

1) KITCHARI:

Mono-diet cleanse.

Makes enough for 1 day.

1 c Split Yellow Mung Beans (dal)
OR 2 c. mung bean sprouts, soaked
1 c White Basmati Rice
1 Tbs Fresh Ginger Root
1 Tbs Ghee
1 tsp Black Mustard Seeds
1 tsp Cumin
1 tsp Fenugreek seeds
1 tsp Coriander powder
1 tsp Fennel powder
1 tsp Turmeric powder
1 pinch Hing (asafetida)
pinch ground cloves
3 Bay Leaves
6-8 cup Water (make it on the thin side)
sea salt & black pepper to taste
Garnish:
1 c. chopped cilantro
lemon slice or spoon of fresh yogurt

Why Kitchari?

Kitchari is the traditional detox food of Ayurveda. The philosophy is simple. The body detoxes when it is given the chance. Lighten up what you eat, nourish the 6 tastes, and 5 senses all at the same time. Kitchari is a complete & balanced food. You can eat it for weeks or for a single day. It's like baby food: simple to cook and digest, but tastier!!
Make a pot for the entire day.

Eat Kitchari when you:

- sick, stressed or overwhelmed
- have unhealthy cravings
- need a change of diet
- need to give your body a break
- too busy to prepare other food
- * need deep nourishment

Prepare:

Wash soak rice & dal overnight.
Drain water. Rinse w/fresh water until clear.
Heat a large pot on medium heat.
Melt the ghee and add all the spices, except the bay leaves. Stir and toast (1-2 min) until spices turn light brown.
Add rice & dal and stir to coat with spice.
Add water and bay leaves.
Bring pot to a low boil and simmer for 15 minutes on medium heat.
Turn heat down to low, cover pot and cook until dal and rice get soft (30-40minutes).
Add salt (rock or sea or Bragg's) to taste.
Add more water to make it a little soupy.
Garnish with cilantro, lemon or yogurt.
When you reheat kitchari later for another meal then add a little more water.

*** For weak digestion, gas or bloating:**

Soak your beans overnight! OR parboil.
To parboil: rinse beans, cover with water, bring to boil, cook until they foam, drain, and rinse off scum. Repeat 2-3X.
Add more asafetida/hing spice if you have major bloating issues.
* Use a pressure cooker to shorten time.
* Add vegetables after rice/beans are cooked.
* Add garnish just before eating.

Get you

YES, you may add vegetables!!

This above recipe is the most basic recipe for any detox or rejuvenation.

Feel free to add:

* 2-3 cups of vegetables in the last 20 minutes of cooking: carrots, beets, turnips, parsnips, or sweet potato, fennel, celery.
* Stir in hearty greens at end of cooking. Allow greens to wilt, then enjoy.
kale, chard, collards, leeks,
* Stir in delicate greens just before serving: spinach, arugula, parsley, cilantro or sprouts.

QUICK MISO SOUP:

2 cups water or veggie broth
1/8 cup tofu, cubed
1/2 sheet nori seaweed, toasted
1/2 cup quick cooking greens
(watercress, parsley, arugula, spinach)
1-3 tsp miso (salt to taste)

Place water and tofu cubes in a small pot and bring to a simmer. Shut off heat. Tear nori into little pieces and add to pot. Stir in miso and dissolve. Add greens and wilt.

*Optional:

Add diced veggies with tofu and simmer until they are tender. You may substitute wakame seaweed for nori.
Miso soup boosts your immunity and adds healthy bacteria to your GI tract.

SPICEY LEMONADE:

Enjoy as first food of morning.

1 cup water
1/2 lemon, juiced
1/2 tsp ginger, grated
pinch cayenne
sweetener to taste
Vata: maple syrup
Kapha: raw honey
Pitta: agave or brown rice syrup
Use to break up fats and congestion in the liver and stimulates digestion.

GO POOP TEA:

1 cup hot water
1/2 to 1 tsp triphala powder
Bring water to boil, stir in triphala powder.
Allow the tea to sit for 5 minutes.
Drink 2 hrs after dinner, 1 hr before bed.
HAVE THIS TEA EVERY NIGHT TO MAKE SURE YOU POOP.
You might also need another cup in the morning before your green drink/breakfast.

SPRING GREEN SMOOTHIE:

1 ripe pear, chop (astringent)
1 orange, seed & peel (sweet)
1 cup dandelion greens (bitter)
1 cup kale (bitter)
1/2 cup parsley (bitter)
1/2 cup cilantro (sour)
1 avocado or 1 banana (sweet)
1/2 lemon or lime, juiced
2 pinch each powdered fennel, cinnamon
1 pinch each cayenne, turmeric, ginger
3 cups water to blend

Blend until smooth, Adjust amount to taste.
Try a variety of fresh fruit and greens!!

SPRING TONIC GREEN JUICE:

2 apples
2 stalks celery
1/2 inch fresh ginger
1/2 inch daikon root
1 cup fresh dandelion greens
1 cup kale leaves
Put ingredients through juicer and enjoy!

SPRING ROOT VEG JUICE:

1/2 inch fresh ginger
2 stalks celery
1 medium parsnip
1 medium beet
6 medium carrots
1- 4" piece burdock, fresh (optional)
Put ingredients through juicer and enjoy.

Note: If cleaning with juice or smoothies ONLY, you will have very small poops, as there is so little bulk/fiber in your diet.

SPECIALTY RECIPES:

SUGAR CRAVING TEA:

1 cup water
½ tsp ground cinnamon
½ tsp ground fennel
Naturally sweet spices help curb sugar cravings.

YOGI DETOX TEA:

Yogi Tea or Pukka are awesome and easy to find at a health food store.

1 tea bag per cup hot water

I add two tea bags to my thermos of hot water and drink that all day. This herbal blend will gently detox the liver & kidneys.

Best to drink this tea “as is” with NO sweetener.

Allergy-Season Spice Mix

If you tend to suffer Spring allergies, add this spice mix to your food.

3 parts turmeric*
6 parts fennel*
6 parts coriander*
1 part black pepper*
1 part ginger powder

1 tsp spice mix per serving of veggies

Blend these spices together in bulk and store in a jar. When you prepare your meal, heat a small amount of ghee in a frying pan. Sauté the spices until the aroma is released, but be careful not to burn them.

Add steamed vegetables, toss lightly, sauté for one minute OR add to cooked soups or salad dressing.

DETOX BATH:

Take a hot bath every night of the detox.

2 cups Epsom salts
bathtub full of hot water
essential oils as desired
eucalyptus, lavender, rose, sage, lemon

Make water as hot as possible, add Epsom salts and essential oil. Soak in heaven for 20 minutes.

BATHTUB DRAIN CLEANER:

½ cup baking soda
½ cup white vinegar

At the end of your cleanse:

Sprinkle these on the bathtub drain, then flush them down with hot water. This will remove the excess oil (from your daily body massage) from clogging the drain.