

# Om Stars: Eat Like a Yogi with Sahara Rose

## Breakfasts

**Surya (Sun) Smoothies from *Eat Feel Fresh***

### **Autumn Leaf Smoothie Bowl (Vata)**

You may recognize the word “surya” from “surya namaskar,” sun salutations (the opening yoga flow.) Just like we have to heat up our bodies to begin our yoga practice, we have to heat up your digestive fires so they can break-down food, absorb nutrients and detox toxins more efficiently. A warming smoothie bowl with ginger, turmeric and cinnamon and a grounding root vegetable base is the perfect way to do that. Vatas are already naturally cold so it’s best for them to avoid the frozen fruits and favor the grounding root veggies instead.

#### **For the bowl**

½ cup cooked butternut squash, pumpkin, or sweet potato  
1 handful spinach  
1 tsp cinnamon  
¼ tsp ground turmeric  
½-in piece ginger, peeled and grated  
1 tbsp almond butter  
1–2 cups unsweetened non-dairy milk  
1 scoop plant-based protein powder  
Optional: 4 drops liquid monk-fruit sweetener or 1 pitted date to sweeten

#### **For the swirls**

1/8 cup cooked butternut squash, pumpkin, or sweet potato  
½ tsp spirulina  
1/2 handful spinach

½ cup non-dairy milk

Toppings: almond butter, pumpkin seeds, cinnamon, and sliced fig

#### **Instructions**

1. Combine all bowl ingredients in a blender and blend until smooth. Pour into a bowl.
2. Rinse out the blender then combine all swirl ingredients in a blender and blend until smooth. Place one spoon over the bowl and use a toothpick, metal chopstick or straw to create swirls, moving your hand back and forth.

3. Drizzle with almond butter and sprinkle on pumpkin seeds and cinnamon. Adorn with sliced fig.

Note: To make this smoothie more warming for your digestive system, gently heat on the stove after blending.

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### **Summer Sun Smoothie Bowl (Pitta)**

Pittas are the type of people to say “I can’t just have a smoothie for breakfast, I’ll be hungry five minutes later.” What they’re missing are the healthy fats to keep them satiated. Add in some coconut butter and/or avocado in your smoothie and watch your Pitta hangry-levels disappear. Not only will you be left happy but so will your colleagues who have to deal with you.

Serves 1

#### **Ingredients**

1 cup chopped fresh strawberries  
1 handful chopped kale or chard  
1 small banana (can sub for 1 small zucchini to make it low-glycemic)  
1–2 cups hibiscus or jasmine tea OR coconut milk  
2 tbsp chopped cilantro leaves  
1 lime, juice  
½ avocado and/or ½ melted coconut butter  
1 scoop plant-based protein powder  
Optional: 4 drops liquid monk-fruit sweetener or 1 pitted date to sweeten

Toppings: chia seeds, sliced strawberries, and cilantro

#### **Instructions**

1. Combine all ingredients in a blender and blend until smooth.
  2. Pour into a bowl and top with chia seeds, strawberries, and cilantro.
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### **Surya (Sun) Smoothies – Spring Cheer Smoothie Bowl (Kapha)**

I know what you’re thinking. Cauliflower in a smoothie? This book just became a little too “fresh” for me. But before you think I’m a crazy plant lady, just give this a try. Cauliflower is the creamy, non-glycemic, low-calorie replacement for your typical banana and with all the other goods in here, you won’t even taste it’s there. Promise.

**Ingredients**

1 cup blueberries

1 handful spinach

1/2 cup steamed cauliflower florets

handful of spinach

1–2 cups unsweetened non-dairy milk

1 scoop plant-based protein powder

½ tsp cinnamon

¼ tsp fresh grated ginger

Optional: 4 drops liquid monk-fruit sweetener or 1 pitted date, to sweeten

Toppings: chia seeds, fresh blueberries

**Instructions**

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into a bowl and top with chia seeds and blueberries.

Note: Option to thaw frozen cauliflower.

# Lunch

## **Durga (Warrior Goddess) Bowl with Herbal Cashew Tzatziki-- Tridoshic**

Durga is the fierce warrior goddess whose name literally means “the invincible one.” After having this bowl, you may just started channeling her. It’s protein-packed quinoa, hemp seeds, hummus and chickpea meat, which are well-balanced with cooling veggies such as spinach, cucumber and parsley. Add in the endurance-building healthy fats like avocado, cashews and tahini and you’ve got yourself ready for battle (battling disillusion, that is.)

Tastes:

Sweet: quinoa, avocado

Sour: lemon

Salty: sea salt

Bitter: parsley

Pungent: garlic

Astringent: tahini, dill

Serves 1

### **Ingredients**

1/2 cup cooked quinoa

2 cups spinach (fresh for Pitta, steamed for Vata and Kapha)

4 baby beets, steamed and sliced

4 baby tomatoes, sliced (option to omit for Pittas)

1/2 cup medium cucumber, diced

2 tbsp finely chopped parsley

1 avocado, thinly sliced (can she do an avocado rose and put them the beet/ tomato in the middle)

2 tbsp hummus

1 tbsp hemp seeds, for garnish

### **For the tzatziki (Serves 4)**

1 cup cashews, soaked for 2–4 hours

4 tbsp lemon juice

2 tbsp tahini

2 garlic cloves (omit for Pittas)

5–7 tbsp water

¼ tsp sea salt

black pepper, to taste

1 medium cucumber, peeled and diced

1/3 cup chopped fresh dill

**Instructions**

1. To make the tzatziki, in a food processor or blender, combine cashews, lemon juice, tahini, garlic cloves, 5 tbsp water, salt, and pepper. Blend until smooth and creamy.
2. Transfer to a bowl and stir in diced cucumber, dill, parsley, and mint.
3. To assemble, spread quinoa in a wide bowl and top with spinach, baby beet, tomato, cucumber, parsley, avocado, hummus, and Chickpea Meat, if using. Sprinkle with hemp seeds and serve with  $\frac{1}{4}$  of the prepared tzatziki sauce.

Note: Refrigerate leftover tzatziki sauce in an airtight container for up to 2 days.

# Dinner

## Sattvic (pure) One-Pot Tridoshic Kitchari

We keep it sattvic in the *Eat Feel Fresh* kitchen—light, pure and super high vibe. We live in crazy times with crazy schedules and the best thing we can do for our bodies is keep it simple.

Kitchari is considered the most healing food in Ayurveda. It's given to all Ayurvedic patients because it's so easy to digest, giving their systems a break to restore and heal themselves. Think about it—if a car is always on, eventually it's going to crash. Well our digestive systems are the same way. If we're constantly stuffing hard-to-digest food in it (even things seemingly easy like a salad), we can actually burn out our digestive fire over time. Kitchari is like a reset for your gut and best of all—it's delicious.

### Serves 2

#### Ingredients

- 2 tbsp sesame oil (Vata and Kapha) or coconut oil (Pitta)
- 1–2 tsp cumin seeds (less for Pitta, more for Vata/Kapha)
- 2 tsp fennel seeds
- 1 tsp mustard seeds
- 2 tsp ground coriander
- ½–1-in piece fresh ginger, grated (less for Pitta, more for Vata/Kapha)
- 1 tsp turmeric powder
- ¼ tsp asafetida (optional)
- 4 cups water
- 1 cup basmati rice, soaked overnight, rinsed, and drained
- 1 cup split yellow mung beans (dhal), soaked overnight, rinsed, and drained
- 1 tsp chopped fresh cilantro, to serve
- juice of 1 lime, to serve
- flax meal, to serve
- ½ tsp sea salt

#### For Vata

- 1/2 cup diced sweet potato
- 1 cup chopped mustard greens

#### For Pitta

- ½ cup chopped kale
- 1/2 cup diced butternut squash
- 2 tbsp coconut cream

#### For Kapha

½ cup cauliflower florets  
1 cup chopped dandelion greens

**Instructions**

1. In a Dutch oven, heat oil over medium heat. Add cumin, fennel, and mustard seeds and cook for 3 minutes or until the mustard seeds begin to pop. Add the coriander, ginger, turmeric, and asafetida (if using). Stir to combine.
2. Stir in the water, rice, mung beans and vegetables for your Dosha. Bring the mixture to a boil, then reduce the heat and simmer, stirring occasionally, until rice and mung beans are cooked and vegetables are soft, about 40 minutes.
3. Serve warm, topped with fresh cilantro and lime juice. Kitchari can be refrigerated in an airtight container for up to 4 days .

Pressure Cooker: After sauteeing spices, combine rice, mung beans and vegetables in multi-purpose pressure cooker and press high pressure cook. Allow to cook for 15 minutes and release pressure.

# Dessert

## **Santvana (comforting) Coconut Brown Rice Kheer (Rice Pudding)**

On the night of Sharad Purnima, the full moon harvest festival to celebrate the Goddess Lakshmi and end of the monsoon season, people fast the entire day, drinking only coconut water or milk. Under the moonlight, they prepare kheer, sweet rice pudding, as an offering to the moon Gods. The kheer sits under the moonlight as rituals are sang and the sweet dessert is consumed in the morning. Try this sugar-and-dairy free version for your moon ceremony.

**Serves 6**

### **Ingredients**

1 cup brown basmati rice, soaked for 1 hour, rinsed and drained  
4 cups unsweetened vanilla coconut milk  
2 tsp cinnamon  
1 tsp ground vanilla or 2 tsp non-alcoholic vanilla extract  
1 tsp ground cardamom  
12 drops liquid monk fruit sweetener or 3 tbsp coconut sugar (adjust to taste)  
1/3 cup raisins (omit for Kapha)  
coconut flakes, to garnish  
chopped pistachios, to garnish  
saffron strands, to garnish

### **Instructions**

1. In a large pot or Dutch oven, combine all ingredients. Bring to boil over high heat, reduce to heat to medium-low. Simmer for about 1 hour, until creamy.
2. You can either serve this dish warm or chilled in the refrigerator for at least 1 hour.
3. Decorate with coconut flakes and chopped pistachios.

**Notes:** Can sub rice with quinoa, which will reduce cooking time to 15 minutes.

To use a slow cooker, combine all ingredients and cook on high for 3 hours, stirring once or twice. Be careful not to overcook, which will make milk separate.