cook.

## *Ingredient information*

**Turmeric** is one of the most commonly used ingredients in Ayurvedic medicine because of its anti-inflammatory properties. Black pepper enhances the effect of turmeric by allowing it to cross the intestinal wall, and making it more powerful and easier to assimilate.

## Short Grain Brown Rice (for 2)

70 gr short grain brown rice

Water (3 times the amount of rice)

½ tsp salt

Pinch of turmeric

1. Wash the rice until the water is clear.
2. Soak the rice for at least 4 hours.
3. Put the rice in a pot with the water.
4. Add the salt and turmeric.
5. Bring to the boil.
6. Reduce the fire, cover the pot and leave the rice so simmer for 25 minutes.
6. Turn off the fire and leave it to rest.

### *Ingredient information*

**Short grain brown rice** is a type of rice that has a neutralising effect when eaten, especially for the intestine.

## Halva

200g ghee

400 g of wholewheat semolina

75 g of cashew nuts

15 almonds (soaked overnight)

handful of raisins

300 g non-refined sugar

A good pinch of cardamom powder

1. Soak the almonds overnight in water. Remove their skins.
2. Break up the cashew nuts.
3. Melt the ghee in a pan before adding the semolina.
4. Stir the semolina in the ghee until there is a toasted smell.
5. Add the cashew nuts, a handful of raisins and the almonds.
6. Add hot water mixed with a pinch of salt and the sugar and mix well.
7. Add the cardamom powder. Mix well and serve

### *Ingredient information*

**Cardamom** is a spice which aids digestion and relieves indigestion. When added to milk it neutralises its mucus-forming properties and is said to detoxify the caffeine in coffee.



# General information about Ayurvedic nutrition

## The three body types:

Vata (air) – suitable foods : sesame oil (heating effect), chilli, hot foods, clovers, hot drinks (signs : cold hands, dry skin, fear); **season - autumn**

If you are predominantly Vata, limit foods that have a cooling effect (e.g. the bitter taste has this effect).

Pitta (fire + water) – suitable foods: olive oil, food that is a little bit spicy; **season - summer**

Kapha (earth + water) – suitable foods: sunflower oil, bitter and astringent tasting food; **season – winter/spring**

## A meal should contain the six tastes:

Sweet e.g. carrots, basmati rice, unrefined sugar, honey

Salty e.g. rock salt, sea salt, celery

Sour e.g. lemon, lime

Bitter e.g. turmeric, parsley, fenugreek

Hot e.g. ginger root, chilli

Astringent e.g. tannin, tea, dhal, lentils

- everyone is an individual
- eat fresh, organic, seasonal local produce
- eat freshly prepared cooked food
- attitude and hygiene are very important – wash hands before preparing and eating food
- everything can nourish you
- eat when feel hungry - best time for largest meal – 12-2pm
- don't overeat – eat consciously

# Autumn Tips for your Well-being

Vata - movement, cold and dryness - dominates during this season.

## Eat

- heating spices e.g. cardamom, cinnamon, cloves and ginger
- warm, soupy, oily, heavy, sweet, sour and salty foods
- seasonal vegetables e.g. carrots, squash
- less raw food

## Other suggestions

- Establish a routine of waking up and going to bed early to ground and centre yourself
- Take more exercise e.g. go for a walk outdoors to raise energy levels, do yoga on a regular basis
- Stay warm and out of drafty areas
- Use warming scents in your home e.g. nutmeg, cinnamon, vanilla or sandalwood

## Avoid

- Very cold or frozen foods and drinks and cold dairy products
- fasting
- worrying/stressful situations

## Think

MODERATION and VARIETY  
for a happy and healthy Autumn!

*Please note that this information is provided for a wide number of cases  
and may not be appropriate in individual cases.*

## Recommended reading

*The Hare Krishna Book of Vegetarian Cooking*

*Adiraja Dasa*

*Plans for dinner?*

*Janet Gomez*

*Ayurveda – Science of Self-healing*

*Vasant D. Lad*

*Ayurvedic Cooking for Self-Healing*

*Vasant D. Lad and Usha Lad*

*Virtually Vegetarian*

*Judith Willis*

## Quick units and measures conversion table

<b>Metric</b>	<b>Imperial</b>
<b>approx. 25 grams</b>	<b>1 ounce (dry/fluid)</b>
<b>approx. 450 grams (1/2 kilo)</b>	<b>1 pound</b>
<b>approx. 250 millilitres</b>	<b>0.45 pints</b>
<b>approx. 1 litre</b>	<b>1.75 pints</b>

<b>Metric</b>	<b>CUPS (US)</b>
<b>40 grams</b>	<b>0.174</b>
<b>50 grams</b>	<b>0.217</b>
<b>75 grams</b>	<b>0.326</b>
<b>100 grams</b>	<b>0.435</b>
<b>125 grams</b>	<b>0.544</b>
<b>150 grams</b>	<b>0.652</b>
<b>175 grams</b>	<b>0.761</b>
<b>200 grams</b>	<b>0.87</b>
<b>250 grams</b>	<b>1.087</b>
<b>approx 125 ml</b>	<b>½ cup</b>
<b>approx 250 ml</b>	<b>1 cup</b>

N.B When you convert from grams to cups you are moving from weight to volume. The conversions offered are based on a conversion tool that calculates 229.92 grams per cup. Since my approach allows for certain flexibility in food preparation, feel free to round the proportions up or down as you feel appropriate.

## ABOUT JANET GOMEZ



Janet Gomez, author of “Plans For Dinner” and founder of Nutri-Jyoti, is a nutritional consultant, yoga teacher, Reiki practitioner and workshop facilitator. She specialises in the holistic approaches of Ayurvedic and naturopathic nutrition, having followed studies in both areas. She is recognised by ASCA, a foundation for the recognition and development of alternative and complementary therapies in the French-speaking part of Switzerland, and is a member of the British Association for Nutritional Therapy. She has taught hundreds of busy professionals nationally and internationally how to bring vitality into their lives through nutrition so that they have

more energy to do things they like to do. To discover her “5 Nutritional Keys to Vitality in Your Life” visit <http://keystovitality.nutrijiyoti.com>

## ADDITIONAL RESOURCES

### 1. Nutri-Jyoti News

Janet’s bimonthly newsletter offers solutions to your questions about nutrition and well-being. It also includes up-to-date information about Nutri-Jyoti activities. Each edition covers a different nutritional topic. Articles from previous newsletters can be consulted on the site. Sign up here – <http://keystovitality.nutrijiyoti.com>

**2. Talks for groups and associations** - Janet offers a **pro-bono** talk on the topic of “Vitality through nutrition at low/no cost” for groups and associations. Contact her at <mailto:janet@nutrijiyoti.com> to book her for your event.

### 3. Vitality Coaching.

- Vitality check-up session - a one-stop session to define your goals and formulate a personal plan to achieve your desired lifestyle
- **Nutritional consultation package of 1, 3, 6, 9, 12 months**
- Janet works with you to define and achieve your goals with a personal plan that covers your current lifestyle, dietary habits and health issues to gain a practical understanding of how to improve your vitality by nourishing yourself well.

To arrange an appointment to discuss your needs contact her at <mailto:janet@nutrijiyoti.com>

**5. Vegetarian cooking workshops tailored** to your Ayurvedic body type to learn how to prepare simple, quick and tasty dishes in a group of maximum 8 people (private option available on request in your kitchen)

Book your spot at <http://vegcooking.nutrijiyoti.com>

**6. Plans for dinner?** Janet’s ayurvedic holistic cooking guide to preparing healthy and satisfying dishes rapidly that make your mouth water. For more information consult <http://plansfordinner.nutrijiyoti.com>

