



Ayurvedic recipes for Mountain Yoga Festival at St. Anton

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CHEZRUSH

A little sampling of recipes to kick off the Immune system build up.



Nutrient packed smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 Banana
- 1 Kiwi
- 1/2 cup Pineapple
- 1 tbsp All Natural Peanut Butter
- 1 cup Baby Spinach
- 1 cup Organic Coconut Milk
- 1/2 cup Ginger Tea

DIRECTIONS

- 01 Mix all ingredients together except the tea. Slice ginger and cook in 2 cups of water for 20 minutes. Or use store bought ginger tea. Add half a cup of ginger tea to the smoothie mixture and pulse.

NOTES

SOAKED ALMONDS

Almonds are a seed and not a nut. They are alkaline and rich in folic acid, high in protein, and Vitamin E. They are known to sharpen memory and improve intelligence. Full of soluble fibers so add a few soaked almonds to breakfast.

SOAKED WALNUTS

Walnuts provide healthy fats, fiber, vitamins and minerals — Soaked walnuts are easier to digest. You'll notice that soaked walnuts do not have that astringent, mouth-puckering taste to them. The tannins are rinsed and they taste almost buttery.



Scrub your lymph juice

3 SERVINGS 15 MINUTES



INGREDIENTS

- 6 Carrot
- 4 Navel Orange
- 1 Lemon (juice and zest)
- 1 tbsp Ginger (roughly chopped)
- 1 tsp Turmeric Root (roughly chopped)
- 1 tsp Flax Seed Oil
- 1/8 tsp Black Pepper (or one grind)
- 2 stalks Celery

DIRECTIONS

- 01 Peel and cut all the ingredients so they fit in your juicer. Add Flaxseed oil and black pepper before you serve.

NOTES

NUTRITION

Flaxseed or linseed oil is an important addition to the juice. It provides Omega 3 fats and allows for better absorption of nutrients.



Lymph cleansing tea

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tsp Cumin Seeds
- 1 tsp Coriander Seeds
- 1 tsp Fennel Seeds
- Mint Leaves (a few sprigs)
- 1 tsp Fenugreek Seeds
- 1 piece Ginger Root (Thumb size)
- 1/2 piece Turmeric Root (about 2 cm)
- 2 Basil Leaves (sprigs)

DIRECTIONS

- 01 Add all the dry ingredients to a jar. Take 1 tbsp of the mixture and add 1 litre of water. Add turmeric and ginger root. Bring to a boil with the spices for about 5 mins.
- 02 Simmer for 15 mins add the fresh mint and basil. Let the herbs and spices steep for another 5 minutes. Then strain and serve. If you are doing a cleanse. Keep this tea in a thermos and sip slowly all day.

NOTES

NUTRITION

This tea is also used for lactation, as a diuretic for stimulating the kidneys and reducing cholesterol

CORIANDER

Coriander is known to be most effective as a diuretic. It's anti-bacterial properties aid in combating allergies. In parts of India, it has traditionally been used for its anti-inflammatory properties and is also used in the treatment of ulcers.

CUMIN

Cumin is a cooling spice and is known as the "seeds of good digestion". The oil extracted from the seeds has a stimulatory effect on the immune system and helps in combating infections. Cumin is known to help flush toxins out of the body and provide iron.

FENNEL

Fennel seeds are a cooling spice and have a unique combination of nutrients that make it a powerful antioxidant. It is a gentle herb that can stimulate your digestive fire. It is believed to help cure stomach complaints and is extremely good for digestion.



FENUGREEK SEEDS

Fenugreek is a good herbal food for the nervous and respiratory systems. It's seeds and leaves are often used to reduce inflammation, aid digestion, improve cholesterol levels, improve glycemic control and boost exercise performance.



Immunity shot tea

4 SERVINGS 20 MINUTES



INGREDIENTS

- 4 slices Raw Ginger Root (thinly sliced leave the skin)
- 1/4 tsp Black Peppercorns
- 1 Cinnamon Stick (Break up the stick)
- 4 Whole Cloves
- 4 Cardamom Pods
- 1 Star Anise

DIRECTIONS

- 01 In a small pot add the spices to 4 cups of water and leave to boil and simmer for 20 minutes
- 02 This is a very strong mixture. During the day feel free to add more water and drink.

NOTES

GINGER

Ayurveda describes ginger as nature's toxin digester. Ginger really does it all—boosts the immune system, fights allergies, lowers cholesterol, relieves arthritis pain, stimulates digestion, fights nausea and morning sickness, and warms and in small quantities cools the body. It improves circulation to all parts of the body.

CLOVES

Are warming and pungent and are a great disinfectant for the lymphatic system. Clove oil can also help with pain when applied topically, and can help with stomach issues like gas, diarrhea, nausea and upset stomach. Cloves promote enzymatic flow and boost digestive functioning. They are used in various forms of gastric-irritability. Cloves contain high amounts of antioxidants which are ideal for protecting the organs from the effects of free radicals, especially the liver.

CARDAMOM

Cardamom can be used to counteract a number of digestive problems including, bloating, gas, heartburn and loss of appetite—it can even treat bad breath and is commonly used as an after-meal breath freshener. Protects the liver.



CINNAMON

cinnamon increases insulin action and helps with Type 2 diabetes. It helps dry dampness in the body and warms people that are always cold and suffering from poor circulation. Cinnamon is an antiseptic that helps kill bacteria which cause tooth decay and gum disease, hence many tooth pastes are cinnamon flavored. Cinnamon is an antioxidant. Last but not the least it helps calm the stomach and is an excellent digestive tonic.

BLACK PEPPER

Black pepper aids in digestion, congestion, an upset stomach and can also help to stop the bleeding on a cut when applied topically. In fact, pepper is great as an antioxidant, anti-inflammatory, anti-bacterial spice!

STAR ANISE

Star Anise helps in killing off bacteria and fungus, naturally fighting off the flu, boosting heart health, providing a concentrated dose of antioxidants and keeping blood sugar levels steady.



Carrot, Ginger and Turmeric Pickle

10 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Carrot (finely julienned)
1/2 cup Raw Ginger Root (Finely julienned)
1/2 cup Turmeric Root (finely julienned (use gloves))
1/2 tsp Cayenne Pepper
1 tsp Salt Himalayan
2 tbsps Coconut Sugar
1 tsp Black Mustard Seeds
1/2 cup Raw Mango
1/2 tsp Coriander Seeds
1/4 cup Rice Vinegar
2 Lemon (Juiced)
1 tbsp Extra Virgin Olive Oil

DIRECTIONS

- 01 Julienne the carrots, ginger, turmeric and mango. Set aside. This takes the time.
- 02 Add sugar, salt and cayenne pepper to the vegetables and mix well.
- 03 To a large frying pan add the olive oil. Once hot add the mustard seeds and coriander seeds. Once the seeds start to spurt, add the vegetables now and stir well for just a minute.
- 04 Add the vegetables to a dry glass jar and now add the vinegar and lemon juice. Shake well and keep in a sunny spot in the kitchen. This is ready to eat in half a day. Keeps well in the refrigerator for a week.



Green Medley

2 SERVINGS 15 MINUTES



INGREDIENTS

227 grams Green Beans (Remove tips and string)
1 cup Asparagus (Ideally thin variety. remove the woody part)
1 bunch Broccolini (Add broccoli if unavailable)
2 cloves Garlic (mashed adjust according to taste)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Celery Salt
1/4 tsp White Pepper (Adds a more intense taste.)

DIRECTIONS

- 01 Wash and prepare the vegetables.
- 02 Boil water and in a Steamer add the broccoli and steam for 4 mins. Remove and run under cold water to preserve the colour.
- 03 Now steam the green beans and asparagus for 3 and a half minutes. Run under cold water. And keep aside.
- 04 In a pan warm the olive oil and roast the mashed garlic. Add the vegetables and sauté on high heat for two minutes.

NOTES

GARLIC

Ayurveda, recommends garlic for medicinal purposes. Garlic has a pungent taste and a Rajas or Tamas quality which creates heat in the body and increases the production of bile. Throughout history garlic has been credited to boost the immune system.

WHITE PEPPER

White pepper fits seamlessly into a healthy Ayurvedic diet. Works especially well for those with a kapha dosha because it clears up congestion and remove excess phlegm. It's often used to treat coughing, support digestion, enhance heart health, bump up fat burning and provide relief from pain.



Golden tonic for immunity

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tsp Ginger (grated ginger)
- 1/2 tsp Turmeric
- 1 Lemon (Juiced)
- 1 tsp Honey (Or to taste)
- 3 cups Water
- 1/8 tsp Cayenne Pepper (Start with a pinch)
- 1/8 tsp Black Pepper

DIRECTIONS

- 01 Boil 2 cups of water and add to a jar with 1 cup of water at room temperature. Now add the rest of the ingredients, mix and enjoy.

NOTES

MORE ABOUT THE SPICES- TURMERIC

Turmeric has been proven to provide a hearty dose of antioxidants. Reduce inflammation and relieve joint pain. Regulate blood sugar. The active ingredient in Turmeric is Cucurmin, which has been know to have an affect by modifying the metabolism of glucose thus stabilising blood sugar levels.

GINGER

Ginger is antibacterial and has anti-inflammatory properties. It especially helps digestion, because it contains certain volatile oils that can help awaken the taste buds and get the juices flowing. It purifies the mouth and stimulates the production of saliva which aids the digestion process. This is the reason that Ayurveda recommends eating a few thin slivers of ginger with lemon and salt before a meal.

CAYENNE PEPPER

Ayurveda describes cayenne pepper as a stimulant that may boost your metabolism. The capsaicin in cayenne peppers may aid Digestive, circulatory and respiratory health. ...

BLACK PEPPER

Black pepper aids in digestion and congestion. Pepper is great as an antioxidant, anti-inflammatory, anti-bacterial spice. Most importantly it increases the bioavailability of turmeric by 2000%!



Khichadi

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Basmati Rice
1/2 cup Lentils
2 Zucchini (diced)
2 tsps Ghee
1 tsp Cumin Seeds
2 Bay Leaf
4 Black Peppercorns
1 tsp Ginger (grated)
1/2 tsp Turmeric
1/2 tsp Sea Salt
5 cups Water
2 tbsps Coriander Leaves

DIRECTIONS

- 01 Wash the rice and daal thoroughly. Warm the ghee in a medium saucepan. Add cumin seeds, bay leaves and the peppercorns until the spices are fragrant. Stir in turmeric and the washed rice and daal. Now add salt and ginger and add water.
- 02 Simmer covered over medium heat until the mixture becomes soft for about 20 - 30 minutes.
- 03 While the Khichadi is cooking, Wash and dice vegetables add and cook them for 5 minutes they should be a bit crunchy. Add to the Khichadi
- 04 Garnish with lots of fresh coriander and serve. Serve with pickled ginger and sweet lemon pickle

NOTES

LENTILS

The best Daal to use is a Moong daal but the red lentils available in the grocery stores are fine.

NO GHEE

Use Coconut oil



Green beans and broccoli poriyal

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 cup Green Beans (Diced)
- 1/2 cup Broccoli
- 1 tsp Black Mustard Seeds
- 1 Whole Dried Red Chilies
- 8 Curry Leaves
- 1 tbsp Roasted Peanuts
- 1 tbsp Coconut Oil (Or Ghee)
- 1/8 tsp White Pepper
- Himalayan Salt (to taste)
- 1 tbsp Unsweetened Shredded Coconut
- 1/2 Lime (juiced)
- 1 tsp Yellow Split Peas
- 1 Green Chilies (De seeded and sliced thin. optional)

DIRECTIONS

- 01 Finely dice the green beans and broccoli. This takes the most time.
- 02 In a frying pan, add the coconut oil and heat. Add the mustard seeds, split pea, red chilies until they splutter. Then add the curry leaves and the vegetables. Add a sprinkle of water and let the vegetables cook until they soften slightly but retain the colour. This should be about 4 to 5 minutes. Season with salt and white pepper. Squeeze the lime juice all over the dish and garnish with roasted peanuts, coconut and green chilli slivers.



Papaya Mousse

4 SERVINGS 20 MINUTES



INGREDIENTS

- 2 Papaya (small, ripe)
- 1/2 Lime
- 1/4 cup Organic Coconut Milk
- 2 tbsps Coconut Sugar
- 1 tbsp Chia Seeds
- 1/2 tsp Cardamom Seeds
- 1/2 cup Cashews Raw, (soaked overnight or for 4 hours)

DIRECTIONS

- 01 Peel and slice, the papayas. Remove seeds. Soak the cashews in hot water overnight and drain.
- 02 Put papaya, cashew nuts, chia seeds, sugar, cardamom and lime juice into the food processor or blender, blend till the mixture has a smooth creamy consistency. Add a couple of tbsps of coconut milk, to add to the creaminess.
- 03 Pour the mousse into glass bowls and refrigerate until chilled or serve on room temperature. Serve with roasted pumpkin seeds and cranberries or goji berries and lime zest.

NOTES

CHIA SEEDS

Chia seeds are small in size but large in nutrient density. High in Omega 3 fatty acids, Protein, low Carbohydrate content, rich in Fibre, Calcium and Iron.

CARDAMOM SEEDS

Cardamom works as a liver protection, as it may decrease elevated liver enzymes, triglyceride and cholesterol levels, while stimulating bile for a healthy liver function and fat metabolism.

CASHEWS

Cashews are one of the lowest-fibre nuts, but are packed with nutrients. Vitamins E, K, and B6, along with minerals like copper, phosphorus, zinc, magnesium, iron, and selenium, all of which are important for bodily function and supporting the thyroid.



Warm Citrus, Maple & Ginger Tonic w/ cloves

1 SERVING 10 MINUTES



INGREDIENTS

2 cups Water
1 tbsp Ginger (sliced)
1 Clementines (peeled)
1 1/2 tbsps Maple Syrup
2 Whole Cloves

DIRECTIONS

- 01 Add the water, ginger slices and cloves to a small pot and bring to a boil. Lower the heat and simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Use the end of a wooden spoon to mash the clementine in a mug. Add the hot ginger water and maple syrup to the mug. Stir until dissolved. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to seven days and reheat over the stovetop (optional). As the ginger will continue to steep, you may need to add more water if it is too spicy.

MORE FLAVOR

Use the zest of the clementine.

NO MAPLE SYRUP

Use raw honey instead.

NO CLEMENTINE

Use lemon juice or apple cider vinegar instead.

CLOVES

Are warming and pungent and are a great disinfectant for the lymphatic system.

