

BALANCING the Energy Systems: Recipes

ROOT CHAKRA: BEET HUMMUS

FLOW CHAKRA: HERB INFUSED OLIVE OIL

FIRE CHAKRA: GOLDEN MILK

LOVE CHAKRA: SPROUTS & ALL GREENS

TRUTH CHAKRA: DULSE CHIPS

INSIGHT CHAKRA: BLUEBERRY CACAO TRUFFLE

SPIRIT CHAKRA: MATCHA LEMONADE

ROOT - RED

Beet Hummus

4 beets, roasted, cooled, peeled and chopped
½ tsp. ground cumin
2 tbsp. extra virgin olive oil
4 tbsp. tahini
4 tbsp. fresh lemon juice
2 clove garlic, chopped
salt and pepper

Method:

Process and blend until smooth. Season to taste.

Benefits: Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects and nitrates which are cardio-protective.

FLOW - ORANGE

Herb infused Olive Oil

Method to cold-infuse an oil, use a food processor to pulverize 1 c. of the ingredient, then mix it with 1 quart of oil. Once the two have fully incorporated, strain out the solids. There's no need to let the infusion sit for a long period of time before straining because there will be residual tiny particles left suspended in the oil that continue to flavor it.

One thing to remember: Oil that's been cold-infused with fresh ingredients must be refrigerated.

5 Ideas: Cilantro and chilies, lemon zest and thyme, lemongrass and lime leaf, garlic and rosemary, chili and orange

Benefits: A diet rich in olive oil may actually be able to slow down the aging of the heart. It is a known fact that as we grow older the heart also goes through a normal aging process. The arteries may not function as well as they did and this can lead to a number of health problems. However, in a recent study, Spanish researchers discovered that a diet rich in olive oil or other monounsaturated fats could improve the arterial function of elderly individuals.

FIRE - YELLOW

Anti-Inflammatory Turmeric Milk

Ingredients:

2 cups plain coconut milk

2 teaspoons turmeric

½ teaspoon cinnamon

Pinch of black pepper

1 teaspoon raw honey

¼ teaspoon ginger powder

Method:

Blend ingredients well in a blender.

Pour into saucepan and heat for 3 to 5 minutes over medium heat until warm.

Benefits: Turmeric is great for putting out the flames of inflammation. Its benefits are amplified and made more bioavailable when mixed with fats like coconut and spices like black pepper. Ginger is another great anti-inflammatory and gut-healing tool. Cinnamon extracts have been used medically to treat gastrointestinal problems and to help calm the stomach. Cinnamon is a carminative, an agent that helps break up intestinal gas that has traditionally been used to combat diarrhea and morning sickness.

LOVE - GREEN

Kale Agrodolce

2 bu. Kale, steamed. Cooled and squeezed of all moisture
1/4 c. Pine nuts, toasted in oven 300 for 10 -15 min or until golden brown
1/4 c. Currants, soaked in warm water for 15 min
1 lg. Garlic clove, smashed and minced
1/4 tsp. Red chili flakes
Salt and pepper to taste

Method: To large hot pan, add olive oil. Before it becomes smokey, add kale and saute for 5 minutes. Add garlic until aromatic. Add currants, pine nuts, chili and salt and pepper. If dry add more olive oil. Taste for seasoning.

Benefits: Cruciferous kale is anti-inflammatory, has antibacterial and antiviral properties, inactivates carcinogens, reprograms cancer cells to die off, prevents tumor formation and metastasis.

TRUTH - INDIGO

Dulse Chips

Method: Toast in 300 degree oven for 3 - 5 minutes or until crisp but not too brown.

Benefits: Dulse has important minerals including calcium, magnesium, phosphorus, iron and potassium. Like most seaweed, dulse is a very rich source of natural iodine which is necessary for proper thyroid function.

INSIGHT - BLUE/PURPLE

Coconut Cacao Blueberry Truffle

1/2 jar coconut manna
2 tbs. cacao nibs, nuts or seeds
1 blueberry for each truffle

Method:

Bring manna to temperature by running jar under hot water for about 5 minutes. Place softened liquid manna, and cacao nibs in medium bowl and stir quickly until paste comes together and appears super smooth. The mixture needs to be poured into silicone candy molds. Place 1 blueberry at the center of each container. Pour mixture and let set in fridge for at least 20 minutes before eating.

Makes about dozen or more.

Keep refrigerated or frozen until ready to eat. These WILL melt in warmer temperatures.

Benefits: Coconut contains caprylic acid which is anti-viral, anti-microbial and anti-bacterial. The manna helps to restore oxidative tissue damage and contains a source of healthy fats,



proteins, and various vitamins and minerals. ... It is rich in a medium-chain fatty acid that can actually help boost metabolism and aid in fat loss

Cacao is one of the most rich high-antioxidant foods around thanks to the phytonutrients that help absorb the free radicals that cause damage in the body.

Blueberries contain anthocyanins which are excellent for the heart and brain and may protect against age related memory loss.

SPIRIT - WHITE **Matcha Lemonade**

2 c fresh lemon juice
1 -2 tsp stevia
4 c. water
3 tbsp. matcha
ice
lemon slices

Method:

Make a simple syrup - Add stevia to 2 cups of water in a saucepan.

Heat until dissolved, and let cool.

Mix the lemon juice, simple syrup and matcha together in a blender, cocktail shaker, or with a whisk.

Add ice and fresh lemon slices.

Benefits:

Green is truly the color of health. Matcha helps to safely cleanse and purge the body of harmful elements. Chlorophyll the element that gives green tea and other plants their signature verdant color is also a powerful detoxifier, helping to eliminate both chemicals and heavy metals from the body. And because matcha is carefully shade-grown, it is substantially richer in chlorophyll than other green teas, making it a superior daily detox.