



RECIPES FOR YOUR AYURVEDA AT-HOME RETREAT



KAPHA WINTER DIET

Kaphas do best to avoid sweet, cold foods. For instance, ice cream or cold smoothies are not a good idea. Invigorating, warming spices are ideal, as well as limited salt intake that may lead to greater water retention.



During the fall and winter, we need heavier foods to help ground and nourish us through the harsh Vata season. But come Kapha season, these heavy foods will overburden our system. Because Kapha is still a cold season, we still want to maintain warmth. Light and warm are the keywords, such as vegetable soups highlighting leafy greens. Try introducing more warming spices like cinnamon, mustard seed and chili.

But pay attention if your Vata is high you may need more grounding food
Kapha- Winter season is considered the healthiest season of the whole year. If Kapha is healthy your metabolism is strong, which mean you digest well. You have good strength and string tissues. But if not mindful you Vata can aggravate or develop a Kapha heaviness. That's why a proper seasonal lifestyle and diet is essential.

Enjoy cooking and preparing the recipes for your retreat. Optional you can also do a Kitchari mono-diet reset the entire retreat. That means only eating Kitchari. That will give a great break to your digestive system and gut.

TABLE OF CONTENTS

02	Kapha Winter Diet
05	Golden Milk
06	Chai Latte
07	Rose Cardamon Latte
08	Tridoshic CCF Tea
09	Balancing Kapha Tea
10	Grounding Vata Tea
12	Porridge
13	Besan Pancakes
15	Apple Pancakes
16	Kitchari
17	Red Lentils With Basil
18	Pumpkin - Ginger Soup
19	Tofu Stir-Fry
20	Detox Rice Soup
22	Sweet Oat Energy Ball





DRINKS



GOLDEN MILK

Santosana - comforting

It revves up the agni, reduces inflammation, reduces fat, and increases happiness.



Ingredients - Serves 1

1 cup cow or plant based milk

1-2 tsp turmeric fresh or powder

1 tsp ginger powder or fresh

Pinch black pepper

Pinch cinnamon

Optional honey or coconut sugar

Optional 1/2 tsp

Ashwagandha powder

Directions

1 In a small saucepan, heat milk over low until warm. Whisk all ingredients.

Before serving, froth with an electric frother and dust with cinnamon.



ENJOY!

Drink this every night to stay healthy and happy. :-)

CHAI LATTE

Chandrika - Moonlight
Super sattvic chai latte for the day.



Ingredients - Makes 3 cups

5 cups water
12 cardamom pods, crushed
8 whole black peppercorns
8 whole cloves
4 cinnamon sticks or 2 tsp
ground cinnamon
4-in piece fresh ginger, sliced
2 whole star anise pods
2 tsp ground vanilla bean
1/2 tsp ground nutmeg
Honey or coconut sugar
5 black tea bags (caffeine-free)
Optional Ashwagandha or
Shatavari powder

Directions

- 1 In a small saucepan, bring all ingredients except tea bags to boil over high heat. Reduce heat to medium-low, add the tea bags and simmer for 20 minutes.
- 2 Remove from heat and strain through a fine-mesh sieve to remove solids. You can keep the chai concentrate in a jar for two weeks in the fridge.



ENJOY!

Drink it whenever you like.

ROSE CARDAMON LATTE

Shakti - Divine Feminine
Shakti is the feminine life force.



Ingredients - Makes 3 cups

5 cups water
12 cardamon pods, crushed
8 whole black peppercorns
8 whole cloves
4 cinnamon sticks or 2 tsp
ground cinnamon
4-in piece fresh ginger,
sliced
2 whole star anise pods
2 tsp ground vanilla bean
1/2 tsp ground nutmeg
Honey or coconut sugar
5 black tea bags (caffeine-
free)
Optional Ashwagandha or
Shatavari powder

Directions

- 1 In a small saucepan, bring all ingredients except tea bags to boil over high heat. Reduce heat to medium-low, add the tea bags and simmer for 20 minutes.
- 2 Remove from heat and strain through a fine-mesh sieve to remove solids. You can keep the chai concentrate in a jar for two weeks in the fridge.



ENJOY!
Drink it whenever you like.

TRIDOSHIC CCF TEA

Pacaka - Digestive enhancing

This tea helps the body to remove toxins and increase nutrient assimilation.



Ingredients - 1 cup

- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 1/2 tsp fennel seeds
- 4 cups water

Directions

- 1 In a small saucepan, combine seeds and water and bring to boil. Turn off heat, cover, and steep for 15 minutes or even overnight for stronger brew.
- 2 Strain into thermos and sip every 20 minutes throughout the day to keep your digestive system hydrated and your belly happy.

ENJOY!

Drink throughout the day to keep your agni burning bright.

BALANCING KAPHA TEA

When Kapha is in balance the mind is peaceful and settled, your body feels full of energy and strength.



Ingredients - 1 jag

1 tsp lemon balm
1 tsp dry ginger
1 tsp cinnamon
4-5 cardamon
1 tsp black pepper
500 ml water

Directions

- 1 In a small saucepan, combine all ingredients and water and bring to boil. Turn off heat, cover, and steep for 8 minutes.
- 2 Strain into thermos and enjoy.

ENJOY!

Drink whenever you feel you need to balance your Kapha dosha.



GROUNDING VATA TEA

Warming, grounding and nourishing herbs that aid digestion and calm anxious minds.



Ingredients - 1 jag

1 tsp licorice root
1 tsp cinnamon
4-5 cardamon
500 ml water



Directions

- 1 In a small saucepan, combine all ingredients and water and bring to boil. Turn off heat, cover, and steep for 8 minutes.
- 2 Strain into thermos and enjoy.

INFO!

Liquorice root should only be consumed moderately as it can increase blood pressure. Therefore, the tea should be used for known blood pressure problems, kidney problems, Diabetes and also used with extreme caution and during pregnancy rather to be avoided. If in doubt, please consult a doctor.

BREAKFAST



PORRDIGE

This porridge is good to balance Vata.

Ingredients

1 teaspoon ghee or
coconut oil
1 tsp spice (e.g.
cinnamon,
Cardamom, turmeric,
Ginger)
200 g oat flakes,
delicate as flowers (8
tbsp / 1 Cup / gluten-
free possible)
200 ml plant milk (e.g.
oat milk, almond milk)
200 ml of water
1 handful of dried fruits
(e.g. raisins, cranberries)
1 pinch of salt
some lemon juice
liquid sweetness at will
(e.g. rice syrup, date
syrup



Directions

- 1 Have all the ingredients ready. Add the fat to a small saucepan. Melt it over medium heat.
- 2 Briefly add the spices with the oatmeal. Sweat until everything smells pleasant. Add dried fruits.
- 3 Top up with plant milk and water and let everything simmer gently. If everything once boiled, the stovetop exhibit and soak for 5–10 minutes left, stir in between. So long until the desired consistency is achieved.
- 4 The porridge together with the liquid sweetness and pour a pinch of salt into bowls.
- 5 Drizzle with lemon juice and serve.

Instead of oat flakes, other basic grains can be used, e.g. quinoa, Millet, buckwheat. The cooking time and the amount of liquid change, e.g. Millet 1 part, grain 4 parts liquid.

BESAN PANCAKES

Chickpea flour is gluten-free and excellent (as both flour and grain) for supplying this light quality to heavy kapha. Plus, it is also slightly drying.

Ingredients

2 cups chickpea flour

Water

1 teaspoon turmeric
powder

1 teaspoon red chili
powder

½ cup shredded spinach
(or any leafy green
vegetable)

1 teaspoon coriander
powder

1 teaspoon cumin
powder

Salt to taste

½ teaspoon ghee per
pancake



Directions

- 1 Place the flour in a large mixing bowl and add enough water to create a pancake batter consistency. If you like a thicker crepe add less water. If you prefer a thinner crepe add more water.
- 2 Add turmeric, chili powder, spinach, salt, coriander, and cumin. Mix thoroughly to ensure that the flavor of the spices is even throughout.
- 3 Warm a frying pan over medium/high heat. Sprinkle a touch of water in the pan to see if the bubbles sizzle. Once the pan is hot, add the ghee.
- 4 Let the batter cook for a minute or two. Flip the crepe and let it cook on the other side.
- 5 Serve with cilantro chutney or a small dollop of spiced yoghurt or hummus, avocado orguacamole,

Enjoy this yummy light dish!

APPLE PANCAKES

Pancakes are a wonderful breakfast alternative for anyone who doesn't like porridge or want a change in between.

Ingredients - 6 portions

150 g buckwheat flour
(alternatively rice flour)
150 ml of water
1 teaspoon cinnamon
1 into fine slices
sliced apple
Sesame oil for frying or
ghee if you like it
Sweetener of your
choice



Directions

- 1 Mix flour with water and cinnamon to make a batter.
- 2 Heat a few drops of sesame oil or ghee in a pan and pour the batter in portions in the pan.
- 3 Peel the apple, cut into eighths, core and thinly.
- 4 Garnish the pancakes with apple slices and after 2-3 minutes turn to it from both sides to bake golden.
- 5 Repeat until the batter is used up. Then Apple pancakes with some sweetener of your choice.

Enjoy the yummy sweetness!



LUNCH & DINNER



KITCHARI

Sattvic - pure

Kitchari is considered the most healing food in Ayurveda because is easy to digest, giving the system a break to restore.



Ingredients

1/2 cup basmati rice
1 cup mung dal (split yellow)
6 cups water
1/4 tsp himalaya salt
2 tsp Ghee or coconut oil or
sesame oil (Ghee is very
recommended for Vata & Pitta)
1/2 tsp coriander powder or seeds
1/2 tsp cumin seeds
1/2 tsp mustard seeds
1/2 tsp turmeric powder
1 pinch asafoetida (hing) or
Ajwain 1 handful cilantro leaves
1/2 tsp fresh ginger
1,5 cups assorted vegetables
(optional and seasonal)

Directions

- 1 Carefully pick over rice and dal to remove any stones. Wash each separately in at least twice.
- 2 Saute' the seeds in the ghee until they pop- don't let them burn.
- 3 Then add the other spices. Stir together to release the flavours.
- 4 Then add the vegetables and rice and dal. Fry all together and add 6 cups of water or more if you like it soupier.
- 5 Add salt and chopped fresh cilantro or any other fresh herbs.
- 6 Serve with lime on the side and roasted black or white sesame seeds, if you like.

ENJOY!

**Kitchari is like a rest for your gut and best of all
- simply delicious!**

RED LENTILS WITH BASIL

Red lentils (masoor dal) are quick to cook, easy to digest, and slightly more warming energetically than other lentils—helping to subtly enkindle the digestive fire



Ingredients - Serves 2

- ½ cup red lentils
- 1 ¼ cups water
- 2 tablespoons ghee
- ¼ teaspoon fenugreek powder
- ¼ teaspoon mineral salt
- ½ teaspoon coriander powder
- 1 ¼ tablespoon chopped fresh basil

Directions

- 1 Melt ghee in a saucepan and add the spices, cooking for 1 to 2 minutes until the aroma is released.
- 2 Add salt and red lentils and stir until well coated.
- 3 Add water and basil. Bring to a boil, lower the heat, and cover. Simmer for 15 to 20 minutes until the lentils are very soft.

ENJOY!

This flavorful combination is ideal for a simple meal at any time of the day.

PUMPKIN – GINGER SOUP

Pumpkins or squashes are sweet and astringent, and for Kapha food can't be spiced enough!



Ingredients - Serves 2

1 butternut squash, cubed
1 large carrot, sliced, about the same thickness as the pumpkin
greens of one small leek, sliced (about a handful)
1 tbsp olive oil
1 piece of fresh ginger the size of a thumbnail, peeled or more
1 tsp cumin
1 tsp turmeric
½ tsp cinnamon
¼ tsp asafoetida (hing)
juice of 1 orange
black pepper and rock salt to taste

Directions

- 1 Heat the olive oil in a pot. When warm, add the spices and stir so they don't burn.
- 2 Add the leek, carrot and pumpkin and stir until all is covered with the spices. When the veggies are softened, pour boiling water on top so the veggies are just covered. This way the soup will be thick and filling.
- 3 Let cook until the carrots and pumpkin are tender. I used a pressure cooker and it took about 6 minutes. In a normal pot it will be 15-20 minutes, depending on the size of your cubes!
- 4 When the veggies are tender blend the soup. Add pepper and rock salt to taste. Add the orange juice (secret ingredient ;-)) and stir well.
- 5 Serve with coriander leaves, pumpkin seeds and a dash of linseed oil.

TOFU STIR-FRY

Good for Kapha and Vata. For Kapha, you can spice it more. Can be eaten with or without rice.



Ingredients - Serves 2

1 packages extra-firm tofu, drained and diced into 1-inch cubes
1 tbsp Ghee
1 tsp sesame oil
2 tsp of sesame seeds
3 tsp of soy sauce MSG free
1/2 a red onion, diced
3 garlic cloves, minced
1 tsp minced fresh ginger
Handful baby chard
1 carrot, julienned
1 zucchini, chopped into 1-inch quarters
2 cups cooked basmati rice

Directions

- 1 In a non-stick skillet, melt the ghee over medium-high heat. Add in the tofu. and drizzle one tablespoon of soy sauce over top. Stir the tofu in the skillet until all sides are brown
- 2 Add the carrots, garlic, onion, and ginger. Cook for a minute
- 3 Add in the zucchini and remaining soy sauce. Cook for two minutes.
- 4 Add in the baby chard, and saute until the leaves are wilted.
- 5 Stir in the sesame seed and sesame oil.
- 6 Plate the stir fry along with half a cup of rice or eat without rice. Garnish with sesame seeds.

DETOX RICE SOUP

Light & cleansing



Ingredients - Serves 1-2

1/4 tsp cumin
1/4 mustard seeds
1 tbsp ghee
1/4 tbsp Himalaya salt
1/2 tbsp turmeric
1/4 tbsp pepper
1 pinch chili
1 cup washed basmati rice
300 ml water

Directions

- 1 Heat the ghee in a saucepan. When ghee is melted add cumin and mustard seeds.
- 2 Add basmati rice. Let cook for 15 minutes with a closed lid on medium heat.
- 3 Add salt, turmeric, pepper and chili. Let it cook for another 10 minutes.

The rice should have completely dissolved
- 4 Garnish with fresh coriander leaves or other fresh herbs.
- 5 Eat the soup as hot as possible.

ENJOY!



SWEET SNACK



SWEET OAT ENERGY BALL

For a little snack in between

Ingredients for 20 small
balls

5 tbsp coconut oil

150 ml almond milk

6 tbsp coconut sugar

1 pinch Himalaya salt

1/2 tbsp ground vanilla

1/2 tbsp ground

cinnamon

1 tbsp cardamon

1/2 tbsp ginger powder

125 g ground almond

250 g fine oats

1 tbsp raw cacao

4 tbsp ground almond to
roll in



Directions

- 1 Mix in a big bowl coconut oil, almond milk, coconut sugar and spices.
- 2 Add the raw cacao.
- 3 Add almonds and oats and mix everything with your hands like making dough. Let the dough stand for 30 minutes.
- 4 On a second plate spread the ground almonds. Shape the dough into balls and roll them in the almond.

The balls will keep in the fridge for about a week.

If you allow it :-)

ENJOY THE SWEETNESS!

RETREAT – MENU PLAN

Create your own retreat menu plan!

BREAKFAST

LUNCH

DINNER

THU

FRI

SAT

SUN

BON APPETITE!

FOOD IS MEDICINE

