Cookbook for Your Extra Month

We hope you are inspired not only to prepare these wonderful healthy meals and treats, but also inspired to share these recipes with your friends, family, co-workers and neighbours. As students, during our 10 months of training we came to know what true community is all about and as we prepared meals, shared meals, served meals and cleaned up after meals. Each month our individual groups rotated; preparing, serving, cleaning up or serving tea to the entire group and guests. We forged bonds of love and friendship that will last forever. We also learned about selfless service… Seva!

Our class was blessed to have Gurutej Kaur as our Lead Teacher. Gurutej is a Radiant, Graceful and Inspiring Woman! Days before our classes were to begin, Gurutej received the news that her beautiful daughter Pritham was diagnosed with a rare form of Leukemia. It is our hope that you will visit the Pritham's Legacy website http://prithamslegacy.com/ and be a part of her legacy of service.

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Beverages and Juices

Ginger Drink

This refreshing drink we shared during our Graduation dinner at Guru Ram Das Ashram.

Juice of 6 lemons
¼ cup grated or finely chopped ginger root
a pinch of sea salt
¼ cup raw agave syrup
12 cups water

Blend all ingredients in a blender. Serve with ice. Makes 6 servings.

Lemonade

Another refreshing beverage shared on a hot June day as friends and family gathered to celebrate with us!

Juice of 6 lemons
¼ cup raw agave syrup
12 cups water

Stir ingredients together in a large pitcher with ice. Serves 6.

Orange Cranberry Cooler

This is a delicious drink, its simple and the frozen cranberries replace the need for ice!

2 cups frozen cranberries
2 cups sliced oranges
12 cups water

Place all ingredients in a large pitcher, refrigerate for 10 minutes to let the flavours develop and serve. Serves 6.

Breakfast Smoothie

This delicious recipe Harmanjeet shared with us after her travels to Kripalu.

1 apple, cut into pieces
2 tbsp. hemp protien
1 pear, cut into pieces
4-6 tbsp. raw almond butter
1 cup frozen blueberries

Blend all ingredients together in blender.

Beet and Pineapple Juice

It is a great liver cleanse.... I just love it! ~ Devi Kirn Kaur

1 beet juiced
I pineapple juiced

Spice it up for the nervous system with a piece of ginger, juiced. I add 1/2 cup of water

Cucumber Juice

Excellent cooling drink on those hot days.... ~ Devi Kirn Kaur

4 cucumbers
parsley
1 apple
1 celery
ginger
1/2 cup of good water

Juice ingredients and enjoy.

Ms. Whiz

This is a recipe of Yogi Bhajan, it is great breakfast drink for women, rich in potassium, iron, oils and the alkaline qualities of chlorophyll to keep you going!
1 ripe banana
8 oz orange juice
1 T liquid chlorophyll
2 t rice bran syrup (brown rice syrup – health foods stores carry it)
2 t cold-pressed almond or sesame oil. Blend till frothy. Enjoy!

Golden Milk

Golden Milk is great for those with joint issues, Turmeric has many healing properties. Yogi Bhajan recommended this drink especially for women.
1/8 tsp turmeric
½ cup water
8 oz milk (dairy or non dairy)
2 tbsp almond oil
Honey or Maple syrup to taste

Place water and turmeric in a small sauce pan and bring to a boil, stirring to a paste for 8 minutes. Place milk and almond oil in a separate sauce pan and heat until the milk just comes to a boil, then remove from heat. Add the

turmeric paste to the milk and stir until the milk becomes completely yellow. Add honey or maple syrup to taste. Drink Warm.

Dips and Spreads

Hummus

This recipe can be used as a vegetable dip for warm pitas, crackers and vegetables. The Adi Shakti group used this hummus in the Roasted Red Pepper Hummus Wraps.

3 cloves garlic
19 oz chickpeas
¼ cup tahini
3 tbsp lemon juice
1 tbsp vegetable oil
2 tbsp liquid from chickpeas
1 tsp cumin
½ tsp sea salt

In a blender or food processor mince garlic, add all other ingredients. Blend until smooth. Yield: 1 ½ cups.

White Bean Dip

This dip was shared with the group by Jiwan Shakti, it is delicious! Serve with veggies or rice crackers.

1/3 cup olive oil
1 tsp oregano
2 cups cannellini beans (soaked over night, cooked for 1 hour with a piece of kombu, ginger and garlic, skim froth from top of pan when cooking, helps to reduce gas).
or 1 can of organic beans
1/4 cup of fresh flat leaf parsley,and cilantro
2 tbsp lemon juice
1 garlic clove
1 tsp basil

Puree all ingredients except oil, then add oil and salt, pepper to taste.

Tzatziki

This is a party special or every day treat. It is always very well received! Rave reviews! It can be enjoyed with warm pita, veggies or crackers.

750 ml plain yoghurt (Greek works best)
2 med cucumbers
1tsp salt
1 clove garlic
1 tbsp mint

Simply grate cucumbers, add mint, minced garlic, salt to yogurt. Mix, then drizzle olive oil on top.

Cilantro Pesto

Gurutej shared this recipe with us for our Cookbook. This is one of her current favs. She puts it on everything or just eats it with veggies or chips (don't worry, organic corn ones, not her true loves of the potato kind). Note: Gurutej tells us she only gives into her love of potato chips once a year! She does not measure so just play around with it to suit your taste! She also loves this over Quinoa/Millet Mix.

1 bunch of Cilantro
1 bunch of Parsley
pepper
olive oil
little water
garlic
lemon juice
Himalayan sea salt
½ an avacado

Pulse all ingredients in food processor until it reaches desired consistency. It only lasts for about 24-48 hrs max. so only make what you want to use in the 24hr time frame.

Baba Ghanouj

1 med eggplant
1/4 cup tahini
1/4 lemon juice
2 cloves garlic
salt and olive oil

Prick eggplant with fork, bake in oven for 1 hour at 400F or barbecue. Cool, scoop out mush and mash with fork or place in food processor and add rest if ingredients. Blend well.

"All training and all knowledge is meant for only one purpose, and that purpose is very simple and clear. That you may be in a position to control your mental self as well as your physical self. ~Yogi Bhajan

Salads and Dressings

Sanya's Dressing

Sanya tells us "by all means, be creative with this one – it was totally inspirational"!

500-600ml first cold pressed olive oil
Juice of 2 lemons squeezed
Sea salt to taste
3 cloves garlic minced
2-3 teaspoons Dijon mustard
fresh oregano leaves

Blend all ingredients together.

Lemon Tahini Dressing

This recipe was a much requested recipe. Fresh dill is a delicious addition!

1 cup olive oil
1/2 cup lemon juice
1/2 bell pepper, chopped
1/4 onion, chopped
dash cayenne
1 cup unrefined safflower oil
1/2 cup tahini
1 stalk celery
1/8 t black pepper
2 T tamari

Whiz in blender till smooth.

Broccoli Salad Dressing

This dressing goes nicely on the Julienned Broccoli, Beet and Carrot Salad. Shared and prepared by the Grace of God group.

2 cloves minced garlic
2 tsp Dijon mustard
6 tbsp red wine vinegar
Sea salt and pepper to taste.
4 tbsp maple syrup
2 tbsp lemon juice
1 cup olive oil

Blend all ingredients together. Makes 2 cups.

"When you understand who and what you are, your radiance projects into the universal radiance and everything around you becomes creative and full of opportunity."
~Yogi Bhajan

Julienned Beet, Broccoli Stem and Carrot Salad

Jiwan shared a tip to save time, you can purchase a bag of prepared Broccoli Carrot Salad in the cooler section of most grocery stores, then continue with the rest of the salad.

1 raw golden beets
2 carrots
½ cup raisins
2/3 cup cashews
3 raw broccoli stems
2/3 cup chickpeas
1/3 cup parsley or cilantro

Peel and julienne the beets, broccoli stems and carrots. Mix all ingredients in a bowl. Add the dressing.

Mixed Greens Salad with fast yummies

On our busy weekends, often our salads began with a few tubs of mixed mesclun greens, but it was what we added that made these salads special!

1 tub mixed spring greens
Add any of the following:
Clementine orange segments
Chia seeds, sunflower seeds
Goji berries
Dried fruit
slivered almonds
flax seeds, pumpkin seeds
chopped vegetables
fresh berries

Sever with Love and a Smile!

" I believe happiness is our right; it's not a privilege. When you don't fight for the right, you are missing something that will never come back again."~ Yogi Bhajan

Watermelon Salad

Harmanjeet shared this recipe for cooling down on hot days!

4 cups diced watermelon
1 sprig fresh mint
¼ cup Kalamata Olives
2 tbsp olive oil
juice of ½ a lime
¼ c diced red onion
¼ cup feta cheese (optional)

Toss all ingredients together and enjoy!

Seaweed Salad

Knots of Kelp can be purchased at most Asian grocery stores and all healthfood stores. Sarah Du shared the recipe and the advantages of including sea vegetables in your diet:

1) Regulation of alkaline fluid level in our body
2) Rich in iodine, good for thyroid gland and preventative for cancer
3) Aids in weight loss
4) Good for electro-circulation system in the body

1lb package of kelp (pre sliced)
3 green onions
3 tbsp Chinese coriander, chopped
1 cup cooked bean sprouts (optional)
2 tbsp teriyaki sauce
2 tbsp tahini paste
1 carrot, grated

Soak the kelp overnight. Discard soaking water, rinse kelp and place soaked kelp in a pot of boiling water. Boil for 2-3 minutes. Strain, rinse with cold water and set aside.

For the Dressing:
In a bowl, mix sesame paste (tahini) with filtered water, add prepared teriyaki sauce and stir well. Finely cut green onions and coriander, add to cooked kelp along with carrots and sprouts. Pour dressing over, toss well and enjoy this mineral rich meal!

Tofu Salad

The Hari Group shared and prepared this recipe! Delicious! You can add dried or fresh dill, diced pickles, grated radishes, grated carrot and even a little turmeric for the health benefit and a bit of colour… it is very reminiscent of egg salad!

1lb organic firm tofu (always organic Soya one of the most GMF around
1 tsp tamari (optional)

1 tbsp olive oil
1 tsp sesame oil
Sea salt to taste
2 green onions diced

Boil tofu for 3-5 minutes to make it more digestible. Remove from boiling water and cool. You can place it between two plates with something heavy on top to drain out some of the water. Mash or grate cooled tofu. Stir in all other ingredients. It can be served on its own or with greens/sprouts in a pita or in a whole grain wrap.

Man is a social animal. One who socializes with compassion and kindness is a human. One who socializes with compassion, kindness and grace is an angel."
~Yogi Bhajan

Couscous Salad

Ravijeet shared this recipe

1 box couscous
4 radishes, sliced
1 stalk celery, finely diced
¼ cup chopped dates
¼ cup chopped parsley
salt and pepper to taste
2 tbsp orange juice
1 carrot, diced
¼ cup diced red onion
½ cup diced grape tomatoes
½ tsp cumin
¼ cup olive oil
2 tbsp puffed quinoa cereal

Prepare couscous as directed on package. Dice vegetables while couscous cools. Once cooled toss all ingredients together, sprinkle the puffed quinoa over the top.

Entrees, Sides and Sandwiches

Yogi Steak is very filling and fulfilling. Everyone seems to love this.

6 cups corn meal
¼ cup tamari
¼ cup turmeric
3 tbsp cayenne
½ cup poppy seeds
3 tbsp ground, dried ginger
2 cups garbanzo or soy flour
1 cup prepared mustard
¼ cup paprika
¼ cup tarragon
½ cup granulated garlic
1 ½ cups olive (or sesame) oil
6 cups finely chopped green onions, parsley, broccoli, zucchini, (celery, watercress)

Mix the dry ingredients together. Add enough tamari and wet mustard to moisten the mixture to almost cornbread consistency. Add the finely chopped vegetables. Pour ¼ inch of oil into your baking pans. Add the mixture and compress it well into the pans. Bake at 400 degrees for 20 minutes. Add the remaining oil on top and bake for 20 more minutes to form a crust. Serve with yogurt and salad.

"God is our help, the only power we have is prayer, and the worth of life is just the graceful moments we live. If you remember these words, you will always find me around you."
~ Yogi Bhajan

Happy Meal
Guru Fatha's Original

½ cup sunflower, pumpkin or sesame seeds
1 tbsp kelp leaves or 1 t kelp powder
3 leaves of green lettuce
1 cup cooked chickpeas
¼ cup olive oil
3 tbsp goji berries
2 lg limes or sm lemons
¼ green pepper
2 tbsp Bragg's Aminos
1-4 cloves garlic

In a grinder, grind the seeds, berries and kelp. Break up and add the lettuce leaves, green pepper, plus the beans, oil, garlic and Bragg's to a food processor. Add the ground ingredients to the food processor. Juice the limes and pour their juice into the mix. Blend in the food processor until thoroughly mixed together. Serve with warmed pita bread and yogurt.

"If you are happy, happiness will come to you because happiness wants to go where happiness is"
~ Yogi Bhajan

Mung Beans and Rice
recipe shared by Yogi Bhajan.

¼ cup olive oil
5 cloves chopped garlic
1 tsp salt
1 tsp garam masala
½ tsp red chilli flakes
2/3 cups mung beans
2 bay leaves
2/3 cup brown basmati rice
1/3 cup ginger
1 onion
1 tsp turmeric
½ tsp pepper
7 cups water
seeds from 3 cardamom pods

4 cups chopped vegetables–celery, carrots, squash, beets, sweet potato, mushrooms or whatever you like

Saute onion, salt, garlic & ginger in oil for 15 minutes in skillet. Soak rinsed mung beans in 7 cups water in stock pot. Push onion mixture to the side and

add spices and let sizzle for 30 seconds then mix thoroughly into onion mixture. Add onion mixture to mung beans, bring to a boil and simmer for 30 minutes. After 30 minutes, add chopped veggies & rice to mung beans returning to a boil then turning down to simmer for 20 minutes. If too thick add more water.

“Sweet dreams and Mung Beans” ~ Ravijeet Kaur

Yogi Veggies

It is a great way to add some pizzazz to your veggies!

1 cup of cut carrots
1/2 cup of peas
Onion, garlic and ginger
1 potato cut
Cilantro for garnishing
spices (turmeric, cumin, garam masala)

Heat up 2 tbsp of olive oil. Put in 1 tsp of turmeric, cumin seeds
Add garlic, saute for a min and add onion and ginger, saute for another minute. Add all the cut vegetables and mix them well. Cover and let it cook (stir it every now and then so it doesnt stick to the bottom of the pan, heat can be turned to medium). Once everything seems cooked, garnish with Cilantro, salt and pepper to taste. This is a very basic recipe of any mixed vegetable...you can add more vegetable or add tofu or paneer.

Daal Recipe

It was delicious served over basmati rice and with Haranjin’s Roti.

1 cup Moong Dal (or mixed lentils)
1 tsp turmeric
1 big Onion
4-5 cloves of garlic
1 tsp of garam masala (spice mix)
3-4 cups of water
2 tbsp Extra Virgin Olive Oil
1 medium piece of ginger
1 tsp of cumin seeds
Salt/pepper of choice

Cut some cilantro for garnish at the end. To begin, wash the daal and put in slow cooker along with turmeric, salt and 3-4 cups of water. Let it cook for few hours in the slow cooker until its softened and seems cooked. Saute onions, ginger, garlic in olive oil then add cumin seeds, masala and pepper. Add onion mixture to the daal and Garnish with cilantro at the end.

Quinoa and Reds Lentils

This delicious dish shared by Sanya, she adapted a soup to become a hearty stew… the results were amazing!

½ cup quinoa
1tsp olive oil
2 stalks celery
2 small potatoes
2 inch cinnamon stick
3 cups water
¼ tsp rosemary
4 tsp minced parsley or coriander
¾ cup red lentils
2 large carrots
1 small head cauliflower*
1 bay leaf
2 slices ginger
1 tsp thyme
1 tsp salt
2 cups spinach, kale or chard
½ tsp each cumin, fennel seeds, turmeric, coriander

Heat oil in a large sauce pan, sauté the vegetables (except spinach) in oil for 10 minutes. Add cumin, coriander, turmeric, fennel and paprika. In a separate pot bring water to a boil, add quinoa, lentils, bay leaf, cinnamon, ginger. Simmer for 15 minutes. Add water if needed. Combine quinoa/lentil mix with sautéed vegetables, add chopped spinach and cook for 5 minutes. Garnish with parsley. Add pepper to taste.

Broiled Tofu

Simple easy delicious. you can store this and eat as a snack or with a meal.

Take a block of organic tofu slice to medium thickness put on a well-oiled (olive or coconut oil) pan squeeze lemon juice over, add salt/pepper, little chipotle powder, finely chopped garlic. Broil for about 7min or less.

Rice Noodles

Serve it with Tofu Salad, Seaweed Salad and Nori Maki for an Asian inspired meal!

1 package rice noodles
3 tbsp soy sauce
½ cup each sliced carrots, mushrooms, bean sprouts, bok choy

Soak rice noodles in warm water for half an hour, then drain. Pan fry the vegetables with a few dashes of soy sauce, when cooked, set aside. In an oiled pan, fry the noodles lightly until they change colour then add the vegetables.

Nori Maki

Siri Bandhu prepared this delicious and simple to make Nori Maki for us It disappeared in a flash! Sir Bandhu told us, "Arrange it beautifully on plates and Ta-Dah they will think you are a genius"

1 cup organic sushi rice
pinch organic salt
organic cane sugar
Shoyu/Braggs/Tamari (any of these)
2 1/4 c. reverse osmosis water
1 tbsp rice vinegar
assorted thinly sliced veggies
Wasabi, prepared or powder

Cook rice until done, if not, add more water. Add rice vinegar and some sugar. Let rice cool. Assembly:
Squares - Oil square or rectangle pan and place Nori sheets on bottom. Add small layer of rice then add veggies/tofu (thin strips), add more rice. Top with either Black Sesame Seeds or Nori sheets. Cut into squares to serve. Serve with Braggs/Tamari/Shoyu Soy Sauce and wasabi.

Rolls- Open Nori sheet on flat surface, spread with 1cm rice , add veggies/tofu (thin strips) along one end of Nori. Roll up. Wet end with water and seal. Do several then slice. To serve stand upright.
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Butternut Squash Curry

It is a delicious and warming fall and winter dish!

4 butternut squash, cubed
6 leeks
3 tsp mustard seeds
1 tsp coriander
6 tbsp tomato paste
salt to taste
6 yams, cubed
8 cloves garlic, crushed
3 tsp fennel seeds
6 tbsp grated ginger
vegetable oil
cilantro for garnish

Toss all ingredients together and either oven roast until fork tender or place in a crock pot with 1 cup water and cook on low for 8 hours. Serve with fresh cilantro and lime wedges over basmati rice. Yogurt is optional.

Sweet n Sour Chickpea Stew

Ravijeet shared this delicious and easy to prepare stew. This can be cooked in a slow cooker.

2 tsp vegetable oil
1 lb tomatoes,chopped, undrained
½ cup molasses
2-4 cloves diced garlic
1 cup water
½ cup raisins

1 cup sliced carrots
2 lg potatoes in ½" chunks
¼ tsp pepper
1 cup cubed beets
10 dashes of laughter
1 tsp celery salt
½ tsp ground ginger
1 cup red quinoa
1 cup cubed squash

Put all ingredients in a slow cooker for 10 hours on low. Serves 6.

Lentil and Quinoa Stew

This is a great stew to start before bed and take to work or school in a thermos!

1 ½ cup green lentils
1 lb diced tomatoes
1 cup diced celery
garlic
1 tsp black pepper
4 cups vegetable stock
1 cup Love
¼ cup quinoa
1 cup diced carrots
3-5 cloves minced
1 tsp dried thyme
salt to taste
1 cup giggles

Put all ingredients in slow cooker for 10 hours on low. Serves 6. You can top with diced avocado if desired.

Quinoa and Millet Mix
Gurutej shared this recipe with us. She likes to top it with a dollop of the Cilantro Pesto or in salads.

1 cup millet
½ tsp tumeric
½ tsp curry powder
coconut oil
2 cup quinoa
½ tsp coriander seeds
1/4 tsp cardamom seeds

Saute dry millet and quinoa in a pan with a little coconut oil. Once they begin to puff up and become golden, stir in seasonings and sauté another 30 seconds. Add 2 cups of water, simmer on low covered until liquid is absorbed. Fluff with a fork.

Roasted Red Pepper Hummus Wraps

These wraps in early spring, it was time to ditch the crock pots and eat something that reminds us of summer. They were served with a large salad of greens.

1 batch hummus recipe
1 cup diced cucumber
4 whole grain all natural wraps
1 cup roasted red peppers
½ cup thinly sliced red onion
2 cups mixed greens

Lay out a wrap on a flat surface, along lower edge of wrap place ½ cup mixed greens, 3 scoops hummus, ¼ cup roasted red peppers, ¼ cup cucumber, 1/8 cup red onion. Fold lower edge over and begin to upward, tucking sides in as you go. Slice on a diagonal in half.

Tofu and Peanut Sauce Bowls

This one was a huge hit!

4 cups cooked brown rice
1 cup diced cucumber
2 cups bean sprouts
½ cup apple cider vinegar
1/3 cup water
1 lb organic tofu
1 cup diced tomato
1 cup cilantro
½ cup tamari
1 tbsp oil

Boil tofu for 5 minutes and drain well. Cool the tofu then cube and place in a bowl with vinegar, tamari, water and oil to marinate. To serve, place 1 cup of rice in 4 bowls, divide sprouts, cucumber, tomato and cilantro equally, then top with ½ cup marinated tofu. To finish, pour a ¼ cup of peanut sauce (recipe below) over each bowl.

"Do not make things complex. Rather, make complex things simple. That is the sign of wisdom."
~ Yogi Bhajan

Peanut Sauce

This sauce is great on the Tofu Bowls!

3 cloves garlic
1 cup organic peanut butter
¼ cup tamari
1 cup water
1 tbsp minced ginger root
1 lemon, juiced
a pinch of cayenne

Mix all ingredients until smooth, then gently warm over low heat.

Green Curry
Haranjan's Green Curry

1 tbsp olive oil
3 cloves minced garlic
1 tin coconut milk
1 red pepper, chopped
2 cups chopped bok choy
2 tbsp flour or arrowroot flour
4 cups cooked brown basmati rice
1 onion, diced
3-4 kafir lime leaves
½ can baby corn cobs
2 diced tomatoes
2-3 tbsp green curry paste
water or broth

Saute garlic and onion in oil. Once lightly browned, stir in green curry paste. Cook 1 minute more. Turn heat down to low and stir in flour until onion and garlic is coated well. Gradually begin to add coconut milk, stirring very well so lumps do not form. Add vegetables and lime leaves. Cook until vegetables are tender. Add water or broth to desired consistency (soup or sauce) and add more green curry paste if desired. Serve over rice.

"Wisdom becomes knowledge when it becomes your personal experience."
~ Yogi Bhajan

Sweets and Treats

After our meals we often shared goodies that had been brought in to be shared; black mission figs, dried mangos, Clementine oranges, apples, grapes and of course there always seemed to be some dark chocolate floating around! And tea! A huge selection of herbal teas!

Special Snack

Enjoy Life Chocolate chips seem to have no allergens.

2-3 cups rolled oats
½ cup cranberries
½ cup pumpkin seeds
1 cup brown rice syrup
1 cup raisins
1 cup sunflower seeds
¼ cup chocolate chips

Add any of the following: ¼ sesame seeds, ¼ cup unsweetened coconut, 3 rings chopped dried pineapple, ¼ cup slivered almonds, goji berries
Preheat oven to 325˚. Using olive oil, lightly grease a sheet of parchment paper. Toss all ingredients in a bowl and spread on parchment lined cookie sheet. Bake until bubbly in centre about 25-30 minutes. Share with Love!

Health Cookies

Jiwan Shakti spoiled us with her baked treats on several occasions. These cookies were so delicious, we could tell how much love she baked into them!

1 cup quinoa Flour
½ tsp salt
¾ cup almond butter
1 tsp baking soda
2 cups rolled oats
1 cup brown sugar

1 tsp vanilla
½ tsp nutmeg
¾ cup raisins or cranberries
a sprinkle of sunflower seeds and flax seeds.

1 tsp cinnamon
¾ cup coconut
½ cup chopped walnuts

Preheat oven to 350˚. Mix everything together adding enough water to bind. Use a little corn starch if necessary to bind and roll into balls. Place on parchment paper and bake for 15-20 minutes.

"Make yourself so happy so that when others look at you they become happy too"
~ Yogi Bhajan

Spelt Muffins

I prepared a huge batch of these muffins for our class one weekend, as I was loading the car, my 120lb dog sniffed them out, knocked a tin off my luggage and helped himself to 2 dozen of these! Fortunately one tin was unharmed!

1 cup soy/rice/cow milk
2/3 cup oil
1 cup date puree

3 cups spelt flour
2 tbsp baking powder
¾ tsp salt

½ cup chocolate chips or frozen raspberries or blueberries

Oven at 325. Prepare muffin tins either grease or use papers.
Combine dry ingredients, make a well in centre and add wet ingredients & stir until batter forms. Fill muffin tins and bake 20-25mins.

Date Puree

1 cup dates

1 cup water

½ tbsp vanilla
¼ tsp cinnamon
pinch nutmeg

Put all ingredient in a sauce pan. Bring to a boil then simmer for 25mins. Cool and puree. Store extra in fridge.

"We meditate so that our minds can be sharp and alert. We chant mantras so that your souls may be ignited like candles. We walk in the light of this beauty."
~Yogi Bhajan

Raw Balls

These are a treat that can be kept in the freezer so you always have some on hand.

1cup walnuts
1 cup almonds
1 cup raw cocoa powder
1 tsp vanilla
1 cup dates
1 cup maple
1 cup peanut butter
¼ tsp salt

¼ cup each goji berries, flax seeds, raw cocoa nibs, chia seeds

Grind walnuts in food processor. Add dates & pulse until combined. Add cocoa, syrup, nut butter, vanilla & salt. Process until smooth. Add almonds, goji berries, flax seeds, raw cocoa nibs, chia seeds and pulse until combined but still in small chunks. Roll dough into small balls then roll in coconut. Freeze until hardened.

"The best medicine that a person can have is the knowledge and experience that he can swim through every tide and change of the time. If you

have the mental competency to deal with every situation that arises, then you are very happy, very healthy, and very well-balanced person."~Yogi Bhajan