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### **Steve's Winter Recipes & Mindful, Conscious Eating Guidelines**

Below are a couple of my spontaneous favorite recipes as the wintertime approaches. Feel encouraged to modify them according to your tastes and feel encouraged to experiment.

#### **Immunity Soup:**

This cold-weather soup features Astragalus -- a therapeutic Chinese herb that should be boiled and is noted for its powerful immune-strengthening effect (nowhere near as stimulating as Echinacea or Bee Propolis), its long term immune tonic strengthening effect, great taste, and its prana-enhancing qualities.

Serves 4-6 people:

- 6 cups vegetable stock or broth
- 1 ½ oz. Astragalus root slices (about 10 sticks dried herb)
- 5 cloves garlic, sliced or whole (keep whole if you wish to remove them from the soup)
- 1 TBS fresh minced ginger
- 1 cup sliced carrots, beets, sweet potatoes, squash or pumpkin
- ½ cup broccoli, turnips, or daikon radish
- 1/3 cup celery, red bell pepper, parsley
- ½ cup chopped scallions
- ½ lb. Soba Noodles
- Sea salt, kelp, or dulse
- ½ cup sunflower or mung bean sprouts
- Freshly ground black pepper (formaldehyde free) to taste

In a large soup pot, combine the stock and astragalus, and boil the astragalus gently for approximately 15-20 minutes. Then add all of the vegetables (except scallions and sprouts) and add seasoning, salt, kelp/dulse. Boil gently for another 15 minutes or until the vegetables are tender.

Meanwhile, cook the soba noodles according to the package directions. Drain the noodles and set aside.

When the soup is done, stir in the noodles, sprouts, scallions, and pepper to taste. Remove the astragalus and discard into compost. If desired, remove the garlic cloves. Serve promptly.

#### **Yogi Tea (plus optional buzz):**

Yogi Tea is an ever-popular, legendary tea that remains a timeless classic. The Ayurvedic Yogi Tea (otherwise known as Chai) contains aromatic spices to warm & stimulate the digestive fire while nourishing your body and soul.

Serves 2-4 people:

- 1 quart spring or filtered water
- 1 tsp. whole black peppercorns (formaldehyde-free)
- 2 tsp. cardamom seeds (or ¾ tsp ground cardamom)
- 3 inch cinnamon stick, broken.

- ¼ tsp. ground cloves
- 1 inch piece fresh ginger (or 1 tsp. ground ginger)
- 1 tsp. black tea leaves (may substitute black tea)
- ¼ cup (more or less to taste) of lowfat organic milk (you may substitute soy milk)
- 2 TBS honey to taste (optional)
- 1-2 tsp. high-quality domestic bee pollen (optional)

In a non-aluminum covered pot or pan, bring the water to boil. Add the spices, reduce heat, and then simmer for 30 minutes. Add the tea leaves and let steep for 10 minutes. Strain the tea and add optional milk, honey, and bee-pollen which I call “buzz pollen”.

### **Cooking and Eating -- Conscious and Mindful. Alchemy.**

Below are a few guidelines you and your current/future clients may wish to incorporate to make cooking and mealtimes more conscious and mindful.

1. Schedule regular times for meals. Allow at least 20 minutes for meals, or enough time to truly experience and savor the food you eat. Avoid over-eating or inhaling your food.
2. Eliminate distraction during meals. Eat slowly in a calm, quiet environment without a blaring television, loud music, or your computer or cell phone as an accompaniment. The experience of the meal and sharing it with any other people should be the focus of your attention, entertainment, and joy.
3. Enjoy conscious, mindful eating. Practice a state of awareness while you eat. Savor the appearance, the smell, and the taste of your food so you can be truly satisfied. Chew each bite at least 20 times or as slowly as possible. Try to chew enough so all the food becomes liquid in your mouth. This will dramatically increase your enjoyment of the meal, which may produce you eating smaller quantities. It will also significantly improve your digestion and should help keep your attention in the moment. Truly savor the food and let it become as sensuous as possible so the food truly nourishes your body and soul, and again you will probably find your food more satisfying and be less tempted to over-eat. Enjoy the rasa, or “juice” of the food through your senses.
4. Intention, Nourishment and Letting Flow Through. I believe the more we savor our food, regardless of whether our mind thinks it’s healthy, the more our body optimally “processes” it. I believe the more we let food sensuously nourish us, the better our body assimilates it or transforms and releases it. Alchemical eating.
5. Practice snacking awareness. Avoid eating while you are talking, watching TV, driving, or other activities. Also avoid snacking just because food is present or to help numb you from any pain.
6. Use tasteful presentations. Small portions of food beautifully arranged on an attractive plate nourish the senses and encourage you to savor each bite.
7. Practice cooking meditation. Feed your soul by incorporating mindfulness as you cook. Allow cooking to express your love, and be the ultimate gift to others, as the food we eat literally becomes a part of us physically, mentally, emotionally, and spiritually in our cells, skin, bones, muscles, organs & glands, and thoughts.
8. Count your blessings and give thanksgiving, appreciation, gratitude. Before your meals, experience a moment of thankfulness for having food, for everyone and everything that has participated in bringing this wonderful, nourishing food to you in its present form. Be thankful for the wonderful company you might be sharing the food with and be thankful for all the positive things, growth and expansion we get to experience in our life.