

## *Kapha Dosh* Recipes

### **POTATO LEEK SOUP WITH FENNEL SEEDS & RED PEPPER FLAKES**

SERVINGS: 6 COOK TIME: 45 MINUTES

#### **INGREDIENTS**

1 tsp BLACK PEPPER

1 tbsp FENNEL SEEDS

1 c LEEKS

4 whole POTATO

2 pinch RED PEPPER FLAKES (CHILI)

1/2 tsp SALT (MINERAL SALT)

2 tbsp SUNFLOWER OIL

6 c WATER

#### **DIRECTIONS**

1. Heat 4 cups of water on high. Meanwhile, peel and chop potatoes into approximately 1 inch cubes. Add to the water and bring to a boil. Meanwhile, slice the leeks.
2. Strain the potatoes after boiling for ten minutes. Save the water. Add 2c cool water to the potatoes (to cool them for the blender) and blend. Pour back into the hot liquid and return to a boil. Add the remaining ingredients and simmer on low heat for twenty minutes.
3. Serve hot and garnish with cracked pepper and a pinch of red pepper flakes.

## **ALMOND DATE SHAKE WITH CINNAMON**

SERVINGS: 1 | PREP | TIME: 5 MINUTES | COOK TIME: 0 MINUTES

### **INGREDIENTS**

1 c ALMOND MILK

2 pinch CINNAMON

2 whole DATES (DRIED)

1/8 inch GINGER (FRESH)

### **DIRECTIONS**

For best results, make [homemade almond milk](#), and soak dates overnight.

1. Remove the seed from the dates.
2. Warm the milk in advance, or serve room temperature according to preference.
3. Puree all ingredients in a blender.
4. For a stronger restorative effect, add 1 tsp ghee and substitute milk for almond milk. You may also substitute with coconut milk.

## **ROASTED RICE WITH DATES, CINNAMON & CARDAMOM**

SERVINGS: 4 | PREP TIME: 5 MINUTES | COOK TIME: 25 MINUTES

### **INGREDIENTS**

1 c BASMATI RICE

1/4 tsp BLACK PEPPER

1/4 tsp CARDAMOM

1/4 tsp CINNAMON

4 whole DATES (DRIED)

1 tbsp GHEE

2 pinch SALT (MINERAL SALT)

3 c WATER

### **DIRECTIONS**

1. Chop dates. Heat a medium saucepan on low, and add ghee. When it melts, add uncooked rice. Stir continually for 2-5 minutes, until it smells sweet and all the rice is coated with ghee.
2. Add the spices and dates. Stir for one more minute. Add water and bring to a boil. Cover pot and lower to a simmer.
3. Cook until rice is tender about twenty minutes.

### **ASPARAGUS SAFFRON RISOTTO WITH LEMON**

SERVINGS: 4 | PREP TIME: 15 MINUTES | COOK TIME: 40 MINUTES

### **INGREDIENTS**

2 c ASPARAGUS

1/4 tsp BLACK PEPPER

1 tsp CUMIN

2 tbsp GHEE

1/4 whole LEMON

1 c RISOTTO

2 pinch SAFFRON

1/2 tsp SALT (MINERAL SALT)

## **DIRECTIONS**

1. Grind saffron with a mortar and pestle. Place a few drops of water and continue grinding until saffron is completely dissolved. Let sit ten minutes.
2. Meanwhile, in a separate pot bring 1 quart of water to a boil and set aside.
3. Clean and dice asparagus.
4. Sauté the cumin seeds in ghee in a large pot.
5. Add risotto, asparagus and other ingredients to the cumin while the seeds are still aromatic, before they begin to brown. Sauté for an additional 30 seconds.
6. Add 1c of boiling water and lower heat to a simmer. Continue adding 1c of boiling water from the other pot every five minutes.

## **COLLARD GREENS WITH POTATO, LEMON & TURMERIC**

SERVINGS: 3 | PREP TIME: 15 MINUTES | COOK TIME: 40 MINUTES

## **INGREDIENTS**

2 pinch BLACK PEPPER

2 lbs COLLARD GREENS

1/4 whole LEMON

1 whole POTATO

1 pinch SALT (MINERAL SALT)

1 tsp SUNFLOWER OIL

2 pinch TURMERIC

1 c WATER

## **DIRECTIONS**

1. Chop collard greens finely.
2. Dice the potato.
3. Place juice from lemon, ground black pepper, and all remaining ingredients in water and bring to a boil.
4. Lower heat, cover, and simmer until potatoes are soft and collard greens tender and easy to chew.

## **BANANA & APPLE SMOOTHIE WITH GINGER**

SERVINGS: 1 | PREP TIME: 5 MINUTES | COOK TIME: 0 MINUTES

## **INGREDIENTS**

1 whole APPLE (RAW)

1 c BANANA

1/2 inch GINGER (FRESH)

1/4 whole LIME

## **DIRECTIONS**

1. Peel, core and chop a raw apple.
2. Peel the skin from the fresh ginger by scraping it with a knife.
3. Select a banana that is ripe but not too soft. Under ripe bananas are too grainy for smoothies.
4. Add with juice of lime and remaining ingredients and 1c water into a blender and puree. You may also substitute 1/4 tsp ground ginger for 1/2 inch fresh ginger root.

All freshly blended raw drinks are best consumed immediately. They lose a great deal of their antioxidant power after about 30 minutes. Fruits in general should be eaten on an empty stomach and at least a half hour before a snack or meal.