



## CorePower Yoga Wellness Cleanse Spring 2013 Recipes



### Clear Soup Broth

Modified from *"The Modern Ayurvedic Cookbook, Healthful, Healing Recipes for Life"* by Amrita Sondhi

Makes 8-10 cups

Prep Time: 10 minutes

Cook Time: 45 minutes

1 cup onions, rough chop (~5 medium onions = 2 cups)  
1 ¼ cup carrots rough chop (~1 carrot = 1 cup)  
1 ¼ cup celery, rough chop (~1 rib = ½ cup)  
1/3 cup fresh cilantro or parsley, rough chop  
1 ¼ cup apples, rough chop (~1 med = 1 cup)  
3 slices fresh ginger or to taste  
2 bay leaves  
10 whole peppercorns  
1 cinnamon stick (about 2-in/5 cm long)  
2 cloves  
¼ tsp turmeric  
¼ cup fresh herbs (e.g. thyme, sage, mint), rough chop  
10 cups water  
Sea salt, to taste

In a large pot on high heat, combine all ingredients except sea salt and bring to a boil. Reduce heat to a simmer, cover with a lid and cook for at least 45 minutes. Strain out cooked vegetables and compost, leaving just the broth. Add sea salt to taste and adjust flavor as needed.

### Vegetable Gruel

Serves: Depending

Prep time: 15 minutes

Cook time: 30min – 45 min

1-2 Bunches of Kale  
1-2 Bunches of Broccoli  
1-2 Dozen Brussel Sprouts  
3-4 Large Carrots  
½ - 1 Beet

Wash and rinse veggies, cut into small pieces, place in large pot, fill with water (just below level of veggies), and bring to a boil (generally takes 30-45 minutes depending on how much you are boiling before the veggies are soft).

Drain off the liquid into a sealable bowl / place some in a cup. DRINK THIS! It's Good For You! 😊

Place Vegetable Gruel into separate container for use with other meals.



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## Kale Chips

Serves: 4

Prep time: 5 minutes

Cook time: 15 minutes

1 bunch of kale, about 1 pound

¼ C oil

Sea Salt

De-stem the kale. Cut leaves into bit sized pieces (~2 inch squares). Toss with oil and spices if using. Lay out cut kale onto baking sheet in single layer. Roast at 400 degrees for 15 minutes or until crispy, stir every 5 minutes.

## Sweet Potato or Beet Chips

Serves: 3

Prep Time: 5 min

Cook time: 15 min

2 medium sweet potatoes or beets (Medium diameter)

2 tablespoons avocado oil

Sea salt (to taste)

Preheat oven to 400 degrees. Wash and pat dry root veggies. Thinly slice to about 1/8 inch thick using your mandolin slicer or slice by hand as evenly and thinly as possible. It is also possible to use the food processor. Make sure slices are even, because this will help them bake evenly as well. Evenly coat slices with oil and salt. Arrange slices on baking sheets so that they don't overlap. Bake chips for about 8-10 minutes, flip and bake for another 5 minutes or until edges are brown and have curled up a bit. Or bake at 200 degrees for 2 hours without oil.

## Pumpkin Tahini Porridge

1 TB tahini (raw or roasted)

½ cup pumpkin

¼ cup warm water or coconut milk

¼ tsp vanilla extract

¼ tsp cinnamon

1 TB shredded coconut

1 TB dried fruit (e.g. raisins, apricots, figs, etc.)

1 tsp raw honey or maple syrup

## Coco-Nutty Porridge

2 TB almond butter (use sunflower seed butter for nut free)

¼ cup shredded coconut

6 TB warm water or coconut milk (full fat)

¼ tsp vanilla extract

½ tsp cinnamon

1 tsp raw honey or maple syrup

Combine all ingredients in a sauce pan, and heat over a low flame until it reaches your desired temperature.

Serves 1

Prep time: 5 min

Cook time: 5 min

Modified from "Practical Paleo" by Diane Sanfilippo



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### Sauerkraut

Makes 3 pints

Prep Time:

Fermenting Time:

1 head of green cabbage, shredded (reserve outer leaves)  
1 head of purple cabbage, shredded (reserve outer leaves)  
Optional, 2 carrots, shredded (peel if not organic)  
Optional, 1 inch ginger, grated (peeled or unpeeled)  
Optional, 1 daikon radish, shredded (peel if not organic)  
Optional, seeds, herbs and/or spices, a couple tablespoons  
1 – 2 tablespoons sea salt (plus more as needed)  
filtered salt water or celery juice (if needed)

Either food process or hand-slice the cabbage. The more surface space, the more bacteria that can grow, which in this case is what you are after! You can include the heart of the cabbage or compost it. A box grater or food processor is easiest for the carrots and radish. The smallest shredder on a box grater or a ginger grater is easiest for the ginger.

In a bowl, add a layer of shredded veggies and sprinkle a layer of salt on it. Continue layering until all the veggies are gone. Yes, it does seem like a salt, but the salt is what helps preserve and prevent bad bacterial growth. Massage the cabbage mixture until it has reduced to about half its size. As you squeeze, the cabbage will release some of its liquid forming a brine.

Pack the cabbage mixture and brine into quart jars, pressing the mixture down to fit it tightly into the jars. The cabbage should be packed tightly as air space allows for bad bacterial and fungal growth. If there is not enough brine to cover the cabbage, mix one tablespoon sea salt with one cup water and use it to cover the cabbage or juice celery to cover (no need to include salt as celery is naturally high in sodium). Leave at least 1 inch headspace between the top of the cabbage and the jar. Top each jar with a folded cabbage leaf. Make sure to press down to remove all air pockets. Cover the jars with lids and rings and only hand tighten (stop turning lid when feeling any resistance) and place the jars on a plate or baking dish to catch any seepage. Put a towel over the jars or place them in a dark cupboard. Maintain between 65-75 degrees.

Check on the jars every two days to make sure that the cabbage is still submerged in the brine. Pressure will build in the jars, so loosen the ring every two days or so to release the pressure. If some of the liquid seeps out, mix more brine to cover the sauerkraut. Allow the sauerkraut to sit 1 week to 30 days. After a week, taste it to see if it is as strong as you would like. If not, place it back for a week or so more to develop a stronger flavor and continue to taste test.

Once it tastes like you want, wipe the jars, and store them in the refrigerator. The sauerkraut will keep in the refrigerator for about six months.



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## Spice Blends

From "Practical Paleo" by Diane Sanfilippo

### Herb and Lemon Salt Blend

Dried zest of 1 lemon  
1 cup dried herbs (e.g. rosemary, sage, thyme, etc.)  
½ cup coarse sea salt

### Indian Spice Blend

2 TB onion powder  
2 tsp garam masala  
2 tsp coriander  
1 tsp sea salt  
1 tsp black pepper  
½ tsp cinnamon  
½ tsp red pepper flakes

### Italian Sausage Spice Blend

1 tsp sea salt  
1 TB fennel seeds, ground  
1 TB ground sage  
1 TB garlic powder  
1 TB onion powder  
¼ tsp white pepper or 1 tsp black pepper  
2 tsp dried parsley (optional)

### Curry Spice Blend

1 TB curry powder  
1 TB onion powder  
1 TB paprika  
½ TB cinnamon  
1 TB Sea Salt

### Savory Spice Blend

1 TB rosemary  
1 TB sage  
1 tsp sea salt  
1 TB garlic powder  
1 TB onion powder  
½ TB paprika  
1 tsp black pepper

### Greek Spice Blend

2 TB dried lemon zest  
1 tsp sea salt  
2 TB dried oregano  
1 TB garlic powder  
2 tsp black pepper

### Smoky Spice Blend

1 TB chipotle powder  
1 TB smoked paprika  
1 TB onion powder  
½ TB cinnamon  
1 TB sea salt  
½ TB black pepper

### Chorizo Spice Blend

2 TB chipotle powder  
1 TB smoked paprika  
1 TB onion powder  
1 TB garlic powder  
½ TB sea salt  
1 tsp black pepper

### Cooling Spice Blend

1 TB turmeric  
1 TB cinnamon  
1 TB cumin  
1 TB dried oregano  
1 tsp black pepper  
1 TB onion powder  
1 TB garlic powder