

LAMAV

Organic Skin Science



Gut-loving recipes
for glowing skin



According to both Ayurveda and traditional Eastern medicine, for optimal health, beauty, and wellbeing, we must first turn our attention inwards—supporting digestive health by nourishing ourselves from the inside out.

Naturally bio active skincare is one piece of the puzzle for radiant skin. How we nourish ourselves is equally important for overall wellbeing and an energy that glows from within. Our recipes are as delicious as they are good for you and made with our inner beauty products that are inspired by the ancient daily health and wellbeing rituals of Ayurveda.

Dedicated to helping you unmask your natural, inherent beauty—our inner beauty formulas are a complete solution and have been lovingly created to form the foundation of your daily self-care ritual.

We hope these recipes inspire you – and if they do, *remember to share your delicious creations with us! @lamavorganics*

Enjoy!

Green Goddess Smoothie

SERVES 1

Prep time: 15 minutes

INGREDIENTS

½ banana, frozen

½ avocado, skin and seed removed

Handful of spinach

1 tbsp cashew butter (or preferred nut butter)

½ lime, skin and seeds removed

1 cup coconut drinking milk

1 tsp **LAMAV Ayurvedic Beauty Powder**

2 tsp flax meal

METHOD

1. Add all ingredients to a high speed blender and blend until smooth, thick and creamy. Serve immediately.





Pina Colada Mocktail

SERVES 2

Prep time: 15 minutes

INGREDIENTS

2 cups pineapple cubes
1 cup coconut milk, tinned
3 cups ice
2 tsp **LAMAV Ayurvedic
Beauty Powder**

METHOD

1. Add the pineapple cubes and coconut milk to a blender and blend on high until smooth and lump free.
2. Add the ice and Inner Beauty Powder and pulse until a frappe consistency is achieved.
3. Serve straight away.

Sweet Potato Hummus

SERVES 4

Prep time: 15 minutes

Cooking time: 55 minutes

INGREDIENTS

200g sweet potato

1 x 420g can of chickpeas,
drained, chickpea liquid
reserved

1 tbsp tahini

1–2 cloves garlic

½ tsp cumin powder

¼ tsp turmeric powder

Juice of ½ lemon

2 tbsp extra virgin olive oil

2 tsp **LAMAV Ayurvedic**

Beauty Powder

Salt, to taste

METHOD

1. Preheat the oven to 180°C (fan-forced).
2. Trim ends from sweet potato and peel. Cube and place on a baking tray. Drizzle with extra virgin olive oil and toss to coat evenly. Bake for 55–60 minutes, or until the sweet potato is soft.
3. Meanwhile, remove skins from chickpeas by pinching the end of each chickpea and pushing gently. The chickpea skin will come away easily. Once skins are removed, place chickpeas into a blender or food processor.
4. Once cooked, remove sweet potato from the oven and allow to cool before adding to the blender.
5. Add the garlic, tahini, cumin, turmeric, lemon juice, extra virgin olive oil, LAMAV Ayurvedic Beauty Powder and salt to the food processor and then blend on high until smooth and creamy.
6. Store in a glass jar or container with a lid in the refrigerator for up to 4 days. Serve with crackers and vegetable sticks.





Mini Mango Tartlets

SERVES 10

Prep time: 30 minutes

Set time: 3 hours

INGREDIENTS

Cheesecake

2 cups raw cashews, soaked overnight or for at least 2 hours

Seeds of 1 vanilla bean

½ cup pure maple syrup

½ cup extra virgin coconut oil

½ cup coconut cream, tinned

1 cup diced mango
(approx 1 medium mango)

10 tsp **LAMAV Ayurvedic Beauty Powder**

1 tsp turmeric powder

Base

1 cup almonds

8 medjool dates

½ cup desiccated coconut

2 tbsp extra virgin coconut oil

1 tbsp water

Toppings

1 mango, flesh removed from skin and thinly sliced

½ cup coconut yoghurt

1 vanilla bean, seeds scraped out

1 tbsp pure maple syrup

1. **Base:** Place all ingredients for base into a food processor and blend on high until well combined and sticking together.
2. Press spoonful's of the mixture firmly into the base of a silicone muffin tray. The base should be around ½ cm thick. Once all of the base mixture is used, place muffin tray in the freezer while preparing the filling.
3. **Filling:** Clean out food processor and add the cashews, vanilla beans, pure maple syrup, coconut oil, coconut cream, mango and Inner Beauty Powder. Blend on high until very smooth and creamy.
4. Remove muffin tray from freezer and pour filling on top of base. Smooth out with the back of a spoon, spatula or frosting knife and return to the freezer until filling is frozen solid.
5. Once set, store cheesecakes in a container in the freezer until ready to serve.
6. **Toppings:** Add the coconut yoghurt to a small bowl along with the maple syrup and vanilla seeds. Whisk to combine.
7. When ready to serve, top each tartlet with a dollop of the coconut yoghurt mixture and a slice of fresh mango.

Watermelon, Mint & Cucumber Juice

SERVES 2-4

Prep time: 6 minutes

INGREDIENTS

4 cups watermelon, diced

1 Lebanese cucumbers,
ends removed

1 tbsp fresh mint leaves,
loosely packed

30ml **LAMAV Beauty**
Restore liquid

METHOD

1. Add watermelon, cucumber and mint to a juicer as per manufacturer's instructions or to a high-powered blender.
2. To the juice add the inner beauty liquid and stir to combine.
3. Drink straight away, with ice if desired.



Beetroot Smoothie

SERVES 2

Prep time: 6 minutes

INGREDIENTS

½ cup raw beetroot,
peeled & cubed
1 banana, frozen
½ cup frozen berries
2 cups almond milk
30ml **LAMAV Beauty
Restore liquid**

METHOD

1. Add the beetroot, banana, berries, almond milk and Inner Beauty Liquid to a blender and blend on high until smooth and creamy.
2. Divide smoothie between two glasses and serve straight away.





Raw Strawberry Cheesecake

SERVES 4

Prep time: 15 minutes

Set time: 5 hours

INGREDIENTS

For the base:

½ cup almonds

½ cup desiccated coconut

2 medjool dates, pits removed

2 tsp extra virgin coconut oil

2 tsp water

For the filling:

1 cup cashews, soaked

for a minimum of 3 hours

1 tsp vanilla extract

30ml pure maple syrup

1 cup (120g) frozen

strawberries

2 tbs (13g) cacao butter

2 tbs extra virgin coconut oil

30ml **LAMAV Beauty**

Restore liquid

To serve:

½ cup vanilla coconut

yoghurt

METHOD

1. Place all of the ingredients for the base into a high-powered blender or food processor. Blend until well combined.
2. Tip mixture into the base of a 10cm cake tin (with removable base) or springform tin and press down firmly to make sure the mixture is evenly spread over the base. Place into the freezer while you prep the filling.
3. To make the filling, add the cacao butter to a small saucepan over a low heat and stir occasionally until melted. Then, turn off the heat.
4. Place the cashews, vanilla extract, pure maple syrup, frozen strawberries, melted cacao butter, Beauty Restore liquid and extra virgin coconut oil into the drum of a food processor or blender and blend until smooth and creamy.
5. Remove the base from the freezer pour the filling over the top of the base, spreading out evenly. Then, place back into the freezer until set.
6. Store the cheesecake in the freezer, removing 15–20 minutes before serving to soften slightly.
7. Serve topped with a dollop of vanilla coconut yoghurt, if desired.

Berry Bliss Balls

MAKES APPROX 14

Prep time: 10 minutes

INGREDIENTS

1 ½ cup rolled oats
1 125g punnet fresh raspberries
1 ½ cup desiccated coconut (plus extra for rolling)
2 tbsp pure maple syrup
2 tbsp **LAMAV Beauty Restore liquid**
2 tbsp Extra Virgin Coconut oil, liquified

METHOD

1. Add all of the ingredients to a blender or food processor and blend until well combined.
2. Pour desiccated coconut into a small bowl.
3. Take a spoonful of mixture and roll into a ball. Roll the bliss ball in the coconut until evenly coated. Place the bliss ball onto a large plate or into a large container.
4. Repeat the previous step until all of the mixture is rolled into bliss balls. Place the plate or container into the fridge for 1-2 hours or until firm.
5. Store in the fridge or freezer in a sealed container for up to 4 days.



Embracing a holistic approach to health and beauty, LAMAV offers an innovative product line that has been created with deep care and consideration—for your skin, as well as the planet.

While the brand has evolved, Tarj's vision remains steadfast—to inspire women to elevate their daily selfcare ritual with skincare products that work synergistically to refresh, rejuvenate and restore balance to their skin. *Because no woman should have to sacrifice her health for beauty.*



LAMAV

Beauty Restore™

INNER BEAUTY
500ml e 16.9 fl. oz.

LAMAV

Ayurvedic Beauty Powder™

Powerful adaptogenic Ayurvedic Beauty Blend™ with Zinc, Vitamins C and A to support skin structure and firmness, and fight the visible signs of ageing

INNER BEAUTY

180g e 6.34 oz.

