



## *Spring Lunch*

DIGESTIVE LASSI

WILD RICE

ASPARAGUS SOUP

BEE T ROOT CURRY


SAUTÉED SWISS CHARD AND BEE T  
TOPS

CARROT CAKE

"Swing on the wings of March  
carrying one above its melting arch  
that curves into spring's  
awakening.

Let the showers flower into April's  
tulips, hyacinths, and daffodils  
spreading the sweetness each  
blossom brings."

Poem by Ann Purcell





## Digestive Lassi

### Ingredients:

1 cup room-temperature water  
¼ cup fresh homemade yogurt  
1 pinch ground ginger  
1 pinch ground cumin  
1 pinch ground coriander  
1 pinch salt

Blend for 1 minute and drink room-temperature after lunch.

## Pia's Asparagus Soup


### Rinse, and peel:

20 asparagus  
10 zucchini  
5 fennel chopped finely

Boil each vegetable separately in water until soft. Then blend zucchini, adding fennel and asparagus until smooth.

Add salt and pepper to taste and serve.

Optional: add a little dill





## Beet Curry

Serves 3-4

### Ingredients:

2 tablespoons ghee

2 teaspoons Maharishi Ayurveda Vata Churna

¼ teaspoon anise seeds

¼ teaspoon fennel seeds

¼ dried thyme

1 bay leaf

6 small beets (12 oz.)

4 small carrots

1 large yam

2 cups water

⅓ cup yogurt

Salt

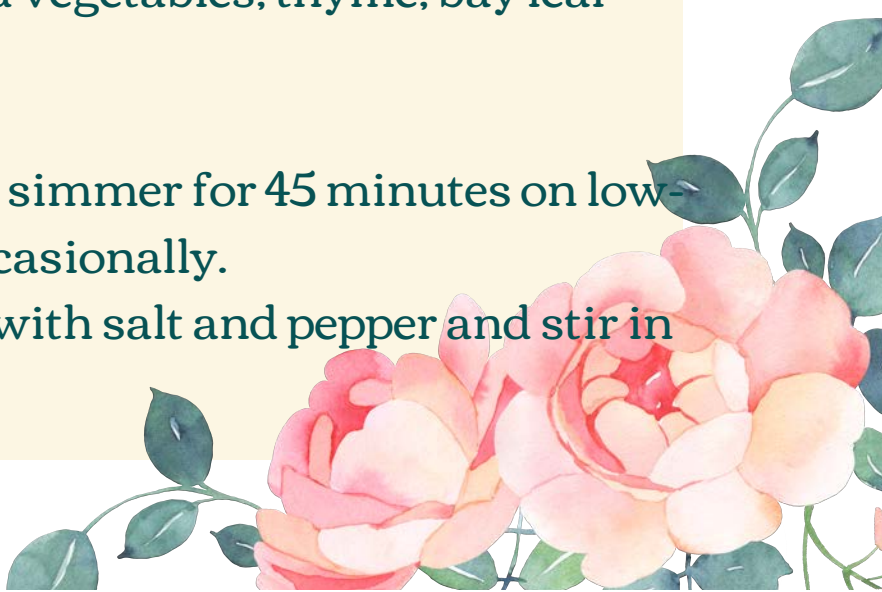
Freshly-ground black pepper

Peel and cut the vegetables into small cubes.

In a large pot, heat the ghee and sauté Vata Churna and seeds for 30 seconds. Add vegetables, thyme, bay leaf and water.

Bring to a boil, cover, and simmer for 45 minutes on low-medium heat, stirring occasionally.

Remove bay leaf, season with salt and pepper and stir in yogurt.





## Sautéed Swiss Chard and Beet Tops

### Ingredients:

3 cups uncooked, seasonal, fresh greens, chopped in small pieces

1 tablespoon sesame oil or ghee

½ - ¾ tsp. ground cumin


A small pinch ground ginger

Salt to taste

Heat oil or ghee on medium in a large pan like a wok. When the oil begins to warm up, add ginger and greens.

Stir the greens so that the oil coats them evenly, adding the salt and cumin.

Place a lid on pan and let cook on medium heat for 6-8 minutes, or until tender.







## Wild Rice

### Ingredients:


- 1 cup of wild rice
- 5 cloves
- 2 bay leaves
- 6 cardamom pods
- 1½ tsp. salt
- 3 cups water
- 1 Tbsp. ghee

Wash and rinse the rice thoroughly, or until the water runs clear.

Sauté rice and all spices in ghee for 5 minutes on medium heat, stirring constantly.

Add boiling water and cover until water evaporates to rice level.

Lower heat and simmer until all water evaporates; approximately 35-40 minutes.





## Georgina's Carrot Cake


### Ingredients:

- 1- $\frac{3}{4}$  cup softened butter
- 2  $\frac{1}{2}$  cups brown sugar
- 2  $\frac{1}{2}$  cups of flour
- 1 Tablespoon of baking powder
- $\frac{1}{2}$  Tablespoon of baking soda
- 1 teaspoon of salt
- 4 $\frac{1}{2}$  tablespoons of organic cornstarch or arrowroot powder
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{2}{3}$  cup of yogurt
- 2  $\frac{1}{2}$  cups of grated carrots

Cream softened butter with sugar in a large bowl, then add the yogurt and grated carrots and mix together.

Next, mix all the dry ingredients together then add to the carrot mixture and stir gently.

Pour batter into greased pan and bake at 350°F for 30-40 minutes or until an inserted toothpick comes out clean. Cake should be moist.





# Autumn Lunch

Fall Digestive Lassi

Wild Rice

Spinach with Panir

Split Pea Soup

Buckwheat Bread

Butternut Squash with Fresh Rosemary

Sweetheart Walnut Shortbread

"Return to the taciturn September.  
Come home to Being and remember Self's seasonal  
transformations.

Fall into the call of October  
whose golden leaves are soon over in winter's coming  
hibernation.

Be replete in the retreat of November  
into your scintillating silence that renders  
sacredness beyond all reason.

Transcend into the friend of December—  
pure as snow, yet warm and tender—  
completing the yearly cycle of day, month, and season."

Poem by Ann Purcell





## Fall Digestive Lassi

Serves 4

### Ingredients:

4 cup room-temperature water

1 cup fresh homemade yogurt

1 pinch ground ginger

1 pinch ground cumin

1 pinch ground coriander

1 pinch salt

Blend all ingredients until smooth.

### Wild Rice

### Ingredients:

1 cup of wild rice

5 cloves

2 bay leaves

6 cardamom pods

1½ tsp. salt

3 cups water

1 Tbsp. ghee


Wash and rinse the rice thoroughly, or until the water runs clear.

Sauté rice and all spices in ghee for 5 minutes on medium heat, stirring constantly.

Add boiling water and cover until water evaporates to rice level.

Lower heat and simmer until all water evaporates; approximately 35-40 minutes.





# Spinach and Panir

Serves 4

## Ingredients:

4 tablespoons ghee

$\frac{3}{4}$  pound panir (fresh cheese)

1 bunch spinach

Salt and pepper to taste

Heat ghee in a large frying pan. Dice panir and fry in ghee for 10 minutes, stirring frequently.

Wash the spinach and remove the stems from the leaves.

When the panir is done, remove from the pan and set it aside. Add spinach leaves to the pan and fry for 5 minutes, stirring frequently.

When the leaves are wilted and most of the water is gone, stir in panir. Add spices like Italian seasoning, Herbs de Provence, or favorite spices.



Recipe adapted from [www.mapi.com](http://www.mapi.com)



## Spit Pea Soup

Serves 4

Ingredients:

- 3 quarts water
- 4 cups of dried split peas
- 1 cup carrots
- 2 cups fennel
- 2-  $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  tsp dry thyme leaves
- $\frac{1}{2}$  tsp dried rubbed sage

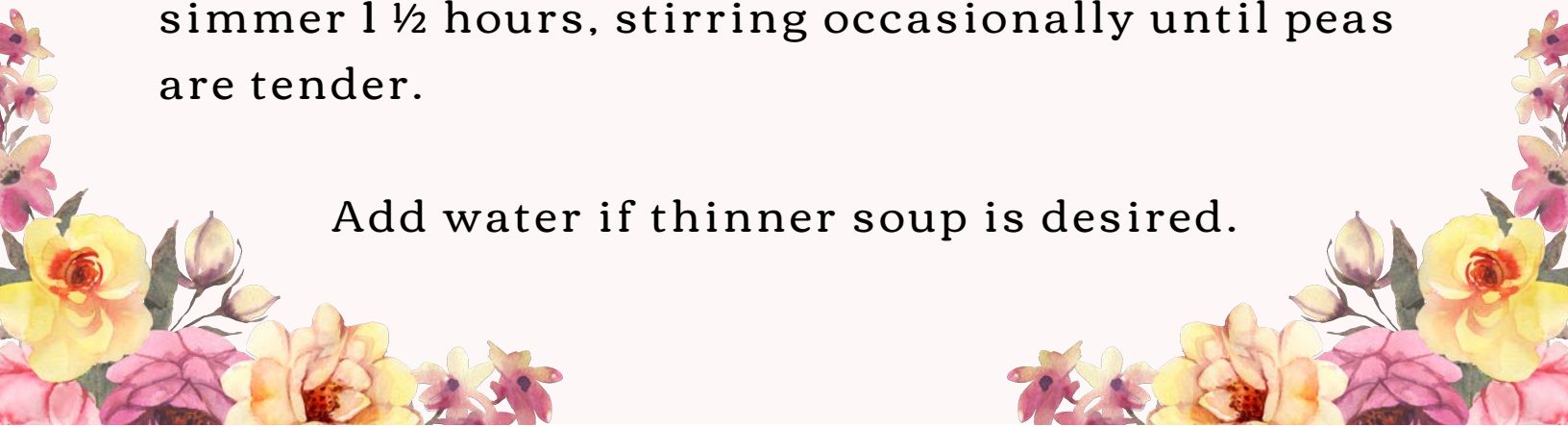
Wash and drain split peas thoroughly and let soak for 3 hours or overnight. In a large sauce pan, combine water and split peas.


Add carrots, peeled and thinly sliced, plus chopped celery, and thinly sliced fennel. Add salt, thyme, and sage.

Bring to a boil over moderately low heat (around 300°F).

Reduce to low (225°F); cover tightly and let simmer 1  $\frac{1}{2}$  hours, stirring occasionally until peas are tender.

Add water if thinner soup is desired.





## Light Buckwheat Nut Bread

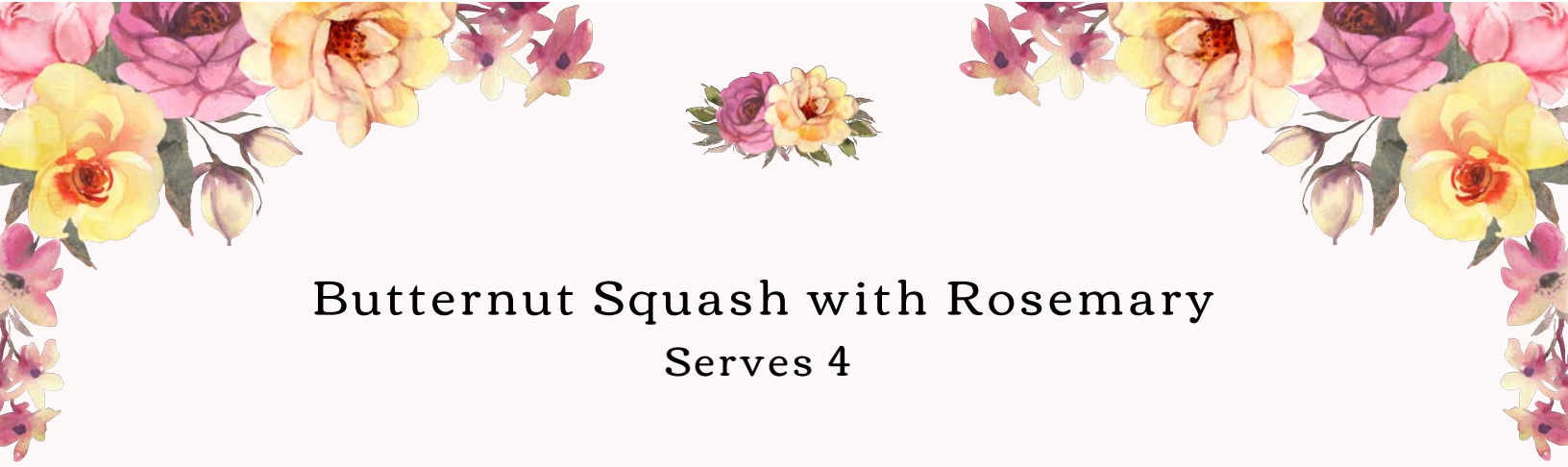
### Ingredients:

- 2 cups of ground sunflower seeds
- 3 cups of buckwheat flour or ground oats (oat flour)
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons baking soda
- 1 teaspoon cane sugar
- 2 teaspoon salt
- 1-2 cups of buttermilk
- 2 tablespoons dry parsley leaves or thyme or dill
- 1 teaspoon ground turmeric
- 1/3 cup melted ghee

Mix dry ingredients together in a large bowl.

Add enough buttermilk to make the dry mixture into a soft cake batter. Or, alternatively, use water with 1 tablespoon of lemon juice to cut the taste of baking powder and baking soda.

Spread the batter into a shallow baking pan that is pre-oiled or lined with parchment paper. Bake at 350°F for 40-60 minutes or until golden. Cut into squares after cooling.



## Butternut Squash with Rosemary

Serves 4

### Ingredients:

3 cups butternut squash, yams, or sweet potatoes

2 teaspoons of ghee

2 tablespoon raisins (soaked in water for 15 minutes)

4 teaspoons crushed cashews

2 teaspoon brown sugar

Aprox. 4 tablespoons of fresh rosemary

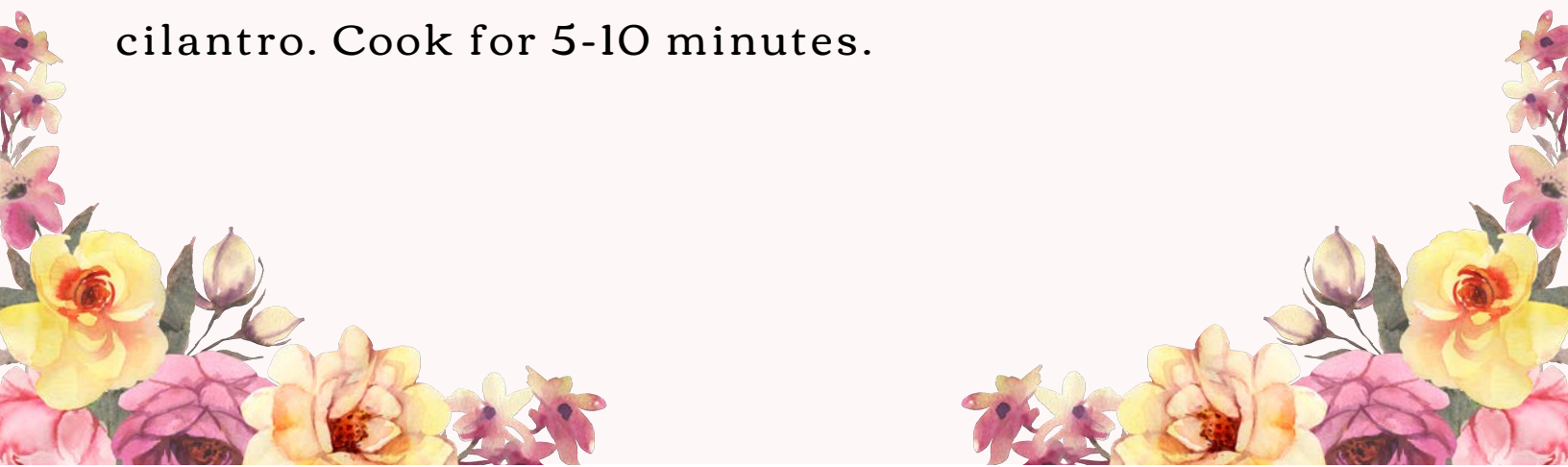
1 teaspoon salt

fresh cilantro


Cut squash into small chunks and bake or steam until mostly cooked.

Begin to sauté squash in ghee. Add cashews, brown sugar, and raisins.

Lower heat and let simmer. Add salt and fresh cilantro. Cook for 5-10 minutes.







## Sweetheart Walnut Shortbread

Makes 2 dozen

### Ingredients:

1 cup of toasted walnuts

½ cup of sugar

1 ½ cups softened butter

1 ½ teaspoons of vanilla

½ teaspoon of salt

3 cups of flour

Put walnuts and sugar in a blender, and blend until finely ground. In a large bowl, beat butter, vanilla, and salt until fluffy then combine with walnut-sugar mixture.

Next, add 3 cups of flour to mixture, or enough to form a dough.

Refrigerate the dough until it becomes chilled and easy to handle, approximately 2 hours.

Preheat oven to 375°F.

Dust a sheet of wax paper with flour and roll out the dough until it is about ¼ of an inch thick. Cut out cookies with a heart-shaped cookie cutter and place cookies on ungreased sheet and bake for 10-15 minutes, until golden.

Leave on tray for a couple minutes until moving cookies onto racks to cool. Once cooled, drizzle with melted chocolate, if desired.





# Summer Lunch

Mint Lassi

Lemon Jasmine Rice

Cauliflower Kofta Balls

Savory Chickpea Pancakes

Fresh Arugula Salad with Avocado

Watermelon Sorbet

"Hear the whispers conferred in May—  
the morning birds heralding the day in a grand chorus of jubilation.

Feel the breeze of the eves of June— soft and balmy atop the sand  
dunes— that hums in gentle cadence.

Unwind your mind in timeless July.  
Soar free like birds that smoothly fly beneath the warm, vibrant  
sunshine.

Hold God's hand on the the sands of August.

Be led into His waters—kind and just – in the sapphire ocean of the  
Divine. "

Poem by Ann Purcell





## Mint Lassi

### Ingredients:

1 cup fresh homemade yogurt

2½ cups water

Small bunch of fresh mint leaves

Blend mint and water in a blender, then add yogurt.  
Add a couple tablespoons of sugar if sweeter taste is desired.



## Lemon Rice

Serves 5

### Ingredients

3 cups basmati rice  
6 cups water  
½ cup cashews  
⅓ cup lemon juice  
10 to 15 (or 1 stalk) curry leaves  
1 tsp. mustard seed  
1 tsp. turmeric  
¼ tsp. asafoetida  
1 to 2 tsp. salt  
2 Tbsp. coriander (cilantro) leaves, freshly chopped  
½ Tbsp. ghee

Wash rice thoroughly until water is clear. Bring rice and water to a boil, then reduce heat to low for 10 minutes, or until cooked.

In a separate saucepan, add ghee and heat over medium until hot.

Add cashews and stir until slightly golden.

Remove cashews from the ghee with a spoon and put into rice. Leave ghee in saucepan.

Keep ghee in saucepan over medium heat and add mustard seeds. Wait until seeds pop.

Add turmeric, asafoetida, curry leaves, and salt. Pour onto rice and cashews. Add lemon juice and mix thoroughly.

Garnish with freshly-chopped cilantro leaves.

Recipe adapted from: [www.mapi.com](http://www.mapi.com)





## Cauliflower Kofta Balls

Serves 6

### Ingredients:

2 Medium Grated Cauliflower Heads  
2 Grated Potatoes (drain excess water)

1½ tsp of turmeric

1½ tsp salt

a pinch of asafoetida

½ cup chickpea flour (or enough to hold together)

### Sauce:

Dry roasted ½ tsp cumin seeds

¼ tsp asafoetida

¼ tsp ground ginger

3 chopped tomatoes

To make sauce, place all ingredients into wide pan and let simmer on low for 10 minutes.

Blend 7 or more tomatoes with 2 Bay leaves and ½ tsp oregano, cooking slowly for ½ hour to 1 hour

While sauce is cooking, make balls by combining:

2 medium grated cauliflower heads

2 grated potatoes (drain excess water)

1½ tsp of turmeric

1½ tsp salt

a pinch of asafoetida

And

½ cup chickpea flour (or enough to hold together)

Make the mixture into balls which are approximately 1 inch in diameter.

Then deep-fry in medium hot ghee, drain on paper towels and serve with sauce.







## Savory Chickpea Pancakes

### Ingredients:

- 2 cups chickpea flour
- ½ cup white all-purpose flour
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- ¼ teaspoon hing
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 2 tablespoons chopped parsley
- 1¼ cups cold water
- 1 cup mung bean sprouts
- ¼ cup shredded carrots
- Ghee or olive oil for frying

Mix together flours, salt, and spices. Slowly add the water and knead into a thick batter. Stir in sprouts and carrots.

In a frying pan, melt the ghee at medium heat. Pour in enough batter to make two four-inch pancakes.

Cook on both sides about 5 minutes. Serve hot with a tart dipping sauce such as one made with yogurt and fresh mint.





## Arugula Salad

### Ingredients:

Avocados, cut into chunks  
English cucumbers, peeled and cut into pieces  
Roma Tomatoes, cut into chunks  
Argula or Mixed Greens  
Olive Oil  
Fresh Lemon Juice  
Salt and pepper or Vata Churna

In a large bowl, combine avocado, cucumber, tomatoes, onto a bed of arugula. Gently toss together. To make dressing, whisk olive oil, and lemon juice in a small bowl. Drizzle over salad and toss.

## Watermelon Sorbet

Mash 6 cups of pitted watermelon  
Add 2 Tablespoons of lemon juice  
Add ½ cup of sugar (coconut sugar, raw cane sugar, or turbinado sugar are preferred)  
Freeze until hardened then let thaw half an hour before serving.

Garnish with mint for extra flavor.



# Winter Lunch



Parsley Lassi

Cooked Kale with Pine Nuts

Oven Roasted Vegetables

Winter Squash and Alfredo Pasta

Donna's Orange Tea Cake with Chocolate Leaves

"Spill the stillness of January—  
delicate snowflakes like sparkling fairies blanket life in  
shimmering peace.

Be blessed in the coolness of February— settling, silent,  
and solitary—  
in which life's hustle has ceased."

Poem by Ann Purcell





## Parsley Lassi

Serves 4

Ingredients:  
1 cup of fresh yogurt  
4 cup of water  
3 teaspoons of sugar  
Handful of fresh parsley

Blend all ingredients until smooth.

## Kale with Pine Nuts

Serves 2-3

Ingredients:  
1 bunch green kale (about 1 pound)  
2 cups water  
3 tablespoons ghee  
2 teaspoons Organic Vata Churna  
Salt  
Freshly-ground black pepper  
¼ cup pine nuts

Wash kale, remove hard stems, and cut leaves into ¼-inch strips.



Place in a large pot, add water and steam for 30 minutes, until tender.

Preheat oven to 325° F. Place pine nuts on a cookie sheet and toast in oven for about 5 minutes.

Drain kale in a colander.

Melt ghee in the same pot, add Vata Churna and sauté for 30 seconds. Add kale and salt, and stir for two minutes on low heat until all leaves are coated with ghee and spices.

Sprinkle with black pepper and pine nuts.





## Oven Roasted Vegetables

Serves 4

### Ingredients:

1 large yam  
1 large loki squash  
1 beet  
½ pound paneer or tofu  
⅓ cup ghee  
½ teaspoon dried marjoram  
¼ teaspoon dried rosemary  
½ teaspoon Vata Churna  
½ teaspoon Pitta Churna  
3 tablespoons fresh chopped parsley  
Salt and pepper  
2 ⅔ cups water  
2 teaspoons ghee  
½ teaspoon salt

Preheat oven to 400 °F.



Cut vegetables and tofu/paneer into small cubes and place in a large casserole dish.

Add ghee and dry spices, stir well and place in oven. Bake for 1½ hours, stirring occasionally.



Add parsley, salt and pepper to vegetables and stir well.



## Winter Squash and Alfredo Pasta

Serves 3

### Ingredients:

- 3/4 cup of heavy cream
- 3 tablespoons of butter
- 1 pound of winter squash cut into cubes (about 4 cups total)
- 1/2 teaspoon of ground nutmeg
- 1 teaspoon of salt
- 1 pound of fettuccine
- 3/4 cups of freshly grated Parmesan cheese

Place the cream, butter, squash, and water into a medium saucepan and bring to a boil. Reduce to low and let simmer until the squash is tender when poked with a fork. This should take about 15 minutes.

Purée using an immersion blender until the squash is creamy.

Season with nutmeg and salt.



In a large pot, cook pasta according to directions on the package. When pasta is al dente, drain the pasta and save a 1/2 cup of starchy water to add to the pasta.

Pour sauce over pasta and add starchy water 1 tablespoon at a time until the sauce is smooth.

Garnish with fresh parmesan and nutmeg, if desired.



# Donna's Orange Tea Cake

## Cake Ingredients:

1 cup of sugar  
½ cup of butter  
6 tablespoons of yogurt  
¾ cup of milk  
1 teaspoon of vanilla  
2 tablespoons of water  
2 cups of flour  
2 teaspoons of baking soda  
2 teaspoons of baking powder  
½ teaspoon salt  
1 cup of chopped dates or raisins  
½ cup of walnuts or almonds chopped

## Marinade Ingredients:

1 cup orange juice  
½ cup of sugar  
2 teaspoons of vanilla

Mix butter, sugar, and vanilla until fluffy. Add yogurt, milk, and water and mix thoroughly.

Combine dry ingredients of flour, baking soda, baking powder, salt, raisins, and walnuts.

Preheat oven to 320 °F.

Pour dough into greased pan and bake for 50-55 minutes or until golden.

To make the marinade, place all ingredients into a medium saucepan and heat until sugar melts, stirring constantly.

Pour over cake when cooled.

## Chocolate Leaves

Ingredients:

6 oz chocolate

4 teaspoons of vegan shortening

11 Lemon Leaves (or leaves of your choice, like a non-toxic houseplant)

In a small saucepan, melt chocolate and shortening on low heat. Spread chocolate over the underside of the leaves.

Refrigerate until hard and peel each leaf from chocolate.

Decorate on top of orange cake for special occasions.

