



S.E.E. Your Wellbeing

S.E.E. Your Wellbeing
Seasonal Cleanse Supplemental Recipes

Essential Seed and Nut Porridge with Spiced Peas and Toasted Almonds

This seed porridge combination supports and moistens the lungs with the addition of almonds. Pears are the go-to fruit for a wet cough with congestion. They are sweet and sour, soothing and slightly cooling - and they taste delightful. Adding ginger brings out the slightly spicy, floral flavor of the pears.

MAKES 4-6 SERVINGS

INGREDIENTS

1/2-2 cups boiling water
(reconstitute to desired
thickness)

Porridge Mix

3 Tbsp flax seeds
3 Tbsp shelled raw pumpkin
seeds
2 Tbsp chia seeds

1/2 cup whole almonds

1/2 cup Brazil nuts

1/2 tsp salt

Spiced Pears

2 large firm ripe pears

1 Tbsp Ghee

1 Tbsp freshly squeezed lemon
juice

1 Tbsp raw honey

1 tsp Sweet Spice Mix (p. 14)

DIRECTIONS

1. In a large dry skillet, toast flax, pumpkin and chia seeds over medium-low heat, stirring often, for 5 minutes or until fragrant. Transfer to a heatproof bowl; let cool completely.
2. Return skillet to heat and add almonds and Brazil nuts to pan. Toast over medium-low heat, stirring often, for 8-10 minutes or until fragrant. Transfer to another heatproof bowl; let cool completely.
3. In a blender combine seed mixture and grind until texture of brown sugar.
4. Add nut mixture and salt and grind to texture of brown sugar.
5. In a medium bowl, stir porridge mix with boiling water (use amount of water to achieve your desired thickness). Cover and let stand for 5 minutes.
6. While the seeds and nuts are toasting, peel, quarter, and core pears. Cut into 1/4 inch thick slices.
7. In a large skillet, heat ghee over medium-high heat. Add pears and cook, stirring for 2-3 minutes or until almost tender. Stir in cinnamon and ginger.
8. Spoon porridge into serving bowls. Top with pear mixture and small drizzle of honey.

NOTES

You can make the porridge mixture up to 5 days ahead and store in single serving size glass containers.

This combination of nuts and seeds ensures this porridge is packed with omega-3-fatty acids, which are essential for the immune and nervous systems. The nuts and seeds have an anti-inflammatory effect on the body.

If you are battling a dry cough and have heat symptoms, omit the ground ginger, as it is too warming and drying.

Honey is a lubricating and helpful addition if you have a dry cough.

Adapted from: Goldsmith Ellen. Nutritional Healing with Chinese Medicine

Cherry Fig Cereal

MAKES 1 SERVING

INGREDIENTS

2 Tbsp chia seeds
1/4 cup combination of dried cherries and sliced dried fig
1 apple, grated
1Tbsp. coconut flakes
1 tsp Sweet Spice Mix (p. 14)

DIRECTIONS

1. **Soak the chia and dried fruits in water, together, overnight.**
2. Stir after 10 minutes to break up clumps).
3. In the morning, stir in other ingredients.
4. Warm on low heat, on stovetop for 5-7 minutes.

NOTES

Chia seeds offer the slick kind of fiber that helps the intestines usher out the old.

Super Chia Porridge

MAKES 1-2 SERVINGS depending on hunger and daily activity

INGREDIENTS

1/4 cup dry chia (soaked)
2 Tbsp. hemp seeds
1 Tbsp maca powder
1/2 tsp vanilla extract
pinch of sea salt
1 tsp coconut oil
1 tsp Sweet Spice Mix (p 14)
1 Tbsp. goji berries, soaked for 5 minutes
1-2 tsp. maple syrup

DIRECTIONS

1. Soak chia in 1/2 cup water for 20 minutes.
2. Stir midway through soaking to break up any clumps.
3. Blend ingredients through spice mix in blender to desired consistency.
4. Top with goji berries and maple syrup

Date Pear Morning Kitchari

Pear is light and cool, balancing to all body types, while dates add density to get you through to lunch. Dates can be replaced with raisins for those in need of a lighter-quality dish.

MAKES 3-4 SERVINGS

INGREDIENTS

1/2 cup basmati rice
1/2 cup yellow split mung beans, **soaked overnight or at least a few hours**
4 cups water
2 tsp Sweet Spice Mix
2 pears, cored and chopped into 1/2-inch cubes
4 Medjool dates, bitted and chopped
1/2 tsp salt
1 Tbsp coconut oil

DIRECTIONS

1. Rinse the rice and mung beans well.
2. In a medium sauce pan, bring the water, rice, and mung beans to a boil on high heat. Reduce and let simmer, uncovered, for 15-20 minutes.
3. Add the spice mix, pears, and dates. Cover and simmer for 15-20 minutes more, adding more water if needed. Go for the consistency of thick oatmeal. When the kitchari reaches the right consistency, turn off the heat and stir in the salt and coconut oil.
4. Let stand for 5 minutes before eating.

From: O'Donnell, Kate. Everyday Ayurveda Cooking for a calm, clear mind

Everyday Creamed Bulgur Wheat with Grated Apple

Pear is light and cool, balancing to all body types, while dates add density to get you through to lunch. Dates can be replaced with raising for those in need of a lighter-quality dish.

MAKES 2 SERVINGS

INGREDIENTS

- 1 cup bulgur wheat (makes about 2 cups cooked)
- 2 cups water
- 1 cup almond milk or water
- 2 small apples, grated
- 2 tsp Sweet Spice Mix
- 1 Tbsp hemp seeds

DIRECTIONS

1. Add bulgur wheat and water to cooking pot.
2. Bring to a boil.
3. Turn heat to low, cover tightly, and simmer until liquid is absorbed, about 15 minutes.
4. Add grated apple and spice mix.
5. Cover and warm on medium-low for 5 minutes.
6. When the dish begins to steam, turn off the heat and use a hand blender to cram the cereal to the consistency you want - either smooth or still with some whole grains to look at and new on. Do not overland, as this will give the real a gummy texture.
7. Transfer to bowl for serving.
8. Add the spice mix, pears, and dates. Cover and simmer for 15-20 minutes more, adding more water if needed. Go for the consistency of thick oatmeal. When the kitchari reaches the right consistency, turn off the heat and stir in the salt and coconut oil.
9. Let stand for 5 minutes before eating.
10. Top with hemp seeds.

NOTES

You can be flexible with the grains and fruit. Organic rolled oats are another option, suitable for the fall. Other fall-friendly fruit options are bananas, dried cranberries, dates, dried figs, pears, and raisins. Be sure to note these changes on your grocery list.

From: O'Donnell, Kate. The Everyday Ayurveda Cookbook

Fig Cardamom Oat Cup

Pear is light and cool, balancing to all body types, while dates add density to get you through to lunch. Dates can be replaced with raising for those in need of a lighter-quality dish.

MAKES 1 SERVING

INGREDIENTS

1/3 cup organic rolled oats
(not quick)
3 dried figs, sliced thin
1 tsp Grade A maple syrup
1 tsp Sweet Spice mix
1/2 cup almond milk or water

DIRECTIONS

1. Combine all ingredients in clean 8 oz. glass jar, adding almond milk last.
2. Seal with a lid and shake to combine.
3. Let soak at room temperature for a few hours before eating or keep in fridge overnight.
4. Warm on stove with added water, if desired.

NOTES

You can be flexible with the fruit. Other fall-friendly dried fruit options are cranberries, dates, goji berries, apricots, and raisins. Be sure to note these changes on your grocery list.

Kichari

Kichari is the balancing stable food of Ayurveda. It is a neutral, light, and soft food that both cleanses and nourishes the body, without supporting imbalance of any kind. In fact, kichari is thought to remove toxins from the system. This complete, one-pot meal is a mixture of hulled mung beans and rice, known to be gentle on the digestive organs, cooked with a rotating cast of vegetables and spices. Once you get the hang of the formula, you can experiment with seasonal veggies, grains, and beans.

MAKES 4-6 SERVINGS

INGREDIENTS

6 cups water

1/2 cup basmati rice

1/2 cup split mung dal (ideally, soaked for 1 hour or more)

1 Tbsp Savory Spice Mix (last page)

2 cups of your choice of mixed fall vegetables (pumpkin, squash, kale, collards, chard, spinach, peas, sweet potatoes, carrots, sea vegetables), coarsely chopped into 1/2 inch cubes, leafy greens are also coarsely chopped into strips

1/2 - 1 tsp salt

FOR THE TEMPERING

1-2 Tbsp ghee

1/2 tsp cumin seed

1/2 tsp coriander seed

1/2 fennel seed

DIRECTIONS

1. In a large saucepan, boil 5 cups water on high heat. Set the other 1 cup aside to add during cooking as needed.
2. Rinse the rice and dal twice or until water runs clear. Add them to the boiling
3. Add the spice mix.
4. Keep on high until the liquid boils again. Then immediately turn the heat down to low.
5. If using hard vegetables like potatoes, carrots, and squash, add the 1/2 inch cubes now.
6. Partially cover the pan with lid ajar and simmer for 20 minutes without stirring.
7. Check after 20 minutes to see if it needs more water. If the dal is not submerged, it does. Pour the additional cup of water on top and do not stir.
8. If using quick-cooking vegetables like greens, green beans, and the like, add those on top to steam now.
9. Simmer partially covered for 10 minutes more.
10. To make the tempering, warm the ghee in a small skillet on medium heat.
11. Add the cumin, coriander and fennel and cook until the seeds pop, about 2-3 minutes.
12. Remove from heat and pour into the kichari.
13. Add salt, stir well, and let stand, covered, for a few minutes.

NOTES

Kichari should have a soup, soft consistency.

From: O'Donnell, Kate. The Everyday Ayurveda Cookbook

Everyday Cleansing Green Soup

Everyday Cleansing Green Soup is a warm alternative to cold green juice. Green vegetables always contain astringent and bitter tastes. These two tastes, along with pungency, represent the reducing qualities in Ayurveda. This soup is indicated any time you need a break from heavy foods, want to lose some weight, or desire a lift for your digestion or mood.

MAKES 2-4 SERVINGS

INGREDIENTS

3 cups fall mineral broth (p. 102 NCW)
1 tsp turmeric powder
1-inch piece fresh ginger root
1 cup packed, chopped kale (about 2 small leaves)
4 cups packed packed chopped vegetables - choose from spinach, peas, green beans, cabbage
1 cup packed parsley leaves
2 tsp fat - Ghee or coconut oil + 1/2-1 peeled avocado (optional)
Salt and pepper to taste

DIRECTIONS

1. In a large saucepan, combine the vegetable broth and turmeric powder.
2. Bring to a boil on high heat. (If you plan to use a carafe blender, reserve 1 cup of the broth at room temperature to add later.)
3. Peel and coarsely chop the ginger root and add to the pot
4. Add the chopped kale and veggies.
5. Cover and simmer for 10 minutes, until the veggies are soft.
6. Stir in parsley and fat.
7. Remove from heat.
8. If using an immersion hand blender, process in saucepan until completely smooth. If using a carafe blender, transfer liquid and vegetables to carafe and add the reserved cup of broth to cool the mixture down.
9. Put a towel over the blender top and hold it down with your hand.
10. Begin blending on low, gradually increasing the speed, until the soup is smooth.
11. You may need to blend in 2 batches.

From: O'Donnell, Kate. The Everyday Ayurveda Cookbook

Fall Roasted Spiced Vegetables

Root vegetables are naturally sweet and have building, rejuvenating qualities. Pair them with ghee or coconut oil, and you have an excellent tonic to prepare your body for winter.

MAKES 4 SERVINGS

INGREDIENTS

2 medium beets, peeled
2 carrots
2 parsnips
2 medium sweet potatoes
2 Tbsp ghee or coconut oil
1 Tbsp tamari
1 Tbsp chopped fresh rosemary
2 tsp choice Savory or Sweet Spice mix (p 14)

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Chop all vegetables into roughly 1/2 inch cubes.
3. Put ghee or coconut oil into a small, oven safe-dish and place it in the oven for 1-2 minutes, long enough to melt the fat. Use an oven mitt or pot holder to remove the container from the oven.
4. In a large bowl, toss the cubed vegetables together with the melted ghee or oil, tamari, rosemary, and spice mix until all the cubes are evenly coated.
5. Spread them in a single layer on the bottom of a large 9x13 inch baked dish.
6. Bake for 20 minutes.
7. Remove the pan from the oven and turn the veggies over with a spatula.
8. Bake for 10-20 minutes more, until the vegetables are soft; some pieces will begin to brown.
9. Remove from the oven, toss on the tray.
10. Serve immediately.

NOTES

The smaller you cube the vegetables, the faster they cook. If you dice them into minute, half-inch cubes, they will be done in 30 minutes or less. Always cut vegetables into uniform-sized pieces to ensure even roasting.

From: O'Donnell, Kate. The Everyday Ayurveda Cookbook

Fall/Winter Steamed Veggies

Pick your vegetables. Though technically all vegetables can be steamed, certain vegetables steam better than others, and all of them steam at different rates. Broccoli, cauliflower, carrots, asparagus, artichokes, and green beans will all turn out nicely and are standard steaming fare. Serve with **Ginger Miso Dressing** or your own homemade dressing (i.e. non-processed). A simple olive oil and fresh lemon dressing is delicious!

CHOOSE SERVING SIZE

INGREDIENTS

Desired amount of choice of asparagus, broccoli, carrots, cauliflower, green beans, or potatoes

Ginger Miso Dressing

½ cup unseasoned rice vinegar

2 Tbsp tahini

1 Tbsp raw honey

1 Tbsp white miso paste

1 Tbsp tamari

1 Tbsp olive oil

1 clove garlic, minced

1/4-1/2" piece ginger*

Dash of black pepper, if desired

DIRECTIONS

- Here's a brief rundown on steaming times:
 - Asparagus:** 7 to 13 minutes, or 4 to 7 minutes if you cut up the spears into short pieces
 - Broccoli:** stalks for 8 to 12 minutes, florets for 5 to 7 minutes
 - Carrots:** 7 to 12 minutes, depending on their size and how much you cut them up
 - Cauliflower:** 5 to 10 minutes for florets
 - Green beans:** 5 to 7 minutes
 - Potatoes, sliced:** 8 to 12 minutes
- Clean your vegetables before steaming them. Before you cook your vegetables, rinse them to wash away dirt, bacteria, and traces of pesticides. Rinse your veggies in clean, cold water, then pat them dry.
- Choose a deep pot that can hold all the vegetables you want to steam.
- Add .5 inches (1.3 cm) of water to the bottom of the pan. This will create the steaming effect but is not enough to boil all the nutrients out of the vegetables. The shallow layer of water will also protect the vegetables from burning at the bottom of the pot.
 - If the lid of your pot doesn't fit tightly enough to seal in all the steam, you may need to use a little more water. Experiment with different amounts until you figure out what works with your pot.
- Layer the vegetables into the pot based on cooking time. If you're cooking multiple types of vegetables, put the longer-cooking veggies on the bottom. Layer those with a shorter cooking time on top. That way, you can easily remove the fastest-cooking vegetables first.

Continued on next page

Fall/Winter Steamed Veggies Continued

DIRECTIONS

6. Turn the heat down to low and set a timer for the recommended time. Once the water starts steaming, turn the burner down to a low heat setting. Let your vegetables cook for the minimum recommended time for their size and type, then check them for doneness by inserting a knife into the thickest part of the vegetable.
 - Your vegetables should be tender, but still have a little crunch. They should also appear vibrant and colorful.
 - If they need more time, replace the lid and give them another 1-2 minutes before testing again.
7. While veggies are steaming, make **Ginger Miso Dressing**: Add all of the ingredients to a medium bowl and whisk until smooth.
8. Remove the veggies from the heat and serve with dressing.

Steamed Fall Greens

If you want to know what greens are in season make a trip to the farmers market! If that's a stretch, opt for fall greens like collards, kale, spinach, and Swiss chard. Serve with **Miso Turmeric Dressing** or your own homemade dressing (i.e. non-processed). A simple olive oil and fresh lemon dressing is delicious!

CHOOSE SERVING SIZE

INGREDIENTS

3 big handful of fresh greens

1-2 teaspoons sesame seeds

Miso Turmeric Dressing

1/3 cup unseasoned rice vinegar

1/4 cup tamari

1/4 cup olive oil

2 Tbsp finely grated carrot

2 Tbsp white miso paste

1 Tbsp finely grated peeled
ginger root

1/2 tsp ground turmeric

DIRECTIONS

1. Add 1/2 cup filtered water to the pot.
2. Insert the steamer basket or used heat proof stainless steel colander.
3. Add 2-3 handfuls of greens (spinach, kale, chard, collard greens, watercress, etc.), cover with a lid.
4. Steam for 5-10 minutes until the greens are wilted to your liking.
5. While veggies are steaming, make **Miso Turmeric Dressing**: Add all of the ingredients to a medium bowl and whisk until smooth.
6. Remove the greens from the heat and serve with dressing.

Easy Morning Beverage

As its name implies, this warm drink is recommended first thing in the morning. Lemon stimulates a cleansing flush by encouraging bile production, which will get things moving! If in the morning you experience sticky mucus in the throat, use hone in the recipe, as it is known for its scraping action - it removes any nighttime buildup from the mouth and throat. If you don't experience mucus or if you have trouble moderating sweet taste, you can omit the honey.

MAKES 1 SERVING

INGREDIENTS

1 1/4 cups water
Juice of 1/4 lemon
1 tsp grated ginger root
1 tsp honey (optional)

DIRECTIONS

1. Bring water to a boil in a small pot or kettle.
2. Remove from heat and pour boiling water into a large mug or thermos for on the go.
3. Stir in ginger, lemon and honey, if using.

From: O'Donnell, Kate. The Everyday Ayurveda Cookbook

Sweet Spice Mix

Adds a sweet and warming quality to aid digestion. Add to grain dishes at breakfast. Flavor cooked fruits. Be creative!

INGREDIENTS

2 Tbsp cinnamon powder
2 Tbsp ginger powder
1 Tbsp cardamom powder

DIRECTIONS

1. Mix spices together in a glass shaker jar.

From: O'Donnell, Kate. The Everyday Ayurveda Cookbook

Savory Spice Mix

The combination of turmeric, cumin, coriander, and fennel is a traditionally balanced digestive formula for kindling your digestive fire, stimulating liver function, and moderating the fire element. If any flavor does not agree with you, you may reduce the amount of that spice and tailor the recipe to your own taste.

Top steamed veggies with ghee and this spice mix. Your new special sauce!

INGREDIENTS

1 tbsp whole coriander seed
1 tbsp whole cumin seed
1 1/2 tsp whole fennel seed
1 tbsp turmeric powder

DIRECTIONS

1. Dry roast the whole spices in a frying pan for a few minutes, only until they release their fragrance and you can smell them. Let them cool completely
2. Grind roasted spices in a coffee grinder (reserved for spices only) or with a mortar and pestle. Grind until uniform consistency
3. Transfer to a small mixing bowl and stir in the turmeric
4. Pour into a shaker jar with an airtight lid for storage

From: O'Donnell, Kate. The Everyday Ayurveda Cookbook

Ghee

Ghee is considered to be the most beneficial cooking medium in Ayurveda. This oil has the highest heat tolerance, is light enough to digest, easily, and penetrates the body's tissues - providing necessary nourishment where you need it the most. Think of ghee as a carrier that brings goods deep into the body, including the brain. Quality fats bring the kind of moisture that keeps the mental muscles limber. Because ghee is seen as medicinal, **only the best quality organic butter should be used to produce ghee.**

When you make ghee, you remove the solids from the butter, leaving you with a golden yellow, spoonable cooking oil. As it cooks, the water will be released in the form of tiny bubbles, and the solids will separate and float on top (they may sink). The trick is to catch it before it burns, so you must stay with the butter for the full 15 minutes it takes to separate. Watch it so you can see when the solids begin to brown. Once you get the hang of it, you can double the recipe and make it monthly.

Ghee is great used in place of butter for almost everything - toast, eggs, baked goods, or stirred into grains. It does have a strong flavor and a different texture, so it does not always work well with traditional baking.

INGREDIENTS

1/2 lb unsalted organic butter
(2 sticks)

DIRECTIONS

1. Place the butter in a saucepan over medium-low heat.
2. When all the butter has melted, reduce the heat to low.
3. After about 5 minutes, the butter will begin to form a white froth on its surface, and you will hear rapid popping sounds as the moisture evaporates.
4. Continue to monitor the ghee; do not walk away or multitask.
5. Simmer for 10-15 minutes, listening attentively. Notice when the popping becomes more intermittent, and then it's time to hover.
6. Check your ghee for doneness. Using a clean metal spoon, gently move the froth or bubbles to the side and take a look at the bottom of the pan. You should be able to see clearly through the yellow liquid; it will no longer be cloudy.
7. When the solids on the bottom of the pan begin to turn golden brown and the ghee smells similar to toffee, remove from the heat.
8. Cool until it's just warm, about 15 minutes.
9. Strain through a fine mesh metal strainer or a double layer of cheesecloth into a sterilized glass jar.
10. Skim off any last bits of foam that might remain.
11. Keep it on the counter with the lid on. Refrigerate after 1 month.
12. Always use a clean utensil when taking ghee from the jar.

From: O'Donnell, Kate. Everyday Ayurveda Cooking for a calm, clear mind

Medical Disclaimer

All material provided from S.E.E. Your Wellbeing Seasonal Cleanse is provided for informational or educational purposes only. Speak with your medical doctor regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. The instructions and advice presented from S.E.E. Your Wellbeing Seasonal Cleanse are in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

Consult your physician before beginning this program as you would any detox, weight loss or weight maintenance program. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking.

If you are on diuretics or diabetes medication, have liver or gallbladder disease or take any medications, you should proceed only under a doctor's supervision. This nutritional plan should not be used by patients on dialysis or by pregnant or nursing women.

You must be at least 16 years of age or older to do the S.E.E. Your Wellbeing Seasonal Cleanse.

These statements have not been evaluated by the Food and Drug Administration. The S.E.E. Your Wellbeing Seasonal Cleanse is not intended to diagnose, treat, cure or prevent any disease.