

Ayurvedic Morning Soup

Contributed by Beatrix Rohlsen

This delicious, flavoursome Ayurvedic soup with its wonderful emerald color helps to balance the Doshas (one's physiological qualities) Vata ~ Pitta ~ Kapha. Part of the balancing act is that it encompasses all of the tastes accessible to our palate which are nourishing to daily well being… sweet, sour, bitter, salty, and pungent.

Recipe: Serves 4-6 people

Start with the following vegetable stock...

Dice and sauté in 2 tbsp ghee butter:

- 3 yellow onions
- 1 bunch celery stalks
- 3 carrots
- 2 leeks
- Add 3-4 cups water

Simmer 6 minutes or until veggies are soft. Set aside to cool.

Once cooled, blend in a blender and add 2 handfuls of washed spinach leaves. Blend again.

This is the soup base to be added later.

In 2 tbsp ghee butter, sauté the following seeds lightly until they begin to pop:

- 1½ tsp brown mustard seeds
- ½ tsp of fenugreek seeds
- 1 tsp cumin seeds

After seeds have gently popped,

- Add 1 – 2 tbsp finely chopped, fresh ginger

Slowly add to seeds,

- ½ to 1 can organic light coconut milk

Simmer 2 -3 minutes

Pour blended soup base slowly into the seeds and coconut milk.

Warm gently over low heat.

- Add the juice of ½ of a lime or lemon
- Dash of cayenne
- Pinch of salt
- Dash of cumin (optional)

This Ayurvedic Morning Soup will keep its healthful potency for two days. Please be sure not to over heat in the re-warming process.

Enjoy!

The creator of this recipe, Beatrix Rohlsen, is Chef at the White Lotus Foundation in the States. Thank you to the White Lotus kitchen and to Beatrix, who nurtures everyone during trainings and retreats, and keeps everyone healthy throughout the seasons, for sharing this recipe with us. The White Lotus Foundation is a non-sectarian spiritual Foundation and Yoga Centre dedicated to the development of the total human being. It was founded by Ganga White, an internationally respected Yogi, described as a “pioneer of yoga” and he now runs it with his wife and Yogini, Tracey Rich. It is based at a mountain retreat overlooking Santa Barbara and the Pacific Ocean, at a location once sacred to the Chumash Indians who called it Taklusmon, which means the gathering place. The teachings of Yoga have traditionally been shared in powerful and natural settings, and this is no exception. Living in close communion with the Earth, in the energies of nature, opens us to the beauty and sacredness of life. Here clarity, meditation and understanding flow spontaneously. For further information visit <http://www.whitelotus.org> or e-mail: info@whitelotus.org