



Welcome to delicious,
summery self care!

Cheers

SUMMER RESET

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2020 AYURVEDIC SUMMER CLEANSE RECIPES

Breakfast

Smoothie: Fruit + Coconut Milk + Cardamom
Banana Oats Skillet Cake
Summer Seed Pudding
Summer Fruit Crumble

Lunch

Summer Kitchari
Summer Kitchari Sprouted Salad
Green Bean Kitchari
Homemade Hummus & Summer Seed Crackers
Joanne's Quinoa & Summer Veg Upma (coming Tuesday)

Dinner

Summer Kitchari
Sprouted Kitchari Salad Soup
Fresh Pea Soup
Summer Greens "Gazpacho"
Steamed Summer Squash

Hydration

Hibiscus Cooler
Cucumber Smoothie
Minty Lime Water

Summer Spice Blend

4 part Fennel
4 part Coriander
2 part Turmeric
2 part Dill
1 part Mint

Add in options: Pumpkin seeds, Sunflower seeds, Coconut flakes, Cardamom. Toast with the spice seeds. I will demonstrate this on Saturday.



2020 SUMMER CLEANSE RECIPES

The idea for this week is for you to choose what will best serve your needs. I will go over all of this on our Introductory Call Saturday. I will also demonstrate preparatory steps. Meanwhile, read through and make a note of what “sparks joy” as that will be our theme this weekend.



BREAKFAST

SUMMER FRUIT SMOOTHIE

This is a recipe that let's you do the creating. Add amounts according to your appetite, taste and adjust. Or follow the guidance of the recipe below.

Ingredients

Seasonal fruit
Coconut milk
Cardamom

Method

Blend according to taste. Sip at room temperature or warmer.

DRIED PLUM LIME SMOOTHIE

Makes 1-2 servings

Ingredients

4 dried plums (prunes)
1 cup coconut milk
1 tablespoon fresh squeezed lime juice
pinch cardamom

Blend until smooth. Adjust spice/lime juice to taste. It may benefit from a few crystals of pink salt, and/or a tiny drizzle of maple syrup.

BANANA OATS SKILLET CAKES

Ingredients

1 cup rolled oats
1 ripe banana
1/4 cup coconut milk
2 pinches cardamom
small pinch pink salt
1 teaspoon coconut oil

Method

Soak the oats overnight. Drain and put in the blender with the rest of the ingredients, except the coconut oil. Add water if needed to thin the batter.

Melt the coconut oil in a skillet over medium heat. Pour in enough batter to make a pancake or crepe. Brown on both sides, slide from the pan to serve, and enjoy.

SUMMER SEED PUDDING

I left this out overnight and because it had a little bit of lime juice in it, and it is warm here, it soured. So you may want to leave this in the refrigerator overnight, but then set the jar in a bowl of hot water to bring it to room temperature in the morning before you add hot water to the pudding. Even in summer, we never eat food cold, especially not breakfast.

Ingredients

1 cup coconut milk
1 teaspoon maple syrup
1 tiny pinch pink salt
1 dash cardamom
1 tablespoon hemp seeds
1 teaspoon ground flaxseed
2 tablespoons chia seeds

Method

Put the first four ingredients in a mason jar and swirl. Add the seeds. Seal the jar and shake to mix well. Let sit overnight. In the morning, add 1 tablespoon hot water to loosen and pour into your breakfast bowl.

Serving Suggestions: Top with toasted coconut flakes, coconut yogurt, a spoonful of sun butter, and/or roasted sunflower seeds.

SUMMER FRUIT CRUMBLE**Ingredients**

1/4 cup coconut milk
1 lime
3-4 cups seasonal fruit
1 cup sunflower seeds
1 cup pumpkin seeds
1 tablespoon ground flaxseed
1 tablespoon maple syrup
2 pinches cardamom
Pinch pink salt

**Method**

In a medium sized bowl mix together the juice of half a lime and the coconut milk. Let stand ten minutes to clabber.

Meanwhile, blend the seeds into a flour. Once clabbered, stir the seeds, maple syrup, cardamom and salt into the lime-coconut milk. Set aside.

Preheat your oven to 375F. De-seed or de-stone the fruit. Cut into bite size pieces and place in a pie pan. Squeeze the remaining lime juice over the fruit.

Cover the fruit with the clabbered coconut seed mixture. Set in the oven on a middle rack, and bake for 30 minutes or until the crumble begins to brown. Turn off the oven, and remove from heat. Allow the fruit crumble to cool slightly before serving. Keep overnight in the refrigerator but warm in the morning for breakfast.

LUNCH

SUMMER KITCHARI

Makes 2-4 servings

This is a standard Ayurvedic healing recipe, modified for summer. You can replace the rice with cauliflower, by putting florets in a blender and pulsing to get rice-like size, and then steam.

Ingredients

1/2 cup grain (basmati rice, millet, amaranth, barley, quinoa)
1/2 cup mung bean (if whole, soak first for 8-24 hours)
1 teaspoon summer spice blend
4 cups vegetable broth
2 cups broccoli florets
1-2 cups leafy greens
1 cup radicchio, chopped

Method

Cook 20 minutes. Add vegetables. Continue cooking until the grain is done. Remove from heat. Stir, rest five minutes on the stove covered, and serve with any or all of the below.



Yellow mung usually cooks in 20-25 minutes. Whole mung is closer to 25-30. So the cooking time will depend on the grain. If you use white basmati rice, total cook time is likely to be 25-30 minutes.

Serving Suggestions

Avocado, sunflower seeds, pumpkin seeds, coconut flakes, dulse/kombu

GREEN BEAN KITCHARI

Makes 1-2 servings

Green beans are a fresh summer replacement for mung, while rice can be replaced with cauliflower for a quick and easy, whole food, summer harvest, cleansing meal.

Ingredients

1 cup green beans, chopped into small bite-size pieces
1 cup basmati rice, cooked, or 1 cup steamed cauli rice
1/2 teaspoon summer spice blend
knob of coconut oil or ghee

Method

You can cook your green beans any way you like - steam, boil, sauté, grill. Cook with the oil/ghee and spice blend, or toss with the oil and spice blend once cooked. Stir in rice.

Serving Suggestions

Serve on a bed of arugula, or topped with steamed squash (dinner recipes), or topped with micro-greens, and a hearty pinch of fresh mint.

SUMMER KITCHARI SPROUTED SALAD

Makes a lot!

This is a summer staple for me. It is easy, playful, colorful, refreshing and surprisingly good. I say surprisingly because bitter and astringent are not usually the “delicious” tastes. But this somehow pulls together to let the palate know, I am good for you, please enjoy!

The mung beans take 36-48 hours to sprout, so start early.

Ingredients

1 cup whole mung
1 small head radicchio
3-4 small beets, boiled
1 small avocado
A fistful or aromatic summer herbs
fresh squeezed lime juice
extra virgin olive oil
pink salt & fresh ground pepper



Method: Sprouts

Rinse the mung beans. Soak overnight in two cups water. In the morning, rinse. Pour the beans into a sprouting bag, or a thin, clean dish cloth twist to rinse further and hang over a bowl or the sink as it will continue to drip and drain. Massage the beans once or twice during the day. Yes, it is exactly as it sounds. Rinse again in the evening, drain and hang.

Repeat this the next day, checking on your mung. Once some of the mung get long-ish “tails” it is ready. You can make your salad and save what remains a day or two in the refrigerator.

I will demo this in class.

Salad

To prepare the salad, put 2 cups of sprouted mung bean in a salad bowl. Chop about 1 cup of radicchio, quarter the beets and cube the avocado. Stir in. Snip dill, mint, and parsley or cilantro, or put the leaves in whole. Toss with fresh lime juice, olive oil and salt and pepper to taste.

HOMEMADE HUMMUS & SUMMER SEED CRACKERS

You can make a hummus from your kitchari. Just blend with a little bit of vegetable broth until it is the consistency you like. You can add a scoop of avocado, or pre-blended sunflower seeds. For summer, avoid tahini as it is made from sesame seeds which are *heating*. Unless you are more Kapha or Vata, then tahini may be a good balance to the cooling kitchari for you.

You can also make a hummus from a bowl of mung dal, or a can of cannellini. Fresh is always best, but in summer *easy is the rule*. Blend with summer spices, a drizzle of olive oil, a squeeze of lime to get just the right taste and enjoy with squash slices and the Summer Seed Crackers.

BONUS: JOANNE'S QUINOA UPMA

Coming Tuesday

DINNER

FRESH PEA SOUP

Peas are more of a spring food, but they are so good for Pitta - high in protein, fiber and green goodness, they are the sweet and astringent we need this season. If peas are no longer fresh where you are, you could use snow peas, after moving the tips and the spine. Or I will tell you about a cheat from my Ayurvedic food mentor, the only one she allows. She is a molecular biologist as well as an Ayurvedic doctor, and has researched this. Will tell you more when we meet for class.

Ingredients

4 cups fresh peas, shelled
4 cups low-sodium vegetable broth
1 cup coconut milk
1 tablespoon ghee or coconut oil
2 large shallots, minced
optional: 1 small clove garlic
2 tablespoons olive oil
2 tablespoons summer spice blend
1 large bay leaf
Pinch finely ground black pepper
Pink salt, to taste
1 fistful mint, finely snipped or torn

Method

In a soup pot, melt the ghee/oil over medium heat. Cook the minced shallots in the ghee until nearly transparent. Add the peas, broth and coconut milk. Simmer until the peas are tender. Stir in the spices, salt, pepper, bay leaves.

Set up your blender, a bowl or basin with a strainer. Get a kitchen towel to put over the blender! Don't try and be clever with this. You really, really do want to put that kitchen towel over the top of the blender, before hitting the 'On' switch. Hold the top on really, really tight. Then go 'Low', then to 'High'.

Process, in batches, to very silky smoothness. Now, you can quit here and serve. But if you're trying to impress the guests, go the rest of the way with the strainer. Some thickish solids will remain in the strainer after each batch. That will go back into the blender with any remaining broth for a final blend at high speed. I'm going for the last drop of flavor!

Take your strained soup, and add it back into the pot to barely simmer for about 30 minutes. Don't let it boil. Taste, adjust seasonings.

Top with fresh mint. Enjoy with Summer Seed Crackers.

Helpful Hint

If you want a thicker soup, add a chopped boiled potato, and add to the peas in the blender. Potatoes have essential minerals that help restore electrolyte balance during a cleanse.

SUMMER GREENS GAZPACHO

Years ago I came in from the garden, hot and hungry. In my hands was a small harvest of cherry tomatoes, a tomatillo, baby zucchini, some dill, mint and cilantro. Too hot to cook, and too hungry to wait, I rinsed what was in my hands, and put it all in a blender with half an avocado. It turned out to be surprisingly hearty, and deliciously fresh. I called it a Summer Garden Soup and posted it to my food blog.

I was reminded of this by a gorgeous photo recently posted by @thefeedfeed.vegan and wanted to recreate the original for you here, but without the nightshades, because this is about as easy and refreshing as it gets for summer. Think of this as a template more than a strict guideline. Use what you have. 2 cucumbers and no squash works. Only squash, no cucumber also works. Arugula will add a peppery bite, kale something more bitter, sorrel a bit of a sour lift. It doesn't need any topping but if you want to be fancy, or give it more depth, try the suggestions below.

Ingredients

1 persian cucumber
1 summer squash, yellow squash or zucchini
1 cup fresh aromatic summer herbs: dill, mint, basil, parsley
2 fists fresh leafy greens: baby arugula, sorrel, mizuna, kale
1 small ripe avocado
1 small lime
a drizzle extra virgin olive oil
Pink salt, to taste
garnish: roasted sunflower seeds and optionally coconut cream

Method

Put the first five ingredients, plus the juice of the lime in the blender, and mix until smooth. Add warmish water or vegetable broth to get the consistency desired. You may need anywhere from a tablespoon of liquid to a 1/4 cup. Blend again until smooth.

Ladle the soup into serving bowls. Drizzle of olive oil and a light sprinkle of pink salt. Garnish with a spoon of coconut cream, and roasted sunflower, if desired.

STEAMED SUMMER SQUASH

Squash is perhaps the most digestible of summer foods. With a bowl of rice this could be given to one who is sick, depleted, recovering from injury or surgery, or even dyspeptic. It is a light meal, so it is perfect for summer evenings, but if it feels it won't fill you up, make it as a side to go with one of the lunch or dinner options.

Ingredients

Summer squash
Coconut oil or ghee
Summer Spice blend
Option: Coconut milk, shredded

Method

Wash the squash. Slice into rounds, ovals or matchsticks. Boil water. Set a steamer over the pot, put the squash in and cover. Cook for 3-4 minutes.

Meanwhile melt the oil in a small sauce pan over medium heat. Add a pinch or two of the summer spice blend. Swirl the pan and toast the spice for one minute. Remove from heat and toss with squash.

Serving suggestions

Toss with chopped avocado, fresh arugula, or summer herbs. Serve over white basmati rice, quinoa, or kitchari. Or enjoy simply as is with a side of Summer Seed Crackers.



HYDRATION

HIBISCUS SUN WATER

Hibiscus is astringent and very cooling for Pitta. It helps dilate the circulatory system, tones lax tissue and supports the liver. Maple syrup has minerals that replace what we lose when we perspire in the heat. Lime balances the astringency of the hibiscus with a sunny lift.



Ingredients

handful of dried hibiscus flowers
2-3 cups clean water
1 teaspoon maple syrup
1/2 lime

Method

In a clear glass pitcher, pour water over the hibiscus flowers. Cover and put in the sun. After an hour or two, it will be ready. Stir in maple syrup. Squeeze in the juice of half a lime or slice half a lime and float in the hibiscus water.

CUCUMBER SMOOTHIE

Have you ever rested with slices of cucumber over your eyes? It has been found that the caffeic acid in cucumber helps prevent water retention, making cucumbers a great snack for weight loss, diabetes management, or applied topically to reduce puffy and swollen eyes. In fact, cucumbers contain a number of important temperature-regulating minerals, including sulfur, silicone and silica to strengthen the body's connective tissues, muscles, tendons, hair, ligaments, nails, cartilage, and bone – and great for healthy skin, a sign of healthy Pitta.

Ingredients

1 persian cucumber, peeled
1/2 lime juiced
tiny small piece of lime peel
a few leaves of mint

Method

Blend until smooth. Add water to get the consistency you want. Enjoy at room temperature.

MINTY LIME WATER

Easiest of all. Fill a pitcher with clean water. Add slices of lime, fresh mint leaves and a pinch of pink salt. Leave out all day for the water to absorb the lime and mint, and sip at room temperature.



TREATS & SNACKS

FRUIT

The best snack for summer is fruit. It may help to have slice fruit and keep in a sealed jar with a squeeze of lime, to eat the same day. Leave out of the refrigerator since we don't want it cold.

ROSE LASSI

Makes 1-2 servings

We generally avoid the sour taste for Pitta, but in summer when heat can deplete and really weaken agni, a rose lassi is a good snack or meal replacer.

Ingredients

2 tablespoons rose water
1 cup coconut yogurt (or your favorite plant-based version)
1 cup room temperature water
cardamom, mint, or basil, to taste

Method

Blend together all the ingredients until smooth.



MINTY BEET HUMMUS

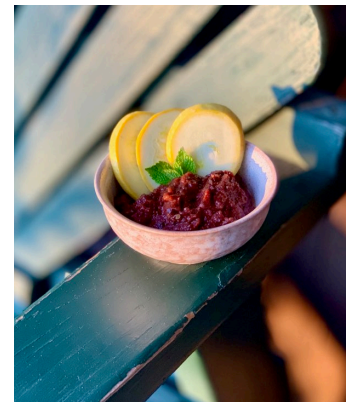
I tried this with red beets, and with golden beets and found the red beets tastier. They seem heartier and hold the flavors better. But I'll keep experimenting, and invite you too as well.

Ingredients

1 cup beets, boiled and chopped with juice
1/2 teaspoon ground flaxseed
2 mint leaves
1 teaspoon fresh lime juice
drizzle olive oil
pinch summer spice blend
optional: salt and pepper

Method

Put the beets into an electric blender with the flaxseed, lime juice and mint. Blend until smooth. Add olive oil, and spice and pulse once to mix. Taste, add salt and pepper sparingly if needed. Serve with squash and zucchini slices, or summer seed crackers.



KITCHARI CREPE

Ingredients

Kitchari
1 tablespoon flaxseed
Vegetable broth, or water, or coconut milk

Method

Blend the kitchari with the flaxseed. Add if it needs to be thinned. Let sit 10 minutes.

In a skillet, melt half the coconut oil. Pour in the kitchari batter. Cook on medium heat, until the bottom browns. Flip and cook until both sides have browned and the middle is cooked through.

Serve as is, or top with roasted seeds, ghee or coconut oil, or simply a tiny sprinkle of pink salt. This is also great rolled up with steamed squash, sautéed leafy greens or roasted turmeric cauliflower, if you want to get creative. I'll demo this in class.

SUMMER SEED CRACKERS

Ingredients

2 tablespoons flaxseed
1 tablespoon pumpkin seed
1 tablespoon sunflower seed
1 tablespoon chia
1 tablespoon hemp
1 teaspoon psyllium husk
1/4 cup vegetable broth
1 teaspoon dulse
6 black olives, sliced thin
1/2 teaspoon summer spice blend
1 pinch pink salt
1 teaspoon coconut oil



Method

In a medium size bowl, soak the first six ingredients in the vegetable broth for 20 minutes. Stir in the remaining five ingredients.

Preheat the oven to 400F. Lay a piece of parchment paper on a baking tray. Grease with the coconut oil. Spread the seed mixture out on the parchment paper. Press and spread until it is even and thin, about 1/8" with no breaks. Set on the middle rack in the oven. After five minutes, turn the oven off.

Let it sit in the oven for 25 minutes. Pull it out. Turn the oven back on to 400F. Carefully turn the cracker over, sprinkle with a light dusting of pink salt and set back in the oven. Once the oven reaches 400F, turn it off, and let the cracker bake in the waning heat until cool.

Remove from the oven, break into pieces, and enjoy with a meal, with the beet hummus, or crumbled over kitchari, and any of the Summer Cleanse soups, or as a snack if a snack is needed.

Grocery List

Fresh

Everything fresh and seasonal, including cucumbers, summer squash, green beans, leafy greens, berries and stone fruits if you choose, lots of lime, avocado, cauliflower or broccolini

Flax and chia seeds, sunflower seeds raw or roasted, pumpkin seeds optionally

Summer spice blend of coriander and fennel seeds, mint, dill, cilantro, parsley and turmeric

Packaged

Coconut oil, mung beans, basmati rice or alternative summer grain, coconut milk/cream, coconut flakes, rolled oats, extra virgin olive oil, dried hibiscus

If you can't find whole or split mung beans at your local grocer, you can order online. **This is where I get mine** and it arrives in two days. You will need whole also called green, mung beans for sprouting. Otherwise, yellow mung is quicker and easier to prepare.

Please go through the recipes for additional items, as you get to choose what most sparks joy for you this week. The more you love it, the better your meal will respond to your intention to heal, cleanse, restore.

