

Rooted in Relaxation



Roots are a rich source of complex carbohydrates that actually help regulate your blood sugar. They also have a soothing effect on your root chakra helping you feel grounded. When anxiety arises, this is a great meal to help center and balance.

Serves 4

Total Time 30 min

Ingredients

| | |
|--------|---|
| 2 | beets |
| 2 | parsnips |
| 2 | rutabaga |
| 2 | sweet potatoes |
| 2 | carrots |
| 3 tbsp | coconut oil (ghee or butter also works) |
| dash | Italian seasoning to taste |
| dash | Sea salt to taste |

Directions

1. Wash vegetables well in water leaving the skins on (that's where some of the most beneficial nutrients are)
2. Chop vegetables into bite size pieces; smaller the quicker they cook :)
3. Heat coconut oil in larger skillet (caste iron is best)
4. Throw all vegetables into the pan
5. Sprinkle seasoning to preference
6. Add lid to pan, check in to see if any oil needs to be added
7. Cook vegetables until they are tender
8. Enjoy then maybe try journaling, meditating, or even better, a nap!

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

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