



everyday **ayurveda** cooking *for a calm, clear mind*

100 SIMPLE SATTVIC RECIPES

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PHOTOGRAPHS BY CARA BROSTROM



everyday ayurveda cooking
for a calm, clear mind

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INTRODUCTION TO EVERYDAY AYURVEDA COOKING FOR A CALM, CLEAR MIND

HALFWAY THROUGH WRITING the *Everyday Ayurveda Cookbook*, I knew I had to write a cookbook about the *sattvic* diet, the aspect of Ayurveda that focuses on life-giving, pure foods to promote harmony in the mind. While writing about the Ayurvedic diet and lifestyle, I kept coming back to how important mental balance is in becoming aware of our bodies, our food choices, and how we care for ourselves. Understanding our bodies' natural rhythms and how to listen to the signs our bodies give us are the key to self-empowered health. Yet what has intrigued me most in my Ayurvedic practice is the role that the mind plays in our ability to listen, heal, and maintain a healthy lifestyle. I started to think how wonderful it would be to write *another* cookbook—one that could help readers access the benefits of food for their moods and overall mental balance.

The connection between stress and modern ailments is becoming clearer through scientific research—reinforcing the importance of a body/mind connection that has always been at the heart of Ayurveda. The more people I work with—observing this science as it applies to the matrix of household living and the balance of work, family, self-care, and self-evolution—the more I see the importance of mental balance in maintaining health and happiness.

Have you noticed that certain foods can settle you down or pick you up? Ayurveda helps us understand how foods affect our mental wellness by balancing certain energies—specifically, satisfaction, passion, or lassitude. The *sattvic* diet is a way of eating to keep a simple, contented mental energy alive, and it involves eating more fresh, local foods; being thoughtful about how we prepare them; and sitting down to enjoy them. For me, this way of eating has come naturally as a companion to my yoga practice, and I believe it was this synergy of yoga and Ayurveda that drew me to the diet in the first place. Paying attention to how food makes me feel, not just in my gut, but in both my mood and my heart, has led to a healthy body and a happy head. A former extremist, I've learned about balance by experimenting with all manner of fad diets over the years. I've tried it all, which may make me the ideal guide. It's been a process and not always an easy one. Throughout this book, I will share my story with you and give you some practical tips to help you make the *sattvic* diet part of your life.

Cara Brostrom, the photographer and recipe developer, had her second baby while we were creating this book together. I asked her for her first impressions as I was writing, and she said, “Sure, I want to do all these things you’re talking about, but can you write to those of us who are being pulled in many directions?” I started to think about the fact that many of us do not have a lot of free time and brain space in the day to learn new routines. We *are* pulled in so many directions in our lives—by the media, family, the beliefs we have about work and play. How do we attend to our mental state in the middle of it all? In this book, I draw from my own experiences of trial and error, share my pitfalls and successes with you, and help to translate an ancient roadmap for balanced living. This book is for *you*, the busy, heartfelt, and sometimes overwhelmed reader. Eating a sattvic diet helps me notice how my choices are affecting me and offers delicious alternatives that help me with energy and calm. I am inspired to share this knowledge and some of the easy recipes I’ve invented along the way because, as I teach others, I keep seeing that Ayurveda really works.

While Ayurveda is an epic, sophisticated, time-honored system of medicine, I’m pointing out some of the sattvic diet and lifestyle practices that fit our modern lifestyle. Everything you see in this book, from the food to the photo shoots, is grassroots and a product of my supportive community. If we can do it, you can do it too. *Sattva*, the clear essence of mind, boils down to simplicity and beauty. Through these simple recipes and Cara’s beautiful photographs of real food and real people in real places, I hope to inspire you to cultivate satisfaction and peace of mind every day.

about everyday ayurveda cooking for a calm, clear mind

The sattvic diet fosters balance, whether you completely understand the system or not. But I’ve noticed people are more likely to practice it if they feel they understand it. It is not a quick fix, but the lifestyle changes will happen gradually if you are patient.

“Slowly and slowly,” as my yoga teacher always said. So, while you don’t have to read and digest all the information in Part One of this book to benefit from the recipes and practice tips, a little background may inspire action. In my first book, *The Everyday Ayurveda Cookbook*, I explored the foundations of Ayurveda and gave a thorough overview of this ancient health system and how it works. For those of you who read my first book, some of the information in chapter 1 will be familiar,

but it is worth re-reading to refresh your understanding of Ayurvedic basics. After the introductory chapter, you will be in new territory—understanding the mental energetics of food and how they affect your mood.

We will journey into the mind from the Ayurvedic point of view. To find balance, we have to know the mind as an instrument of the intuitive self rather than letting it run the show. We'll be taking a step back to observe mental processes and how the mind works. Once you have this new awareness of your mind and how it can better serve you, it will be easier to choose healthy food and navigate the day with clarity.

The key is understanding that certain foods support a clear mind, while others can amp things up or cloud things over. Getting to know the energies of your mind will take some time, and this book is full of suggestions to help you explore how your diet and lifestyle can be tools for mental wellness. Time and time again, I have seen people begin with this type of cooking to feel more centered, and from there, they start to look at their mental and emotional states. This is why I focus on a food-based program for bringing the mind back into balance. Food can be delicious, medicinal, and spiritual.

To help you on your way, Part Two includes three recipe sections: foods that cultivate contentment, those that calm the mind, and those that vitalize and motivate. You can cook freely from the entire book and promote *sattva*, but to further refine the concept, you can try using the different sections to address shifts in mental energy. Or you may just like to cook whatever looks most delicious. The bonus is that the act of cooking itself promotes healing.

While I've learned a lot about *sattvic* cooking in India, I still live in the West, so I have provided a blend of traditional recipes like *dal* and *dosa* with spins on familiar dishes like *Sattvic Noodle Bowl* and *Peach Blueberry Cobbler*. You will see that the *sattvic* diet is a vegetarian one, and I will explore some of the ways this tradition preserves vitality through healthy fats, as well as nourishing legume and grain combinations. I will help you make a gentle transition to *sattvic* eating with some of my trademark hybridized recipes like smoothies, quick pickles, and variations on traditional *kichari*. It's a diverse, exciting selection of delicious recipes that will help you feel wonderful from the inside out!



1

a

brief introduction
to **ayurveda**

WHILE AYURVEDA, India's indigenous health system, is a vast and ancient subject, much of its common-sense wisdom is applicable today. My favorite thing about Ayurveda is the central role that food plays in well-being. Whether you like to cook or not, food is medicine for the mind, and a little intention in your diet can truly change your perspective on life. Harmonizing the energies of the mind can relieve stress, increase joy, and foster spiritual connection. What's not to love?

To ensure success, we'll be keeping our discussion simple in both theory and practice. You don't have to read this book cover to cover to benefit from the recipes, but it never hurts to have a clear road map for the journey. This brief introduction will set the stage for our exploration of the mind, how food affects the mind, and how you can apply Ayurveda in your own life to create mental balance.



the origins of ayurveda

Ayurveda (pronounced “EYE-yer-VAY-da”) may be the oldest continually practiced health system in the world, dating from two thousand to five thousand years ago. The earliest information on Ayurveda is contained in the *Rig Veda*, one of four bodies of ancient scripture that were orally transmitted in lyrical phrases called *sutras* (threads). The Vedas are believed to originate from the *rishis*, sages in deep states of meditation.

Ayurveda can be loosely translated as the “science of life.” The classical text the Charaka Samhita describes *Ayur*, or “life,” as being made up of four parts: the physical body, the mind, the soul, and the senses (sight, hearing, touch, smell, and taste). Contrary to Western models, which have traditionally focused mostly on the physical body, Ayurveda has always given attention to the health of all four of the fundamental aspects of life. The system looks at the whole person—using diet, biorhythms, herbal medicine, psychology, wholesome lifestyle, surgery, and therapeutic bodywork to address the root cause of disease. Ayurvedic hospitals and clinics abound in India, where Western medicine is often used in conjunction with the traditional methods. Whereas Western medicine excels at resolving acute situations, Ayurveda stands out as a preventive medicine—seeking to halt the progression from imbalance to disease by addressing the underlying causes early on.

Thousands of Years of Trial and Error



I will occasionally quote from classic texts to remind us that this information comes from thousands of years ago and was collected over millennia by both scientists and sages. Most commonly, I use the Charaka Samhita, a seven-volume set that describes pathology and treatment for thousands of ailments, as well as a philosophical background for Ayurveda. Information on the texts quoted—the Charaka Samhita, the Ashtanga Hridayam (a compilation of teachings from the Charaka and Sushruta Samhitas), and the Bhagavad Gita—can be found in the resource section at the back of this book.

THE BIG PICTURE

Ayurveda recognizes that every human being is a microcosm (a small part or reflection) of the macrocosm (the big picture or universe). Our minds and bodies are made up of the same elements that make up everything around us, and we are moved by the

same energies or forces that move the oceans, the winds, the stars, and the planets.

The philosophy behind Ayurveda is simple: just as the cycles of the sun, moon, tides, and seasons ebb and flow, so do we. The introduction of artificial light, global food transportation, and a busy schedule make it easy to get out of sync with nature's rhythms.

Ayurveda and Yoga actually stem from the same philosophical roots and have a shared goal of creating a union between microcosm and macrocosm. Yoga is a pathway for navigating the connection of the mind and body with the larger world around us. The sattvic diet, sometimes called the yogic diet, is a part of this path. In these modern times, when many suffer in body and mind due to a lack of connection, the shared goal of Yoga and Ayurveda to unite mind, body, and spirit couldn't come at a better time. Ayurveda often uses the movements and breathing techniques from yoga to access the energy body, promoting the smooth circulation of energy throughout the body and mind, which is especially helpful for managing stress and restoring the body's natural rhythms.

If you get out of sync with natural rhythms—for example, by eating tropical fruits in winter or processed foods, staying up all night, or working all day without a break—your body and mind will become out of whack. The link between the mind and overall health is clear—imbalance in one will lead to imbalance in the other. Like a fish swimming upstream, going against natural currents will slow you down. Inevitably, you will start to feel tired, anxious, or depressed, and over time, you will end up “out of order.”

THE POWER OF DIGESTION

Healthy digestion is the most fundamental aspect of overall wellness in Ayurveda. The complete digestion, absorption, and assimilation of food nutrients create the building blocks of the body, called *ahara rasa*, or “the essence of food.” When you chew and swallow your food, it mixes with water, enzymes, and acids, and the end product is the essence or juice, which is used to make tissues. In this way, healthy digestion makes a healthy body. Digesting food properly connects us to the essence of the food we eat every day and to our planet that provides this food. This explains why diet is a profound aspect of Ayurvedic healing.

Complete wellness, however, takes into account not only physical digestion in the stomach, but mental digestion as well. *The digestion of ideas, experiences, and emotions is a key function required for our overall well-being.* The right amount of input and enough space to process it result in a calm, steady mind and nervous system. This sustainable, low-stress reality underlies the health of the physical body as well.



The body and mind are interdependent systems affected by parallel influences: the physical world of the five elements, and the energetic world of stillness, movement, and change. It can be easier to recognize tangible elements in the body first, so let's look at body basics before we dive into the topic of mind.



the five elements

In Ayurveda, human anatomy starts with the five elements—ether (space), air, fire, water, and earth. The elements create three compounds that govern specific functions and energies in the body, namely, movement, transformation, and cohesion (holding things together). According to Charaka, when these compounds, known as *doshas*, are in balance and working harmoniously, you will enjoy smooth-moving processes (digestion, circulation, and so on), clear senses, the proper elimination of wastes, and happiness.

Each of these five elements manifests as qualities in the body that can be recognized simply by paying close attention to physical sensations. For example, air and space are cold and light, fire is hot and sharp, and earth and water are heavy and moist. Imbalance is brought on by too much or too little of any of these qualities. Too much dryness, say from living in the desert and eating dry crackers, will result in a symptom like dry skin. These elements can have corresponding effects on the mind, such as the heavy, moist qualities of earth and water resulting in brain fog, or the light, mobile qualities of air and space inhibiting focus. *Ayurveda manages these imbalances by introducing opposite qualities and reducing similar qualities.* For example, in the case of brain fog, introducing light, dry foods like barley and reducing heavy, moist foods like wheat will begin to alleviate the symptom.

Everyone requires all five elements, but they occur in different amounts in different bodies. Understanding your individual elemental makeup can take some time. By paying attention to your body over the course of changing seasons, you'll begin to recognize the major players. If dry skin, scalp, stool, and so on are a part of your world, it's likely there's a good deal of space and air elements in your body. Once this becomes clear, start feeling for the subtle qualities of these elements in your mind and moods. Space and air, for example, can manifest as an anxious, sometimes spacey, ungrounded, or sensitive mind or mood due to the porous nature of these elements.

Here's where you will find the five elements (*Pancha Mahabhutas*) in your body.

Space: Intestines, ears, center of the bones

Air: Anywhere there is movement, including belching, gas, and cracking joints

Fire: Stomach acid, bile, enzymes in the small intestine, red blood cells, metabolic processes

Water: Mucous membranes, lymphatic fluid, digestive juices, saliva, synovial fluid

Earth: Fat, muscle, bone

While it is important to understand how Ayurveda views the physical body, in this book we will be looking mostly at the mind. Ayurveda considers the functions of body and mind to be so interconnected that balance and imbalance are rooted in both physical and mental spheres. It is important to our overall well-being to understand both.

what is a dosha?

You have probably heard of the doshas. According to the Ashtanga Hrdayam, *dosha* literally means “that which is faulty.” But doshas aren’t a problem until imbalance has been hanging around awhile. These energies, each a synergy of two elements, can hurt or help you, depending on whether or not they are in a relative state of balance. That’s why it is more important to understand how to maintain balance than it is to dwell on doshas as the “bad guys.”

There are three doshas, known as *vata*, *pitta*, and *kapha*. These are the compounds that arise naturally when the five elements come together in the human body. Each performs a specific function in the body and manifests as a recognizable group of qualities. While the primary energies that affect the mind are different from the three doshas, when one or more of the doshas accumulate in your body, you are likely to notice the same qualities in your mind.

Vata (“VA-tah”) is the energy of movement.

Pitta (“PITT-ah”) is the energy of transformation.

Kapha (“CUP-hah”) is the energy of structure and lubrication together; cohesion (think glue).

VATA

Where there is space, air begins to move, and together these elements manifest as *cold*, *light*, *dry*, *rough*, *mobile*, *erratic*, and *clear* qualities. Think of vata as the currents of the body. The body knows the food goes in the mouth, then down and out; vata ushers it along. Vata also moves the attention and is responsible for the movements of the five senses and the activity of the brain and nervous system. The expansive nature of its qualities makes for a creative, mobile energy. There is nothing problematic about the qualities of space and air, or their function, unless your body has accumulated too much. Too many vata qualities can result in signs of imbalance such as gas and constipation, increasingly dry skin, and racing thoughts and anxiety.

Balanced Vata

- Consistent elimination
- Free breathing
- Good circulation
- Keen senses
- Creativity

Vata Imbalance

- Gas and constipation
- Asthma
- Cold hands and feet
- Anxiety/feeling overwhelmed

PITTA

Where there is fire, there has to be water to keep it from burning everything up. The resulting compound is firewater, a *liquid, hot, sharp, penetrating, light, mobile, oily, smelly* grouping of qualities. (Think acid or bile.) When food gets chewed, pitta moves in to break it down, liquidize it, metabolize it, and transform it into tissues. It does the same with raw information, breaking it down, understanding it, and organizing it. The sharp, motivated nature of pitta makes for quick, focused energy. This is great, unless things get too hot or too sharp, resulting in signs of imbalance such as acidity burps or reflux; diarrhea; skin rashes; inflammation; or mental states that include irritability, obsession, and jealousy.

Pitta in Balance

- Good appetite and metabolism
- Steady hormones
- Sharp eyesight
- Comprehension
- Good complexion (rosy skin)

Pitta Imbalance

- Acid indigestion, reflux
- Painful, heavy menstrual cycle
- Red, dry eyes; the need for glasses
- Acne, rosacea
- Irritability
- Tendency to overwork
- Overly competitive

KAPHA

Without water, you wouldn't be able to get sand to stick together to build a sandcastle. The earth element requires water in this same way to get things to stick together. Kapha is like glue: *cool, liquid, slimy, heavy, slow, dull, dense, and stable*.

This group of qualities provides density in the bones and fat, cohesion in the tissues and joints, and plenty of mucus so we don't dry out. Its gentle, soft, sticky nature makes for a mellow, sweet energy and a strong memory. Great! Unless things get too heavy and too sticky, which can result in signs of imbalance such as loss of appetite; slow digestion; sinus troubles and allergies; weight gain; or mental states like heaviness, brain fog, and sadness.

Kapha in Balance

- Strong bodily tissues
- Well-lubricated joints and mucous membranes
- Hearty immune system

Kapha Imbalance

- Excessive weight gain
- Water retention
- Sinus or lung congestion
- Sadness, heavy heart

In an ideal world, we would all have a decent dose of all of these qualities and a balanced, well-functioning system. One person may be more fiery and prone to arguments, another may be more spacey and prone to forget things—that's the fun of variation in nature. The body's constitution, or makeup of the elements, is genetic. Understanding your constitution can help you understand which of these compounds is likely to get out of balance so you can make choices in your diet and lifestyle to keep potential doshas in check.

It's easy to focus on dosha, that which gets out of balance. But categorizing yourself as a dosha ("I'm so vata") or identifying yourself with states of imbalance is not the aim of Ayurvedic wisdom. It may be more helpful to understand and manage the general causes of imbalance first. For instance, if you notice you often feel overheated and irritable, and your imbalances tend toward characteristics on the pitta list, practice eating calming foods and making time to relax.

While the physical activity of the doshas certainly affects our mental state, Ayurveda is specific about subtle, energetic tools for understanding balance in the mind. There are three energies: *sattva* (the clear essence of the mind) and the two energies that act on it, *rajas* (restlessness) and *tamas* (stagnation). The Charaka Samhita considers rajas and tamas to be "doshas of the mind." The three mental energies can be balanced in the same way vata, pitta, and kapha are—by noticing imbalances early on. We will be learning about what these energies are and how they affect the mind and mood in the next chapter.

Ayurveda is a lifelong exploration and a path to self-realization. Please keep in mind that this chapter is a very basic introduction to these ideas, which have layers of meaning. I wanted to give you just enough information so that we have a simple, common language to illuminate the body/mind connection. It took me ten years of studying Yoga philosophy before I began to feel glimmerings of understanding. I hope to inspire you, with this straightforward cookbook, to enjoy the journey. Check out the “Resources” section at the end of the book for further reading.





all-healing turmeric milk

SERVES 1

Also known as “golden milk,” this evening tonic is well known in the Yoga and Ayurveda traditions for a long list of benefits, namely as an anti-inflammatory, bone nourisher, and immune booster. This synergistic combination of turmeric, coconut, ginger, and pepper is supported by ancient knowledge and by modern research as well. You will find it not only healing, but comforting. If you think drinking an entire cup of milk, even warm and spiced, is a bit heavy, use half milk and half water.

1 cup whole cow’s milk or almond milk	1 tsp ground turmeric ½ tsp ground ginger 1 tsp coconut oil	Pinch of freshly ground black pepper ½–1 tsp raw honey (optional)
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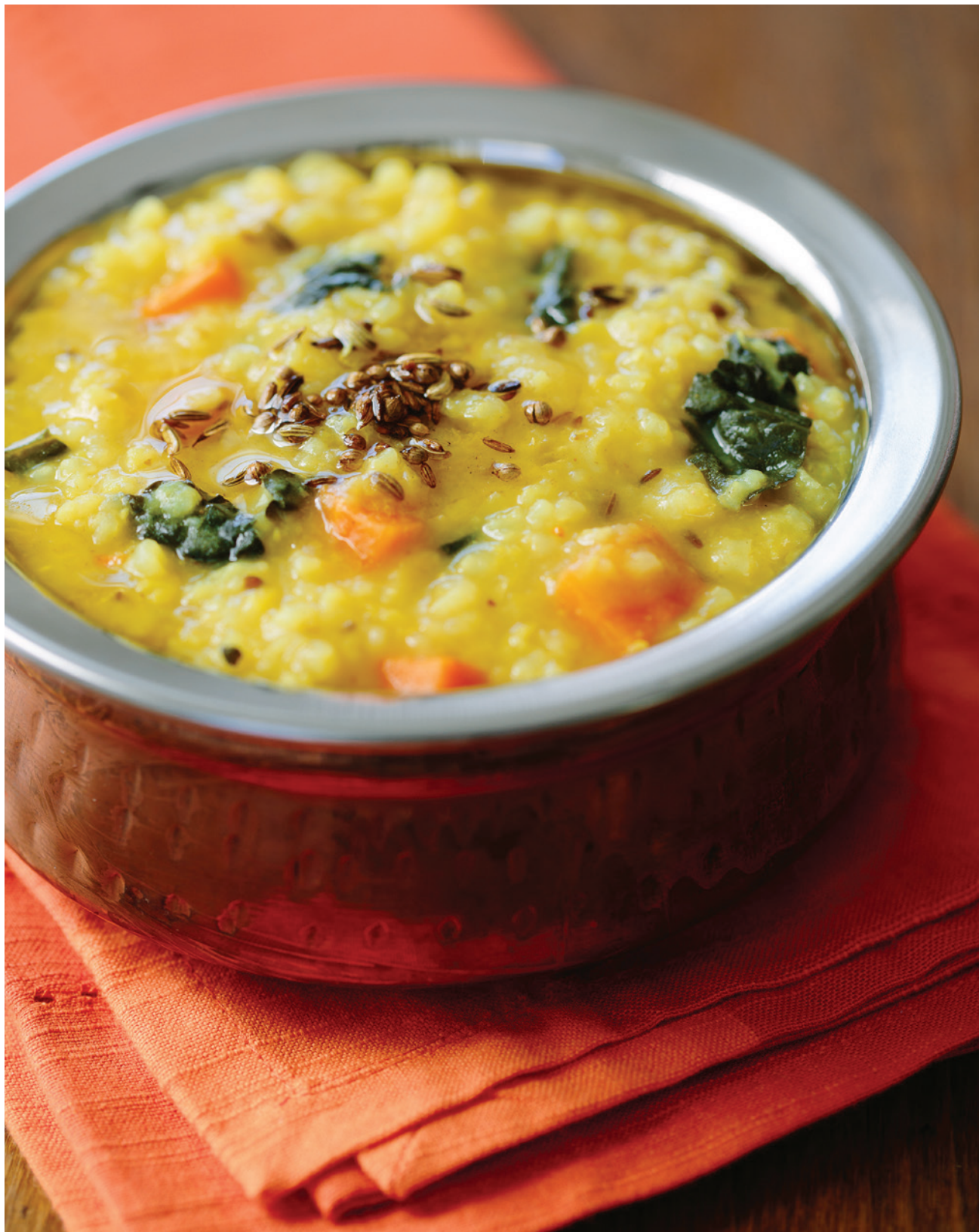
In a small saucepan, warm the milk uncovered over medium-high heat for 2–4 minutes, or until you see steam rising out of the pan. Add all the other ingredients, except the honey, and whisk by hand or with an immersion blender until combined.

Pour into a mug, sweeten with honey (if using), and drink immediately.

Sleep or Death



Ayurveda tells us that life and death are dependent upon sleep! Well, when you put it that way, why not go to bed a little earlier? The generally recommended bedtime is no later than 10 P.M. After that, the body gets a second wind, and the energy that is meant to detoxify the body during sleep goes to external pursuits. The problem with skipping lunch and eating a big dinner is that it will disturb your sleep and cause you to stay up later. On an evening when you get home too late for a meal or have a light appetite, have this golden milk—or a warm Honey Rice Shake (page 201) for vegans—and go to bed.



calming kichari

SERVES 4–6

This is a classic dish that grounds you, calms you, and sustains you all at the same time. I've added the healthy bitterness of greens to cooling herbs and spices to mellow the mental heat of a busy day. When you feel like your mind is orbiting a bunch of tasks or appointments, have a leisurely sit-down with a bowl of this, and I guarantee you will feel calmer.

6 cups water	2 cups kale, Swiss chard, or collards, coarsely chopped into strips	tempering
1 cup basmati rice	½–1 tsp salt	1–2 Tbsp ghee
½ cup yellow split mung beans, soaked overnight or at least a few hours	½ cup fresh cilantro leaves, for garnish	½ tsp cumin seeds
1 Tbsp Calming Spice Mix		½ tsp coriander seeds
		½ tsp fennel seeds (optional)

In a large saucepan, boil 5 cups of the water on high heat. Set the other cup aside to add during cooking as needed.

Rinse the rice and dal twice or until water runs clear. Add them to the boiling water, along with the spice mix, and keep on high heat until the liquid boils again. Immediately turn the heat down and simmer, partially covered, for 20 minutes without stirring. Check after 20 minutes to see if the dal is submerged. If not, pour the additional cup of water on top but do not stir. Place the greens on top to steam. Simmer, partially covered, 10 minutes more.

To make the tempering, warm the ghee in a small skillet on medium heat. Add the cumin, coriander, and fennel seeds (if using), and cook until the seeds pop, about 2–3 minutes. Remove from the heat, and pour into the kichari. Add the salt, stir well, and let stand, covered, for a few minutes.

Kichari should have a soupy, soft consistency. Serve it in bowls, as you would a stew. Garnish with lots of fresh cilantro.

farmers' market rice noodle bowl

SERVES 2 AS A MEAL OR 4 AS A SIDE

This miso soup is chock-full of colorful late summer vegetables and the golden goodness of ghee. You'll be surprised how quick it is to create an authentic tasting noodle bowl at home, without being tempted by sugary, spicy condiments like oyster sauce and hot sauce—both of which contain cornstarch, white sugar, and artificial flavorings. Enjoy with a large spoon and chopsticks, and watch your shirt!

2 Tbsp ghee	2-inch piece fresh ginger,	One 8-oz package thin rice
½ cup julienned carrots	peeled and chopped	noodles
1 medium zucchini, sliced and cut into half-moons	2 Tbsp tamari, plus more to taste	1 Tbsp miso paste
1 bunch baby bok choy, sliced into ribbons	4 cups water, plus ¼ cup hot water for miso paste	2 Tbsp chopped cilantro
½ cup sliced radishes		½ lime, cut into wedges for serving

In a heavy-bottomed saucepan, melt the ghee over medium-high heat. Add the carrots, zucchini, bok choy, and radishes, and sauté for 5–8 minutes, stirring occasionally. When the vegetables have softened, add the ginger and tamari, and sauté for another minute, stirring constantly. Add the water, scraping the spices and seasoning from the bottom of the pan, and bring to a boil. Turn down the heat, and simmer for 10 minutes. After simmering, remove the pan from the heat, add the rice noodles, cover, and let sit for 5 minutes.

Meanwhile, in a small bowl, dissolve the miso paste in ¼ cup of hot water. Add the miso to the saucepan and stir. Using tongs, distribute the veggies and noodles into individual serving bowls, then ladle the broth on top. Garnish with cilantro, fresh lime wedges, and additional tamari if desired.

Note: Make it a meal by adding one block of firm tofu, chopped into ½-inch cubes, when you add the water.



roasted cherry tomato dal

SERVES 4–6

I noticed my tomato dal was a favorite recipe among readers of my first book, so I set about making a sattvic version for this book. In summer, I recommend using yellow and orange cherry tomatoes—they have less acid than the red ones, which makes them less heating and more sweet than sour. If you eat them often, tomatoes do increase rajas due to their sour taste, but the sweetness of a well-roasted tomato can be uplifting in moderation. This meal is a feast for the eyes, fun to make and eat, and a great way to use a bumper crop of cherry tomatoes.

2 cups yellow or orange cherry tomatoes	1 cup red lentils 1 tsp ground turmeric	1/3 cup packed fresh basil leaves, torn or roughly chopped
1 tsp + 1 Tbsp olive oil	1 cup green beans, trimmed and chopped into 1/2-inch pieces	Freshly ground black pepper (optional)
1 tsp salt, divided into 1/4 tsp and 3/4 tsp		
4 cups water		

Preheat oven to 400 degrees.

Toss the tomatoes with the 1 tsp of olive oil and 1/4 tsp of salt. Spread in a single layer on a baking sheet. Roast until the tomatoes collapse, about 15–20 minutes.

In a large saucepan, bring the water to a boil over high heat. Rinse the lentils well and add to the water; boil, uncovered, for 5 minutes. Add the turmeric. Reduce the heat and simmer, covered, for 15 minutes. Add the green beans and simmer, covered, for another 20 minutes.

Remove from the heat and let stand for 5 minutes. Add the roasted tomatoes, stir in the 1 Tbsp of olive oil and 3/4 tsp of salt. Divide the basil among the bowls as a garnish, and finish with freshly ground black pepper if desired.

Serve over white basmati rice or quinoa.





chocolate layered ojas bars

MAKES 20 SQUARES

Dates, pecans, almonds, and coconut are all foods known to support ojas, the nutrient cream of the body. This substance is our storehouse of deep energy and immunity, and it is a major player in building energy, long-term health, and stability of mind. Here, dense, naturally fatty foods combine with spices to ensure that your digestive fires are lit and the nutrition makes its way into the deep tissues of your body. These grounding ojas bars are an excellent way to replenish your energy supply if you are drained from too much activity.

base layer

4 Medjool dates, pitted
1 cup raw pecans
½ cup raw almonds
2 Tbsp coconut oil
¼ tsp salt
½ tsp Sweet Spice Mix

chocolate layer

½ cup coconut oil
½ cup cacao powder
3 Tbsp maple syrup

optional toppings

2 Tbsp toasted coconut
flakes
2 Tbsp chopped dried
cranberries
2 Tbsp sliced almonds

Line the bottom of a 4 × 8-inch loaf pan with parchment paper.

In a food processor, pulse together the dates, pecans, almonds, 2 Tbsp coconut oil, salt, and Sweet Spice Mix until the mixture begins to stick together and form a ball. Press the date-nut mixture into the bottom of the pan.

Next, prepare one batch of Basic Coconut Chocolate (see page 143). Melt the coconut oil by standing the jar in hot water. In a small bowl, whisk together the ½ cup coconut oil, cacao, and maple syrup until smooth.

Working quickly, pour the chocolate coconut mixture over the base layer, tilting the pan from side to side so the chocolate is an even covering. Sprinkle with the topping of your choice (coconut flakes, dried cranberries, or slivered almonds). Place in the freezer for 30 minutes to 1 hour, until very firm.

Remove the loaf and parchment from the pan, and using a sharp knife on a cutting board, cut the frozen treat into small squares. Refrigerate the squares between layers of parchment paper in a sealed container for up to 14 days.

For a decadent treat, eat one square at a time and enjoy!

ABOUT US



CARA BROSTROM

Kate O'Donnell is a nationally certified Ayurvedic practitioner, Ashtanga yoga teacher, and author of *The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well*. She has made twenty extended trips to India and continues to travel there annually for study. She also teaches Ayurveda internationally.

At age nineteen, Kate went to India for a semester abroad to teach English and study environmental science. She took a semester off from school to stay, practice yoga, and travel to as many parts of India as she could in six months. During that time, she ate an indigestible amount of unfamiliar foods and ended up at an Ayurvedic doctor's office. Profound experiences of Ashtanga yoga and Ayurveda, as well as an avid interest in the healing powers of food, have inspired her study and practice of the ancient arts for the past twenty years. Kate is the director of an Ashtanga yoga program in Boston, codirector of the Boston Ayurveda School, and a contributor to many publications. She teaches courses, cooking classes, seasonal cleanses, and lifestyle retreats when she isn't practicing yoga or having a chai.

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HANNAH GUNNELL

Cara Brostrom is a lifestyle, editorial, and fine art photographer. As a visual storyteller, her photography documents the landscapes, objects, and moments that reveal our modern lives.

After years of traveling, Cara put down roots in Boston, where she met Kate O'Donnell and nurtured an ardent interest in yoga and Ayurveda. Through the camera lens, Cara specializes in photographing the subtle energy of yoga and the beauty of natural and wholesome foods. In addition to the inspired food and lifestyle photography within these pages, she brings to this book her recipe development expertise in adapting traditional Ayurvedic dishes to the Western palate.

Her photography and writing have been exhibited and published in the United States, Canada, Scandinavia, and the United Kingdom. She lives in Massachusetts with her family.

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Balance Your Mind With Food

Seasonal, healthy recipes based on traditional Ayurvedic wisdom to benefit our states of mind from the author of *The Everyday Ayurveda Cookbook*

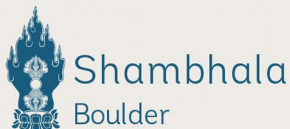
In Ayurvedic medicine, there are said to be three main energies that affect our mind:

- *sattva*, the state of contentment and calm;
- *rajas*, the state of reactivity and excitability;
- and
- *tamas*, the dull, slow, and stagnant state of mind.



There are direct ways of bringing these states into balance through what we eat. The recipes in this book are simple, seasonal, and delicious, while bringing the traditional foods of Ayurveda into modern kitchens.

Kate O'Donnell is an Ashtanga yoga teacher, a nationally certified Ayurvedic practitioner, an Ayurvedic Yoga specialist, and author of *The Everyday Ayurveda Cookbook*. She is on the faculty for the Kripalu School of Ayurveda and for Ayurvedic Health Education trainings. She lives in Boston.



Everyday Ayurveda Cooking for a Calm, Clear Mind goes on sale March 13, 2018. Get your copy on Shambhala.com or wherever good books are sold.