



## Healing and Nourishing Drink Recipes

By Mary Biggs

Ayurveda is a sister science to Kundalini. As a science of preventative health and healing, the word ayurveda literally means “knowledge of the totality of life”. I am currently taking cooking lessons from an ayurvedic nutritionist, who is also a kundalini teacher colleague. I thought I would share some wonderful healing and balancing drinks. Enjoy!

### 1. Lemon Cleansing Daily Drink

- 1 organic lemon
- 8 –10 cloves
- Sweetener (agave, maple syrup etc.) optional

Remove rind from lemon and cut into pieces. Place in blender/ Vita-Mix and add enough water to cover. Mix for about 1 minute. Add about 3-4 cups of water and mix again. Sip throughout the day.

#### Benefits:

- Dissolves and eliminates toxins and congestion
- Cleanses kidneys and digestive system
- Purifies glands
- Eliminates unusable waste
- Builds healthy blood stream



### 2. Morning Power Shake

Soak the following ingredients overnight in a bowl of water:

- 3 dried figs (or use fresh figs which do not require soaking overnight)
- about 8 walnut halves
- 1 spoonful of raisins or currants

Place figs, walnuts, raisins and liquid into blender. Optional- throw in a spoonful of raw cacao nibs. Add about a cup of water and blend.

#### Benefits:

- Nourishing breakfast drink
- Excellent for cleansing
- Loaded with antioxidants

### 3. Golden Milk- great for before bed!

In a saucepan place:

- 1/8 to 1 tsp turmeric powder
- about ¼ cup water

Boil the turmeric in water for about 8 minutes until it forms a thick paste. If too much water boils away, add a little more.

Then add:

- 1 tsp. Almond oil (or ghee)
- cardamon pod (or sprinkle of cardamon powder)
- 1 cup of milk (almond milk or regular)

Bring the milk just to the boiling point, remove from heat. Add stevia, honey or maple syrup.

#### Benefits:

- Eases stiff joints
- Relaxes the nervous system

Recipes come from the kitchen of Fearless Cooking by Christine Garand. [www.fearlesscooking.ca](http://www.fearlesscooking.ca)