

A top-down photograph of a wooden bowl filled with white rice, with several large green leaves resting on the wooden surface next to it. The scene is lit with warm, natural light, creating a rustic and organic feel.

Your Ayurvedic Cooking Guide

FEEDING RADIANCE

Recipes & Culinary Wisdom to Support
Luminous, Hydrated Skin Through All
Stages of Womanhood

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With Gratitude

The food recipes in this handout have been inspired by my Ayurvedic studies with Hale Pule:
www.halepule.com.

I acknowledge and pay my deep respects to the traditional lineages of Ayurveda and to Mother India, as well as to the traditional custodians of the unceded land on which I live and create. I honour the wisdom and enduring presence of Indigenous peoples - past, present and emerging.

While this work is written with women in mind and uses gendered language throughout, I warmly acknowledge and welcome all readers who resonate with its message, regardless of gender identity. If you feel seen, supported or inspired by the words in these pages, then this book is for you.

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INTRODUCTION

You've probably heard the saying, "We become what we eat and what we digest." The food we eat gently shapes how we feel and express ourselves over time. According to Ayurvedic wisdom, it takes about 28-35 days for food to transform into the tissues that make up our body. This happens in stages, as each of the seven tissue layers - the *dhatu*s - is nourished in consecutive order. Starting with blood plasma and cycling down to reproductive tissues, where *ojas* is produced - the essence said to bring vitality and radiance.

For this nourishment cycle, we need a wholesome diet and balanced digestion. When digestion is healthy, our tissues receive ongoing nourishment, and our outer appearance reflects the balance and radiance within. This inner glow is natural and timeless, supported gently, day by day, through nourishing choices.

Here's how each dhatu supports outer beauty and vitality:

- Rasa (Plasma): Hydrates and adds juiciness to the skin
- Rakta (Blood): Adds color to skin and lips, supports a clear complexion
- Mamsa (Muscle): Supports a toned, smooth body and face
- Meda (Fat): Contributes softness and suppleness to skin
- Asthi (Bone): Supports strong hair, nails, and teeth
- Majja (Marrow/Nerve): Promotes bright, clear eyes
- Shukra (Reproductive Essence): Enhances vitality and glow via *ojas*, the essence of immunity and radiance

Each meal is an opportunity to nourish the *dhatu*s and cultivate balance - a gift we receive when we pause and make space for it. In today's fast-paced world, processed foods may keep pace but often lack deeper nourishment for lasting health and beauty. Ayurveda invites us to return to simplicity - choosing what feels grounding, supportive and aligned with life's rhythms.

When nourishment is the foundation, enjoyment and radiance naturally follow. Cooking and eating with reverence - for our bodies, the earth and beauty itself - becomes deeply satisfying. Ayurveda isn't about rigidity or restriction; it's about living and eating naturally and intuitively - a returning to rhythms and a remembrance of the radiance already within.

I chose to use the words "radiance" and "luminous" in this book title because they reflect a kind of beauty that is gentle, natural and deeply rooted in inner harmony. This is a beauty that glows softly from within - it is the energy we put out into the world. A timeless beauty that goes beyond surface appearance and is available to us through all stages of womanhood.

May this book inspire you to explore food, cooking, and mealtimes as a way to connect with nature and honour your inner radiance. Take what resonates, and leave what doesn't. This journey is about discovering what truly nourishes you and makes you feel most peaceful and radiant.

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AYURVEDIC CULINARY
PRINCIPLES

For radiant skin & vibrant ageing

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Agni & The Art of Aligned Eating

In Ayurveda, *how* and *when* we eat is just as important as what we eat. Even a balanced meal may not fully support our beauty if it's eaten at a time, or in a state of mind that makes it harder for the body to receive its nourishment. To truly receive the most beautifying benefits from our food, we must care for and strengthen digestion, known as *agni* in Ayurveda.

Agni refers to our digestive fire, which is considered the foundation of radiant skin and vibrant health. When agni is strong, nutrients are properly digested and absorbed, nourishing the dhatus (body tissues) that determine physical health and beauty. When agni is weak, digestion is less efficient, which can lead to the buildup of ama (toxins). This may affect our radiance, influencing how we feel and look, and can show up in the skin, mood and overall vitality.

One of the best ways to support agni is to cultivate conscious eating habits, and to eat in alignment with nature's rhythms. Ayurveda teaches that digestion mirrors the sun - weakest at dawn, strongest at midday and weakening again in the evening. By syncing our meals with the sun's rhythm, we can support stronger and healthier digestion, and thus enhance the quality of our beauty and skin.

To help you explore this principle, the recipes in this book are divided into suggestions for breakfast, lunch and dinner. Note: While these meal categories align with Ayurvedic wisdom and natural rhythms, feel free to adapt the timing and recipes to what feels best for your unique body and lifestyle.

Breakfast → As digestion begins to wake with the sunrise, light, nourishing and primarily augmenting foods gently stimulate agni (augmenting foods will be explained in the pages to follow).

Lunch → As the sun peaks, so does digestive capacity. This is the time to enjoy your main meal of the day, including heartier foods such as meat or eggs, heavier grains/ pulses and starchier vegetables like sweet potato.

Dinner → As the sun sets, digestion also begins to retire for the day. Keeping this meal light, nourishing, and gently cooked helps support agni during the natural slowing of digestion overnight.

Eating in harmony with the sun helps align you with your body's natural rhythms - supporting digestion, hydration and natural beauty. [Click here](#) to watch a short video presentation on caring for agni as a way to promote healthy, radiant skin.

Feeding Radiance: A Sattvic Approach

The recipes in this book are made using predominantly *sattvic* ingredients to help nourish radiant beauty and support vibrant ageing. In Ayurvedic tradition, *sattva* represents the energy of peace, balance and clarity. Sattvic foods are those that are fresh, pure, seasonal, naturally grown and barely processed (if at all). They are considered whole foods with health-supportive properties - traditionally said to contain high levels of prana (life force) - making them ideal for supporting both inner and outer well-being and beauty. However, everyone's needs and circumstances are unique, so feel free to adapt these recipes in ways that feel nourishing and joyful to you.

According to Ayurvedic wisdom, including sattvic foods can support cultivating more sattvic qualities within us, promoting greater well-being and inner calm. This inner peace is thought to reflect outwardly because true beauty is a reflection of well-being, and the face is a mirror of the mind.

A mind infused with *sattva* often reflects more peaceful and loving emotions, allowing us to project positive and beautiful energy into the world. Peaceful and joyful feelings are often mirrored in a face that appears more open, content and soft. When facial muscles are relaxed - a natural result of a calm mind - circulation and prana flow more freely, nourishing the skin's cells and tissues. Relaxed muscles also tend to appear fuller and more integral, providing better support for the skin attached to them, which can lead to a smoother, firmer, and healthier-looking complexion.

When the mind is filled with *sattva* - as a result of wholesome foods and a balanced, nourishing lifestyle - it also supports healthier digestion, allowing us to better extract nutrients from the foods we consume. This is partly because we digest more efficiently when we are in "rest and digest" mode, as opposed to "fight or flight."

Calm, sattvic mind → peaceful, loving emotions → strong agni → nourished muscles → smoother, glowing skin.

From an Ayurvedic perspective, everything is interconnected. Cultivating more *sattva* in daily life may offer benefits beyond appearance, as this way of living is traditionally associated with longevity, vitality and holistic wellness.

Note: While Ayurvedic wisdom often highlights the connection between inner balance and outer radiance, beauty and health are never one-size-fits-all. They unfold in many forms, and the journey is always deeply personal.

Ayurvedic Cooking Guidelines

According to Ayurvedic wisdom, the way we prepare our food matters. This holistic approach honours both our food and its source - Mother Nature. Ayurvedic principles can enhance digestion, satisfaction and nourishment, and can be applied to almost any cuisine or food preference. This lifestyle reconnects us with nature and our own inner nature, supporting our natural beauty to shine.

Guidelines to Maximise the Beauty Benefits of Your Food;

- *Cleanly Grown, Seasonal Foods:* Whenever possible, choose seasonal, cleanly-grown produce to support healthy digestion and optimal nutrient absorption. Fresh foods are traditionally believed to best nourish our beauty, as they are rich in *prana* - the vital life force that fuels vitality and radiance. Local farmers' markets are a great source of prana-filled, locally grown produce - or consider growing your own. Even simple garden herbs in small pots can add a vibrant burst of prana to your meals!
- *Gentle Cooking:* Gently cooking food is thought to support agni (digestive fire) by helping to pre-digest it and awaken prana. Avoid overcooking to preserve nutrients.
- *Use of Ghee and Healthy Oils:* Incorporate appropriate amounts of ghee and healthy oils when cooking. Ghee is traditionally believed to support digestion, hydration, skin radiance and flexibility in both body and mind. Choose oils suited to the season and your constitution.
- *Cook with Hydration:* Prepare grains so they are moist and easy to digest. Gently boil vegetables with ghee and spices to help retain their natural juices. When roasting, add a little water to the base of the baking tray to maintain moisture. The goal is for food to be nourishing, warm and moist - keeping agni happy and your beauty glowing.
- *Save Vegetable Water:* Save the water from boiled vegetables, which is full of nutrients. Sip half a cup alongside a meal or pour it over your dish for added hydration.
- *Fresh Spices:* Keep spices fresh to retain prana. Avoid using spices older than six months and if possible. For best preservation, store them in amber glass jars, in a dry place away from direct sunlight.

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Ayurvedic Cooking Guidelines

- *Natural Cookware:* Choose cookware made from natural materials like glass, stainless steel, copper, cast iron or stoneware. Avoid non-stick and aluminium as they may leach chemicals that disrupt health and beauty. High-quality cookware is a long-lasting, smart investment.
- *A Note on Onions and Garlic:* In Ayurveda, onions and garlic are traditionally considered rajasic - foods that can stimulate the mind and, in some cases, irritate digestion. If you choose to use them, it's recommended to remove the inner sprouts before cooking, as these are thought to be especially stimulating. Lightly sautéing onions and garlic in ghee can help soften their intensity and make them easier to digest. As with all things, moderation is key.
- *Vary Your Ingredients:* Rotate grains, legumes, fruits, vegetables, nuts, seeds, oils, etc. to keep meals interesting and to bring in an array of nutrients.
- *Soak and Rinse:* Soaking legumes and more fibrous grains like brown rice, buckwheat and barley in clean water before cooking can reduce cook time and support easier digestion. Rinse well prior to cooking.
- *Create a Calm Kitchen Environment:* Keep your cooking space organised. Try filling the sink with water before you begin cooking to manage dishes along the way. Lay out ingredients in advance and tidy as you go. When approached with presence, cooking becomes a mindful and deeply enjoyable experience that nurtures sattvic beauty from the inside out.
- *Prioritise Freshness:* Whenever possible, enjoy freshly prepared meals. Leftovers are best consumed within 24 hours, as they gradually lose prana and can become harder to digest over time.
- *Listen to Your Body:* Enjoy meals that leave you feeling nourished both physically and mentally. Noticing how your body responds to different foods can guide you in making choices that align with your unique needs and constitution.

May this book serve as a template for your own culinary creativity and experimentation. Please adapt the recipes to suit your individual needs and taste preferences - the possibilities are endless!



CREATING A
BALANCED MEAL

A Simple Guide to Harmony on Your Plate

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The 60/40 Balance Bowl Method

Many of the recipes in this book follow the 60/40 Balance Bowl Method, which I discovered through my studies with *Hale Pule Ayurveda and Yoga*. Rooted in Ayurvedic wisdom, this method guides the creation of simple and nourishing meals to support digestion, energy and natural beauty. I refer to these balance bowls as 'Beauty Bowls' because their simple approach nurtures digestion - the key to supporting well-being and natural, vibrant beauty.

The principle is quite simple: aim for approximately 60% augmenting foods (which nourish and build the body) and 40% extractive foods (which cleanse and lighten). This gentle balance encourages daily tissue renewal without overtaxing the body or overwhelming digestion.

Augmenting Foods (about 60%)

These foods are grounding, nourishing and building - essential for rebuilding and restoring the body, which naturally loses tissues through day-to-day living. Examples include:

- Cooked grains (rice, oats, millet, quinoa, buckwheat, wheat)
- Root vegetables (sweet potato, beet, carrot)
- Squash (zucchini, pumpkin, butternut)
- Most sweet, ripe fruits including cooked fruits (apple, pear, banana)
- Dates
- Avocados
- Dairy (milk, yogurt, ghee, fresh cheese, buttermilk)
- Nuts and seeds (soaked or lightly toasted)
- Natural oils (ghee, coconut, non-toasted sesame, olive)

Extractive Foods (about 40%)

These foods are cleansing or more challenging to digest, so in the 60/40 Balance Bowl Method, they are suggested to make up about 40% of your plate. This balance supports healthy digestion while allowing you to enjoy their benefits. Examples include:

- Leafy greens (spinach, kale, chard)
- Cruciferous vegetables (broccoli, cabbage, cauliflower)
- Raw leafy salads and sprouts
- Legumes like chickpeas, black beans or lentils
- Meat and eggs

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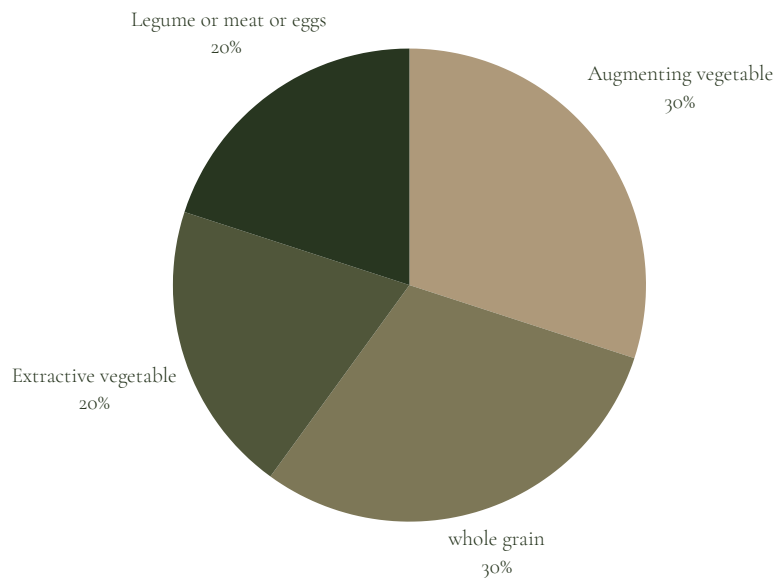
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The 60/40 Balance Bowl Method

How to Use the 60/40 Method

To build a balanced bowl, aim to include slightly more augmenting foods than extractive ones. For example: cooked rice, roast sweet potato, a scoop of mung dhal and a small side of steamed greens. Refer to the chart below for more details - or simply aim for slightly more augmenting foods than extractive in your bowl - including about 50% vegetables.

Note: At breakfast, it's best to keep meals light and primarily augmenting, as digestion (agni) is still waking up.



Important Considerations and Suitability

The 60/40 ratio is not suggested for children, as their growing bodies are said to require a higher proportion of nourishing, augmenting foods to support healthy development. This may be why many children naturally prefer soft, sweet foods like rice, sweet potatoes and fruit over bitter greens and cruciferous vegetables.

Individual needs vary with age, health and life circumstances, so it's important to honour personal requirements and seek guidance from a qualified practitioner when needed.

This method is intended as a flexible guideline for adult wellness and education, adaptable to your unique health, circumstance and life stage. For specific dietary concerns or advice, please consult a knowledgeable professional. Above all, listen to your body with kindness and allow for flexibility - being too rigid can affect ojas and may not support your natural radiance.

Balancing Meals with the Six Tastes

In Ayurveda, the five great elements - ether, air, fire, water and earth - combine to form the six tastes, or *shad rasa*:

- Sweet - Earth & Water
- Sour - Earth & Fire
- Salty - Water & Fire
- Pungent - Air & Fire
- Bitter - Air & Ether
- Astringent - Air & Earth

Our bodies, too, are made of these five elements. When we consume a particular taste, we take in the elements it contains, which then influences the balance of our internal nature. To create truly nourishing and satisfying meals, all six tastes should be present in appropriate amounts. An imbalance of any one taste may affect harmony, while mindful variety supports health and radiance.

Why the Six Tastes Matter:

- They help maintain elemental harmony within the body
- They support nourishment of the bodily tissues (dhatus)
- They encourage overall well-being - physical, mental and emotional
- They help us feel more satisfied after eating, reducing the urge to snack unnecessarily

Cooking with Spices: A Path to Balance and Radiance

One of the simplest ways to include the six tastes in your meals is by mindfully combining augmenting and extractive foods. Another is by cooking with digestive spices. In Ayurveda, spices do more than add flavour - they support digestion, enhance nourishment and help us feel truly satisfied. They can complement any cooking style to naturally promote balance and beauty.

Balancing Meals with the Six Tastes

This book offers spice blends to try, but feel free to adapt them to suit your own taste and individual circumstances. With a mix of spices, a balance of augmenting and extractive foods, ghee/ oils and a little salt, you'll often cover the sweet, salty, pungent, bitter and astringent tastes. The sour taste is less common in spices - aside from tamarind - so a few drops of lime or a small cup of buttermilk is a lovely way to complete the set.

This way of eating has transformed how I feel after meals. That lingering *"I feel like something sweet"* has vanished - because I'm genuinely satiated. Friends and family often describe the food as deeply "nourishing." When all six tastes are present, the senses feel satisfied and a sense of calm, grounded satisfaction and wellbeing naturally follows. Once you try it, you may not want to go back!

Most spices are calming (sattvic) in nature, but when overused, they can become stimulating (rajasic), which may disturb balance. A general guideline: use 2-3 spices per dish (a dish being rice, lentils or vegetables for example - not the whole meal), and about a pinch per person. For stronger spices, even less may be sufficient.

There's no need to overthink it - just stay gently aware of how your body feels. If one spice or flavour stands out too much (for example, if you can really taste the salt), it's a sign you may have used a touch too much. Simply adjust next time. We are aiming for harmony, where no single flavour dominates. With practice, this way of cooking becomes second nature - intuitive, nourishing and satisfying.



Cooling & Warming Energies

In Ayurveda, every food and spice carries a natural energy called *virya* - which refers to its warming or cooling effect on the body. This is different from the actual temperature of a food. Understanding *virya* helps us create meals that support balance and overall wellbeing.

- Warming foods and spices help stimulate digestion, balance coldness in the body and boost vitality.
- Cooling foods and spices calm internal heat and refresh the body and mind.

Why does this matter?

Too much warming or heating food can make us feel overheated or agitated, while too much cooling food may weaken digestion and contribute to dryness. Balancing these qualities helps us feel grounded and vibrant - reflected outwardly as glowing skin, strong digestion and lasting beauty.

Using a gentle mix of warming and cooling ingredients - including a balanced use of spices - helps meals feel grounding and satisfying, without needing to overthink or complicate things. Cooking should feel intuitive and nourishing, not stressful. This isn't about being perfect - just bringing gentle awareness to warming and cooling qualities, so your meals naturally support balance, digestion and beauty from within.

How to Work with Warming & Cooling Foods

One helpful approach is to use a good balance of augmenting and extractive foods. Many augmenting foods tend to have a warming *virya*, while many extractive foods are naturally cooling. This makes them useful tools for creating harmony in a meal.

Eating seasonally supports a harmonious balance of *virya* because Mother Earth, in her innate intelligence, provides foods that align with what our bodies need most during each season. For instance, in hot climates or summer seasons, naturally cooling foods like coconuts, cucumbers and melons tend to thrive - gently supporting the body in staying cool and hydrated. In colder seasons, warming foods like mustard greens and radishes flourish - bringing warmth and nourishment when it's needed most. These examples illustrate how nature inherently supports balance through the *virya* of food. This is why one of the core teachings of Ayurveda is to *stay close to nature* - not through strict rules, but through a relationship of awareness and understanding that we are part of the natural world.

Spices also play a big role. On the next page, you'll find a guide to common warming, heating and cooling spices to help you balance your meals beautifully. For example, warming spices like cumin or ginger can be paired with cooling spices like coriander and fennel to create a balanced blend.

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Ayurvedic Spice Guide

This list is partial, and many more spices exist beyond those listed here. The traditional virya of some spices may vary depending on opinion, growing conditions, age or preparation. Don't overthink it - simply enjoy the process, welcome variety and balance, and pay attention to how you feel after a meal. Use this as a general guide - enjoy experimenting and choose spices that suit you and your climate.

Spices marked with an * are traditionally considered rajasic, meaning they are more stimulating, especially if used in excess. Moderation is always key! Chili, garlic and onion are also generally considered rajasic and heating - they are not included in this book's recipes due to their strong stimulating effects, which may not suit everyone.

WARMING SPICES

- Ginger (fresh)
- Cinnamon
 - Cloves
- Cardamom
- Black Pepper
- Mustard Seeds
 - Nutmeg
 - Cumin
- Star anise
 - Basil
 - Thyme
 - Oregano
 - Rosemary
 - Bay Leaves
- Curry Leaves
- Fenugreek *

HEATING SPICES

- Ginger (dried) *
- Turmeric *
- Mustard Seeds *
 - Ajwain *
 - Asafoetida *

COOLING SPICES

- Coriander
 - Mint
- Fennel Seeds
 - Coconut
- Rose Water
 - Saffron
- Cardamom
 - Tamarind

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Before You Begin...

A Note on Water

The amount of water used in the recipes that follow - especially for baked goods - can vary depending on the moisture of vegetables being added, the types of flours and even the humidity of the environment.

I have provided approximate suggestions for how much water to use throughout this book - but please adjust accordingly. When it comes to baked goods, chapatis, dosas etc., always start with less water, so you can continue to add more until you reach your desired consistency.

Ideally use pure spring or filtered water for cooking to avoid unnecessary chemicals in your meals, that can come from tap water.

A Note on Salt

When used in appropriate amounts, salt helps the body maintain healthy hydration levels and supports the balance of vata dosha. When used in excess, however, salt can be dehydrating and pitta-aggravating, as it is naturally heating in nature. Excess salt can also aggravate kapha dosha, which can show up as puffiness.

Avoid sprinkling salt onto your food *after* it has been cooked, as this is especially heating and may increase pitta. By gently cooking salt into your meals, the fire element - predominant in the salty taste - is broken down, making it more digestible and supportive of overall wellbeing.

Always choose high-quality salts, such as food-grade rock salt (from underground salt deposits) or mineral salts like Pink Himalayan or Celtic Sea Salt.

The amount of salt you use in a recipe will depend on the type of salt and, again, the humidity of your climate. As a general guide: if you can taste the salt distinctly in your meal, you've likely gone a little overboard - so simply adjust accordingly next time.

Before You Begin...

A Note on Flours

Unlike store-bought flours - which may have been sitting on shelves for some time - freshly milled flours are often said to carry more prana, or life force, and are valued in some traditions for their vitality and freshness.

In my personal experience, I've found freshly milled flours to feel lighter and more vibrant than store-bought ones, which can sometimes feel heavier in texture. Since making the shift, I've really come to enjoy the difference. Baked goods made with freshly milled flour not only taste more alive to me - they also feel more nourishing and satisfying in a subtle way.

You can easily mill your own flours at home using grains like buckwheat, red rice, barley or spelt. All you need is a flour mill or a high-speed blender (I use a Nutribullet). Simply blend the grain until it reaches a flour-like consistency. For an extra smooth texture, you can pass it through a fine sieve to remove any remaining coarse bits.

Keep in mind that freshly milled flours still contain the natural oils from the whole grain, which means they don't keep as long as store-bought flours. It's usually best to grind only what you need - fresh for each use - for optimal flavor and texture.

A Note on Soaking

Soaking grains and legumes helps improve their digestibility and reduces cooking time. Before soaking, rinse them thoroughly under clean water. Place the grains or legumes in a covered bowl or jar with fresh, clean water. In warm climates, it's best to soak them in the refrigerator to prevent fermentation. Soaking times will vary depending on the specific grain or legume, but as a general guideline, legumes usually require soaking overnight, while grains need 2-4 hours. After soaking, rinse them well once more before cooking.

This book is intended as a template for your own experimentation in the kitchen - a guide to show you what is possible with simple, wholesome ingredients. The recipes I share are the ones I most enjoy cooking in my home, developed through my Ayurvedic studies and personal explorations. I hope you'll be inspired to add many more variations to your own meal rotations.

BREAKFAST

Start your day on a balancing beauty note

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Pear & Fig Stew

WITH WARMING SPICES

2 SERVINGS

20 MINUTES

INGREDIENTS

- 3 cups chopped pears
- 4 dried figs
- 1 tbsp ghee
- 1/8 tsp cinnamon, ground
- 1/8 tsp cardamom, ground
- 1/8 tsp star anise, ground
- Pinch of mineral or rock salt
- 2-4 cups water

DIRECTIONS

1. Chop and core the pears (only peel if they are not organic).
2. Chop the dried figs into small pieces.
3. Warm the ghee in a saucepan over low heat, adding the salt and spices. Cook gently until the aroma is present.
4. Add the chopped pears and figs to the pan, stirring gently for 1 minute to coat them in the ghee and spices.
5. Add water to reach halfway up the pears.
6. Cook gently until the pears are slightly soft. The longer you cook them, the mushier they will become.

TIPS & NOTES

This recipe is wonderfully versatile and works beautifully with seasonal fruits and sweet spices like fennel and nutmeg. Try swapping the pears for apples, apricots or peaches - and consider adding a handful of fresh blueberries for extra flavour and a boost of nutrients. Raisins make a great substitute for figs, and both are known to be good sources of plant-based iron.



Savoury Breakfast Muffins

WITH FRESH HERBS

4 MUFFINS

30-40 MINUTES

INGREDIENTS

- ½ cup buckwheat flour
- ½ cup sorghum flour
- ½ tsp fennel seeds
- ½ tsp fresh ginger, grated
- ¼ tsp dried oregano
- ½ tsp mineral or rock salt
- 2 tbsp ghee (or oil of choice)
- 1 cup grated sweet potato
- 1 handful garden herbs (parsley, basil, coriander), chopped
- 2 tbsp sunflower seeds (toasted optional)
- 1 flax egg (1 tbsp flaxseed meal + 2.5 tbsp water, mixed and rested 5-10 minutes)
- Approx. ½ cup water (adjust as needed)

DIRECTIONS

1. Preheat the oven to 180°C.
2. Line a muffin tin with unbleached, eco-friendly baking paper. or grease well with ghee.
3. In a large mixing bowl, combine all the dry ingredients: buckwheat flour, sorghum flour, fennel seeds, ginger, oregano, salt and sunflower seeds. Stir well.
4. Add the grated sweet potato and garden herbs, then mix to combine.
5. Add the flax egg and ghee (or oil), then gradually pour in the water, stirring until a moist batter forms. Adjust the water amount if needed - the batter should be moist but not runny.
6. Spoon the batter evenly into the muffin tin, dropping gently without pressing or shaping - this will prevent sticking.
7. Bake for 20-30 minutes, or until a knife inserted comes out clean.
8. Allow muffins to cool for 5-10 minutes before removing. Serve warm with a touch of ghee if desired.

TIPS & NOTES

Buckwheat can support all three doshas when eaten in moderation - though in excess, it may have a slightly drying quality. I like to balance this by adding nourishing oils or ghee. Sorghum brings a naturally sweet, fluffy texture that keeps these muffins soft, grounding and satisfying. They're especially lovely served warm with ghee and avocado, or alongside a wholesome bowl. Using fresh flour helps preserve prana (life force), and if you're able to mill your own, even better!



Grounding Porridge

WITH DATES & TAHINI

2 SERVINGS

20 MINUTES

INGREDIENTS

- ¼ cup white basmati rice
- ¼ cup steel-cut oats (soaked over night)
- 1.5 tbsp ghee (or oil of choice)
- ½ tsp grated ginger
- ⅛ tsp cardamom, ground
- ¼ tsp cinnamon, ground
- Pinch of mineral or rock salt
- 2 Medjool dates
- 2 tsp maple syrup (optional)
- 2 tsp pumpkin seeds (optional)
- ⅛ tsp fennel, ground (optional)
- 1.5 cups water

TIPS & NOTES

If mostly choose steel-cut oats, as they're the least processed and are said to contain more prana (life force). Regular organic rolled oats work too, but it's best to avoid quick oats - they're more processed and therefore harder to digest. Soak steel-cut oats overnight in a covered bowl in the fridge to enhance digestibility and reduce cooking time. If you're adding honey, allow the porridge to cool below 37°C, as heated honey is considered toxic in Ayurveda.

DIRECTIONS

1. Rinse the soaked oats and rice until the water runs clear.
2. Warm the ghee in a pot over low heat.
3. Add the spices and salt.
4. Stir until the aroma is present.
5. Add the rice, oats and chopped/pitted dates. Stir for another minute, allowing the grains to be well coated in the ghee and spices.
6. Add the water.
7. Cook on low heat for approximately 20 minutes, or until the rice and oats are very soft.
8. While the oats are cooking, lightly toast 2 tsp of pumpkin seeds in a pan, until they are lightly golden. In the last minute of toasting, sprinkle ⅛ tsp of ground fennel for flavour and enhanced digestibility.
9. Once cooked soft, allow the porridge to cool for 5 minutes. Garnish with a sprinkle of toasted pumpkin seeds and a drizzle of maple syrup.



Chia & Buckwheat Loaf

WITH CARROT & DATES

SERVING 4

30-40 MINUTES

INGREDIENTS

- ¾ cup buckwheat flour
- ¼ cup rice flour
- 3-4 Medjool dates
- 3 tbsp chia seeds, soaked in ½ cup water
- 1 tbsp sesame seeds
- 1 medium carrot, grated (approx. ½ cup)
- 2 tbsp coconut oil
- ½ tsp cardamom, ground
- ½ tsp fennel, ground
- ¼ tsp nutmeg, ground
- ½ tsp mineral or rock salt
- ½ cup water

DIRECTIONS

1. Preheat the oven to 180°C.
2. Soak chia seeds in a small bowl for 10 minutes max.
3. In a mixing bowl, combine flours, spices, sesame seeds and salt.
4. Toss chopped dates with about 1 tsp flour to prevent clumping, then add to the bowl.
5. Mix in coconut oil until crumbly.
6. Add grated carrot and soaked chia seeds (with their water). Stir until well combined.
7. Gradually add ¼ - ⅓ cup water, mixing to form a moist but not runny batter - adjust as needed for carrot moisture.
8. Line a loaf tin with with unbleached, eco-friendly baking paper.
9. Spoon batter into the tin (may only fill half depending on size), flatten and shape into a loaf.
10. Sprinkle extra sesame seeds on top.
11. Bake 20-30 minutes, or until a knife inserted comes out clean.
12. Cool for 10 minutes before removing and slicing. Enjoy fresh with ghee.

TIPS & NOTES

This bread makes a lovely breakfast or nourishing side to soup. You can substitute carrot for sweet potato, or add fresh herbs like parsley or coriander for a savoury version - just reduce the dates to one if going savoury.



Breakfast Soup

FOR A HYDRATION BOOST

2 SERVINGS

20 MINUTES

INGREDIENTS

- 1 cup parsnips, cut into matchstick-sized pieces
- 2/3 cup diced cabbage
- A handful of soaked and peeled almonds
- A small handful of fresh herbs (such as basil or parsley)
- 1 tbsp ghee
- ½ tsp mineral salt
- ½ tsp fresh ginger, grated
- ¼ tsp coriander seeds
- ¼ tsp fennel seeds
- ¼ tsp cumin seeds
- 2-3 cups water

DIRECTIONS

1. Soak raw almonds in clean water for 8-12 hours or overnight. Drain, rinse well in warm water then gently rub each almond so the skins slip off.
2. Melt the ghee in a pot over medium heat. Add the ginger, salt and spices. Simmer gently until the aroma is present.
3. Stir in the parsnips and cabbage, and let them cook for another minute to absorb the flavors.
4. Add the water and bring to a gentle boil. Reduce the heat, cover the pot with a lid, and let it simmer.
5. After about 5 minutes, add the soaked/ peeled almonds and continue to simmer for another 5 minutes, or until the vegetables are tender but not overcooked.
6. Allow the soup to cool for 5 minutes before serving. Garnish with fresh parsley and enjoy with a side of rice or your preferred cooked grain.

TIPS & NOTES

This soup can also make a lovely dinner, especially when prepared with lighter vegetables like zucchini and leafy greens, served with a digestible grain such as basmati or barley. For a heartier lunch, try using more substantial vegetables such as sweet potato and cauliflower, and consider adding cooked lentils or pulses. Serve it alongside chapati and rice for a satisfying and wholesome meal.



Barley Bowl

NATURALLY NOURISHING

2 SERVINGS

30 MINUTES

INGREDIENTS

- ½ cup pearly barley (soaked overnight)
- ½ tsp grated ginger
- ⅛ tsp ground cinnamon
- Seeds from 2 cardamom pods, crushed
- ⅛ tsp mineral or rock salt
- 1 tbsp ghee
- 2 small handfuls of raw cashews, chopped
- 2 medjool dates, chopped
- 1.5-2 cups water

DIRECTIONS

1. Rinse the soaked barley thoroughly, until the water runs clear.
2. In a medium saucepan, melt the ghee over medium heat. Add the spices and salt. Let it simmer for about 1 minute, or until the aroma is present.
3. Stir in the barley and let it cook for another minute, stirring well to coat all of the pearls in the ghee and spices.
4. Add the water, bring to a boil, then reduce the heat to low and cover with a lid.
5. After about 15 minutes, stir in the chopped dates and cashews. Cover again and simmer for another 15-20 minutes, or until the barley is soft and the texture is moist (not dry).
6. Allow to cool for 5 minutes before serving.

TIPS & NOTES

Barley is a grounding and nourishing grain that may support beauty from the inside out, with an affinity for the skin and hair - especially when consumed consciously. It's naturally chewy, so be sure to cook it well and chew thoroughly to receive its full beauty benefits.



Spelt Pancakes

SAVOURY OR SWEET

MAKES 4

20 MINUTES

INGREDIENTS

- 1 cup freshly ground spelt flour
- 1 tbsp plain yogurt
- 1 tsp food-grade rose water
- ¼ tsp ground cardamom
- ¼ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- ⅛ tsp mineral or rock salt
- 1 tbsp ghee (or coconut oil)
- ¾ cup water (start here, adjust as needed)
- Flax egg: 1 tbsp flaxseed + 3 tbsp water, sit 5-10 min

DIRECTIONS

1. Mix the flaxseed and water to create a flax egg; set aside.
2. When the flax egg is ready, place all ingredients in a blender and blend until smooth. Start with ½ cup water and add more as needed until the batter reaches a thick but pourable consistency. The batter should be thicker than crepe batter, but not thick and stodgy.
3. Let the batter rest for 10-15 minutes for the spelt and flax to absorb liquid.
4. Heat a pan over medium heat and lightly grease with coconut oil. Cook small pancakes to maintain shape - I like to use the back of a spoon to slightly spread the batter on the pan to avoid them becoming too thick.
5. Flip when the edges start to set and lift. Cook on both sides until golden brown.
6. Serve warm with your favourite sweet or savoury toppings.

TIPS & NOTES

Freshly ground spelt is highly absorbent, so you may need to add a touch more water after the batter has rested. The flax egg helps reduce stickiness by binding the batter. Smaller pancakes tend to cook more evenly with this particular batter and are easier to flip. You can also use store-bought spelt flour - just be sure to start with ½ cup water when blending, as it's generally less absorbent than freshly ground flour.



Semolina Porridge

WITH GROUNDING SPICES

2 SERVINGS

20 MINUTES

INGREDIENTS

- 1/3 cup semolina
- 1.5 tbsp ghee
- 1/8 tsp nutmeg, ground
- 1/8 tsp fennel, ground
- 1/8 tsp cardamom, ground
- 1/8 tsp mineral or rock salt
- 2-3 tsp jaggery or coconut sugar
- Approx. 3 cups water

DIRECTIONS

1. Heat ghee in a saucepan over low heat.
2. Add spices and salt - stir until the aroma is present.
3. Add the water, bring to a boil and then turn the heat down to low.
4. Slowly add the semolina while stirring constantly to prevent lumps.
5. Stir in 1 tsp jaggery or coconut sugar until dissolved.
6. Simmer gently, stirring regularly until thickened to your liking.
7. Remove from heat and let rest briefly before serving.
8. Add a touch more jaggery or coconut sugar, and a sprinkle of sesame seeds or toasted nuts if desired.

TIPS & NOTES

Semolina is a flour made from wheat. When adding semolina to your porridge, it's important to do so gradually while continuously whisking to prevent lumps from forming. From an Ayurvedic perspective, this porridge offers nourishing and grounding qualities, making it a lovely, light and easily digestible breakfast for many.



Kunyi

A TRADITIONAL HEALING DISH

2 SERVINGS

20 MINUTES

INGREDIENTS

- ½ cup basmati rice
- 2 tsp ghee
- ½ tsp grated fresh ginger
- ½ tsp grated fresh turmeric or ⅛ tsp ground
- ½ tsp mineral or rock salt
- 1.5-3 cups water (adjust for consistency)

DIRECTIONS

1. Rinse the rice 2-3 times until the water runs clear.
2. In a small pot, warm ghee over medium heat. Add ginger, turmeric and salt; sauté gently until the aroma is present.
3. Stir in the rice and cook for a minute to coat the grains in the ghee and spices.
4. Add 1.5-3 cups of water, based on desired consistency.
5. Bring to a gentle boil, then reduce heat, cover and simmer for 20 minutes, stirring occasionally, until soft.
6. Serve warm, optionally topped with ghee or fresh herbs like coriander.

TIPS & NOTES

Kunyi is a traditional Ayurvedic recipe used to rekindle agni (digestive fire) and support the body during recovery from illness, such as colds and flus. Its simplicity allows the digestive system to rest, restore and gently receive nourishment when agni has been compromised. The consistency of kunyi can be adjusted accordingly;

- 3 cups water creates a soupy, hydrating consistency - ideal during or after illness for minimal digestive effort.
- 2 cups water produces a soft, moist texture - more body but still light and hydrating.
- 1 cup water makes a thicker, porridge-like consistency - best option when using kunyi as a simple breakfast to ease gently into the day. For this thicker version, consider adding a handful of blanched, peeled almonds and a soft Medjool date to provide gentle, grounding sustenance. Garnish with fresh garden herbs for a boost of vitality.



LUNCH

Revitalise your midday break



AAOKA

AYURVEDIC SKIN WISDOM

Quinoa Rounds

WITH ZUCCHINI

SERVINGS 2 20 MINUTES

INGREDIENTS

- 1 cup quinoa (rinsed, soaked overnight, drained and rinsed again)
- 1 tbsp ground flaxseed
- 2 tbsp water (for flax “egg”)
- ½ tsp mineral or rock salt
- ⅛ tsp ajwain seeds
- ¼ tsp fennel seeds
- ⅛ tsp cardamom, ground
- 2 pinches black pepper
- 3 tbsp olive oil
- ¾ cup water (adjust to achieve batter consistency)
- ½ cup grated zucchini

TIPS & NOTES

These hearty, flexible pancakes make a satisfying lunch or even a savoury breakfast when topped with steamed vegetables or a spoonful of chutney.

Quinoa is a light, astringent and drying grain, which can aggravate vata when consumed in excess. Balancing it with grounding toppings like warm vegetables, healthy fats or a drizzle of tahini can help pacify its drying qualities.

DIRECTIONS

1. Mix the ground flaxseed with 2 tbsp water and let it sit for 5-10 minutes until it forms a gel-like consistency (your flax egg).
2. Grate the zucchini, sprinkle with a pinch of salt then squeeze out excess water using paper towels (this step is key).
3. Rinse the soaked quinoa thoroughly.
4. In a blender or food processor, combine the quinoa, flax egg, salt, ajwain, fennel, black pepper, olive oil and ¼ cup water. Blend until smooth.
5. Add the drained zucchini and blend until fully incorporated. The batter should be thick but easy to pour. Add a little extra water if needed.
6. Heat a lightly oiled cast iron pan or skillet over medium heat. Spoon batter into the pan to form a pancake, then gently spread it with the back of the spoon or ladle so it's not too thick. Cook 2-3 minutes per side, until golden and cooked through.
7. Serve warm with your topping of choice.



Ayurvedic Jacket Potatoes

PAGE 1/2

2 SERVINGS

60 MINUTES

INGREDIENTS

Potato Ingredients

- 2 small sweet potatoes
- 2 tsp ghee

Stuffing Ingredients

- ¼ cup basmati rice
- ⅓ cup brown lentils
(soaked for 6 hours in clean water)
- ¼ tsp mineral or rock salt
- Pinch of cracked pepper
- ½ tsp ginger, grated
- ¼ tsp cumin seeds
- ¼ tsp coriander seeds
- 2 tsp ghee
- 1-1.5 cups water

Sautéed Greens Ingredients

- 1 cup chopped leafy greens
- ⅓ tsp mineral salt
- Pinch of asafoetida
- ⅓ tsp fennel seeds
- 1 tsp ghee
- ⅓ cup water

Other Ingredients

- ¼ fresh lime
- Handful of fresh herbs
(e.g., parsley or coriander)
- Handful of blanched and
peeled almonds

DIRECTIONS

To Cook the Potatoes

1. Preheat the oven to 180°C.
2. Use a knife to carefully and deeply puncture the sweet potatoes all over - this helps speed up cooking.
3. Place the potatoes in an oven dish and add enough water to just cover the bottom (to retain moisture while baking).
4. Bake for approximately 1 hour, or until the potatoes are soft all the way through.

To Cook the Rice & Lentils

1. Melt the ghee in a pot over medium heat.
2. Add the ginger, salt, pepper, cumin and coriander seeds. Simmer for about 1 minute until the aroma is present.
3. Rinse the soaked lentils and rice until the water runs clear, then add to the pot and stir to coat in the ghee and spices.
4. Pour in the water.
5. Bring to a boil, then reduce the heat, cover and simmer for about 20 - 30 minutes, or until the grains are soft and the water has been absorbed. Add more water along the way if needed, to prevent drying out.



Ayurvedic Jacket Potatoes

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2 SERVINGS

60 MINUTES

DIRECTIONS CONT.

To Cook the Sautéed Greens

1. Melt the ghee in a pan over medium heat.
2. Add the mineral salt, asafoetida and fennel seeds. Sauté until the aroma is present.
3. Add the chopped greens and stir well to coat them in the ghee and spices.
4. Add a small splash of water (just enough to reach about $\frac{1}{8}$ the height of the greens), cover and simmer for 3-5 minutes. Be mindful not to overcook the greens - they should remain vibrant and tender.

Bringing It All Together

1. Place a baked sweet potato in each serving bowl and slice it in half lengthways.
2. Add $\frac{1}{2}$ -1 tsp of ghee and gently mash it into the potato flesh.
3. Top with a generous scoop of the rice and lentil filling.
4. Spoon over the sautéed greens.
5. Garnish with chopped blanched almonds, a few drops of lime and fresh garden herbs, if desired.

TIPS & NOTES

This recipe is a beautiful base for creative variations. Try adding fresh cheeses (like cottage cheese, ricotta or paneer), avocado, hummus, Mung Bean Pesto or Tasty Tahini Dressing (see chapter Sides & Staples). Side Note: According to Ayurvedic principles, certain food combinations - such as cheese + citrus, or cheese + nuts - are traditionally avoided, as they are believed to disrupt digestion and, in turn, may interfere with both inner and outer radiance.



Black Lentil Beauty Bowl

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2 SERVINGS

30-40 MINUTES

INGREDIENTS

Black Beluga Lentils

- ¼ cup black beluga lentils (soaked 4-6 hours)
- 2 tsp sesame oil
- ¼ tsp salt
- ⅛ tsp fenegreek seeds
- ¼ tsp coriander seeds
- 3-4 curry leaves
- Approx. 1 cup water

Rice Ingredients

- ¼ cup white basmati or jasmine rice
- ¼ cup brown rice (soaked for 2 hours)
- 1 tsp ghee
- ⅛ tsp salt
- Cardamom seeds (crushed seeds from 2 pods)
- ⅛ tsp star anise
- 1.5 cups water

DIRECTIONS

To Cook the Black Beluga Lentils

1. Soak the lentils in clean water for 4-6 hours. Rinse well before cooking.
2. Place sesame oil in a saucepan on low heat - add the salt and spices. Allow to simmer until the aroma is present.
3. Add the black lentils to the pot. Stir well to coat them in the oil and spices.
4. Add the water and simmer with a lid on for about 20 minutes, or until the lentils are soft and the water is mostly evaporated.

To Cook the Rice

1. Rinse the soaked brown rice and white rice until the water runs clear.
2. Melt the ghee in a pot over medium heat and add the spices and salt. Simmer for a minute until the aroma is present.
3. Stir in both rices, coating them in the ghee and spices.
4. Add water, bring to a boil, then reduce the heat and simmer with a lid on until the rice is tender and the water is absorbed.



Black Lentil Beauty Bowl

PAGE 2/2

2 SERVINGS

60 MINUTES

INGREDIENTS

Zucchini Ingredients

- 1 cup cubed zucchini or root veg of choice
- 1 tbsp sesame oil (non-toasted)
- 1/8 tsp cumin seeds (lightly ground)
- 1/4 tsp fresh ginger, grated
- 1/8 tsp salt
- Pinch of ground black pepper
- Approx. 1 cup water

Roast Cauliflower Ingredients

- 2/3 cup cauliflower, chopped into small chunks
- 2 tsp ghee
- 1/8 tsp salt
- 1/8 tsp nutmeg
- 1/8 tsp fennel, ground

DIRECTIONS CONT.

To Cook the Zucchini

1. Add the sesame oil to a pan on low heat, then add the salt and spices. Sauté until the aroma is present.
2. Add the chopped zucchini and stir to coat in oil and spices.
3. Add the water, cover and simmer for 5-7 minutes - or until the zucchini is tender but not overcooked.

To Cook the Roast Cauliflower

1. Preheat the oven to 180°C.
2. Chop the cauliflower into evenly sized pieces and place them in a baking dish.
3. Melt the ghee and pour it over the cauliflower.
4. Add salt, pepper and spices to the dish, and mix well to ensure an even coating of spices and ghee on the cauliflower.
5. Add just enough water to cover the bottom of the dish to keep the cauliflower moist.
6. Bake for about 30 minutes, until tender.

TIPS & NOTES

This beauty bowl pairs wonderfully with a side of avocado and few drops of lime. Switch out the ingredients, spices and oils in each dish to bring in a variety of flavours and nutrients - the combinations are limitless!



Lentil Stew

WITH SWEET POTATO & SPICES

2 SERVINGS

40 MINUTES

INGREDIENTS

- 1 cup cubed sweet potato
- 1 cup leafy greens such as kale, bok choy or silverbeet
- ¼ cup brown lentils (soaked for 6 hours in clean water)
- 1 tbsp ghee (or oil of choice)
- ½ tsp grated ginger
- ¼ tsp fennel seeds
- ¼ tsp coriander seeds, crushed
- ⅛ tsp mustard seeds
- ½ tsp mineral or rock salt
- Approx. 4 cups water

TIPS & NOTES

Cooking time may vary depending on cooktop, vegetables and lentils used. To avoid overcooking, add the vegetables later in the cooking process. For a lighter, nourishing dinner, replace the sweet potato with zucchini and swap the brown lentils for split moong lentils.

DIRECTIONS

1. Add the ghee, salt, ginger and spices to a pot. Simmer gently on low heat until the aroma is present.
2. Rinse the soaked brown lentils well and add to the pot. Stir well to coat them in the spices and ghee.
3. Stir in the water and cover with a lid. Simmer on low for approx. 15-20 minutes before adding the sweet potato. Cook until the lentils and sweet potato are soft, adding more water as needed depending on how 'soupy' you like it.
4. Add the greens at the very end, just before everything is cooked. If using kale, you may need to add it slightly sooner than other greens to ensure it is cooked sufficiently.
5. Serve warm with a sprinkle of garden herbs and side of cooked whole grain and/or chapati for a beautifully balanced meal.



Besan Crepes

WITH AN AYURVEDIC TWIST

SERVINGS 2 20 MINUTES

INGREDIENTS

- ½ cup besan (chickpea flour)
- 1 tbsp arrowroot powder
- 1.5 tbsp olive oil
- 1 tsp lime juice
- ¼ tsp ground coriander
- ⅛ tsp ajwain seeds
- ½ tsp finely chopped fresh rosemary or ¼ tsp dried rosemary, crushed well
- ¼ tsp mineral or rock salt
- Pinch of black pepper
- ½ cup water (you may need a couple of teaspoons extra to create a pourable consistency)

TIPS & NOTES

These crepes make a quick, satisfying lunch - paired with seasonal vegetables and a whole grain, or as a bread substitute alongside a hearty stew or soup. They also work beautifully as pizza bases, topped with juicy zucchini or beetroot, steamed cucumber, sautéed greens and fresh olives. For a more balanced meal, serve with hydrating grains and vegetables to offset besan flour's natural dryness. As besan has a grounding and dense quality, it's best enjoyed at lunch when digestive fire (agni) is strongest. It's traditionally not paired with cheese in Ayurveda, as the combination may be more difficult to digest.

DIRECTIONS

1. Place all ingredients in a blender and blend well until smooth and lump-free, like pancake batter.
2. Stop and scrape down the sides as needed to ensure all flour is incorporated.
3. Let the batter rest for 5-10 minutes. This helps hydrate the flours and allows the spices to ignite.
4. Heat a cast iron skillet over medium heat. Lightly grease with ghee or coconut oil.
5. Pour a small ladleful of batter into the center of the pan.
6. Using the back of the ladle, gently spread it in a circular motion to form a thin crepe.
7. Cook for 2-3 minutes on each side, or until golden brown and the edges begin to lift.
8. Flip carefully and cook the other side until cooked all the way through.



Cheese & Spinach Pies

THE AYURVEDIC WAY

2 SERVINGS

40 MINUTES

INGREDIENTS

Dough

- ½ cup whole wheat flour
- ⅛ tsp nutmeg, ground
- ¼ tsp fennel, ground
- ¼ tsp mineral or rock salt
- 2 tsp ghee (or oil of choice)
- Approx. ⅓ cup cold water

Stuffing

- 2 cups chopped silverbeet (spinach)
- ¼ tsp grated fresh ginger
- ⅛ tsp coriander seeds
- ⅛ tsp cumin seeds
- ⅛ tsp mineral/rock salt
- 1 small pinch asafoetida
- 1 tsp ghee
- 2 tbsp fresh cheese (cottage cheese, quark or paneer)
- Handful fresh garden herbs
- 2-3 tbsp water

DIRECTIONS

To Make the Dough

Add the flours and spices to a bowl and stir well. Add the ghee, then gradually add enough water to form a dough that's soft but not sticky. Divide into 2 golf ball-sized portions and flatten each into a disc about 1 cm thick on a floured surface.

To Make the Stuffing

Melt the ghee in a pot over medium heat and add the grated ginger. Sauté for about a minute, then add coriander, cumin, salt and asafoetida. Cook briefly until the aromas are present. Stir in the chopped silverbeet to coat evenly. Add 2-3 tablespoons of water and cook while stirring until the greens are tender. Remove from heat, drain any excess liquid, then mix in the fresh cheese.

Bringing It Together

Spoon approximately 2 tablespoons of filling into the centre of each disc. Avoid overfilling to prevent the pockets from bursting. Fold and pinch the edges to seal, then pan-fry with ghee for a few minutes on each side, until golden. Let cool for 5-10 minutes before serving as a delicious side to a beauty bowl.



Adzuki Bean Beauty Bowl

PAGE 1/2

2 SERVINGS

60 MINUTES

INGREDIENTS

Adzuki Bean Ingredients

- ¼ cup adzuki beans (soaked overnight in clean water)
- 2 tsp ghee
- ¼ tsp salt
- ¼ tsp grated ginger
- ¼ tsp coriander seeds
- ¼ tsp cumin seeds
- Pinch of asafoetida
- Approx. 2 cups water

Black Rice Ingredients

- ¼ cup white basmati or jasmine rice
- ¼ cup black rice (soaked for 2 hours)
- 1 tsp ghee
- ⅛ tsp salt
- 1 medium bay leaf
- ⅛ tsp turmeric, ground
- 1.5-2 cups water

DIRECTIONS

To Cook the Adzuki Beans

1. Place ghee in a saucepan and add the ginger, coriander seeds, cumin seeds and salt.
2. Allow to simmer until the aroma is present, then stir in the asafoetida.
3. Rinse the soaked adzuki beans then add them to the pot. Stir well to coat them in the ghee and spices.
4. Add enough water to cover the beans by about 2cm. Bring to a boil, then reduce the heat and simmer with a lid on for about 60 minutes, or until the beans are soft.

To Cook the Rice

1. Rinse the soaked black rice and white rice until the water runs clear.
2. Melt the ghee in a pot over medium heat and add the spices and salt. Simmer for a minute until the aroma is present.
3. Stir in both rices, coating them in the ghee and spices.
4. Add water, bring to a boil, then reduce the heat and simmer with a lid on until the rice is tender and the water is absorbed.



Adzuki Bean Beauty Bowl

PAGE 2/2

2 SERVINGS

60 MINUTES

INGREDIENTS

Sweet Potato Ingredients

- 1 cup cubed sweet potato or root veg of choice
- 1 tsp ghee
- 1/8 tsp salt
- 1/8 tsp cinnamon, ground
- 1/4 tsp fennel seeds (lightly ground)
- 1/4 tsp dried rosemary

Sautéed Greens Ingredients

- 1 cup leafy greens - silverbeet, kale, etc.
- 1 tbsp non-toasted sesame oil
- 1/8 tsp salt
- Pinch of pepper
- Pinch of caraway seeds
- Cardamom seeds (crushed seeds from 1 pod)

TIPS & NOTES

Switch out the beans, rice, oils and spices for other varieties to create a range of beauty bowls. The combinations are endless - and variation is key to keeping things interesting and ensuring you receive a broad array of nutrients from your food.

DIRECTIONS CONT.

To Cook the Sweet Potato

1. Preheat the oven to 180°C.
2. Chop the sweet potato into evenly sized cubes. If not organic, peel first. Place the cubes in a baking dish.
3. Melt the ghee and pour over the potatoes.
4. Add salt, cinnamon, fennel seeds and rosemary. Mix well to coat evenly.
5. Add just enough water to cover the bottom of the dish to keep the potatoes moist.
6. Bake for about 30 minutes, until golden brown and tender.

To Cook the Sautéed Greens

1. Melt the ghee over medium heat.
2. Add salt, pepper, caraway and cardamom seeds. Sauté until the aroma is present.
3. Add the chopped greens and stir to coat in ghee and spices.
4. Add a splash of water (about 1/4 the height of the greens), cover and simmer 3-5 minutes. Avoid overcooking - the greens should stay vibrant and tender.



Dosas with Tahini Brussels

PAGE 1/2

2 SERVINGS

30-40 MINUTES

INGREDIENTS

Dosa Ingredients

- ¼ cup + 2 tbsp split moong dal (soaked for 2 hours)
- 1 tsp ghee
- ¼ tsp mineral or rock salt
- ¼ tsp cumin seeds
- ¼ tsp fennel seeds
- Approx. ⅛-¼ cup water (start with less)

Tahini Brussel Ingredients

- 1 cup carrots
- 2/3 cup Brussels sprouts
- 1 tbsp ghee
- 1½ tsp tahini
- ¼ tsp grated ginger
- ⅛ tsp ajwain seeds
- ¼ tsp coriander seeds

DIRECTIONS

To Cook the Dosas

1. Rinse the split moong until the water runs clear, then soak in fresh water for 2 hours.
2. After soaking, rinse the split moong well and add it to a blender.
3. Add the remaining ingredients and blend until a smooth batter is formed. Start with less water and work your way up to the desired consistency.
4. Heat a cast iron pan over medium heat.
5. Add ghee or coconut oil to the pan, then spoon a ladleful of batter onto it.
6. Use the bottom of the ladle to spread the batter in a circular motion. You want it reasonably thin - thick dosas can become stodgy.
7. Cook for a few minutes, then flip. Cook on both sides until the dosa is golden brown and crispy at the edges.



Dosas with Tahini Brussels

PAGE 2/2

2 SERVINGS

30 MINUTES

DIRECTIONS CONT.

To Cook the Tahini Brussels

1. Rinse and chop the Brussels sprouts and carrots, aiming for a consistent size so they cook evenly.
2. Warm the ghee in a pan, then add the salt and spices.
3. Stir gently until the aroma is present, then add the chopped vegetables.
4. Sauté for another minute, coating the vegetables in the spiced ghee, then add enough water to reach approximately $\frac{3}{4}$ the height of the vegetables.
5. Bring to a gentle boil, then reduce the heat and simmer with the lid on for about 10 minutes, or until the vegetables are tender. You may need to add a little more water along the way.
6. Once cooked, stir in the tahini to create a smooth, creamy sauce with no lumps.

TIPS & NOTES

To balance the extractive nature of dosas, consider enjoying them with a side of whole grains, such as coconut rice. Dosas can make a lovely breakfast, lunch or dinner depending on the individual, as they are light yet nourishing. Split moong is traditionally regarded as one of the easiest lentils to digest and among the most nutrient-rich. Soaking the lentils overnight can support digestibility and may encourage natural fermentation, which some find beneficial. However, it's helpful to know that fermented foods can increase internal heat (pitta dosha) in some people, so a gentle, mindful approach works best. As always, moderation is key.



Brown Rice Kitchari

GROUNDING & BUILDING

2 SERVINGS

30 MINUTES

INGREDIENTS

- ½ cup brown rice
- ¼ cup split mung beans (or whole mung beans soaked for 6 hours and cooked well)
- 1 tbsp ghee
- ¼ tsp mineral or rock salt
- ¼ tsp fresh grated ginger
- ¼ tsp coriander seeds
- ¼ tsp fennel seeds
- ¼ tsp cumin seeds
- Small pinch of asafoetida
- ⅛ tsp ground turmeric
- 4-6 cups water
- ¼ lime

TIPS & NOTES

Brown rice is a bit harder to digest than white rice, which is why it's not traditionally used in kitchari. To support digestion and still enjoy its nourishing qualities, soak the rice in clean water for 2-4 hours and rinse well before cooking. This variation brings a grounding quality thanks to brown rice's naturally heavier nature. Pair with roasted or boiled root vegetables and sautéed greens for a wholesome, satisfying meal.

DIRECTIONS

1. Rinse and soak the brown rice and split moong until the water runs clear and soak for 2-4 hours. Rinse well again before cooking.
2. Warm the ghee in a pot over low to medium heat.
3. Add the salt, coriander seeds, fennel seeds, cumin seeds and ginger. Simmer gently until the aroma is present.
4. Stir in the asafoetida and turmeric. Cook for another 30 seconds to ignite their flavour.
5. Add the rice and split mung to the pot. Stir to coat them in the spiced ghee. Simmer gently for 1-2 minutes, stirring regularly.
6. Pour in 4-6 cups of water (depending on if you want it thick or soupy).
7. Bring to a gentle boil, then lower the heat, cover and simmer for 35-45 minutes. Stir occasionally and cook until the rice and split mung are soft.
8. Remove from heat and let it sit for 5 minutes.
9. Add a few drops of lime to bring in the sour taste and sprinkle fresh herbs like parsley, basil or coriander if you desire.



Beluga Bean Soup

WITH SWEET POTATO & DANDY

2 SERVINGS

40 MINUTES

INGREDIENTS

- ¼ cup beluga lentils
- ½ tsp coriander seeds
- ½ tsp fennel seeds
- ½ tsp fresh ginger, finely grated or minced
- 6-8 fresh curry leaves
- ¼-½ tsp salt
- Pinch black pepper (or to taste)
- 1½ tbsp ghee
- 1½ cups sweet potato, diced
- Handful dandelion greens, roughly chopped (or green of your choice)
- 3.5 cups water

DIRECTIONS

1. Rinse the beluga beans and soak for 4-8 hours (or overnight) in clean water. Drain and rinse again.
2. In a pot, warm the ghee over medium heat.
3. Add the coriander and fennel seeds and stir for 1-2 minutes until the aroma is present.
4. Add the ginger and curry leaves, sauté for 30 seconds.
5. Add the soaked beans and sauté for another 30 seconds before adding the water.
6. Bring to a boil, then reduce heat and simmer for 15 minutes with the lid on.
7. Add the diced sweet potato and continue to simmer for approx. 15 minutes until both beans and sweet potato are soft.
8. Stir in the dandelion greens (or your greens of choice) and gently cook for approx. 2 minutes until wilted.
9. Allow to cool for approx. 5 mins before serving with an augmenting side of fresh chapati or rice, and a few drops of lime juice.

TIPS & NOTES

If you haven't soaked the beans, cooking time will be significantly longer (45-60 minutes total). Soaking the beans also makes them gentler for digestion. Add more water during cooking if needed. Beluga beans said to be a good source of plant-based protein and iron, making them a lovely, nutritious addition to a balanced diet.





DINNER

*Relax into the evening with a light and
digestible meal*

AAOKA
AYURVEDIC SKIN WISDOM

Golden Garden Soup

LIGHT & HYDRATING

2 SERVINGS

30 MINUTES

INGREDIENTS

Ingredients

- 4 tbsp split moong dal (rinsed and soaked for 2 hours in clean water)
- 1 + 1/3 cups chopped carrot
- 2/3 cup chopped turnip
- 1½ tbsp ghee
- ½ tsp mineral or rock salt
- ⅛ tsp ajwain seeds
- ½ tsp coriander seeds
- ½ tsp grated fresh ginger
- Approximately 4 cups water (you may need to add more along the way)

DIRECTIONS

To Cook

1. Rinse the split moong until the water runs clear, then soak in clean water for 2 hours. Rinse well again before cooking.
2. In a medium pot, warm the ghee over medium heat. Add the salt, ginger and spices. Stir gently until the aroma is present.
3. Add the drained split moong and stir to coat it evenly in the spiced ghee.
4. Pour in the water and bring to a gentle simmer. Cook for about 20 minutes, until the moong is almost tender but not fully cooked.
5. Add the chopped carrot and turnip, and continue simmering for another 10 minutes, or until the vegetables are tender and the moong is soft and slightly mushy.
6. Allow the soup to cool for 5-10 minutes before serving. Finish with an extra drizzle of ghee, if desired, and a sprinkle of fresh garden herbs.

TIPS & NOTES

This soup also works beautifully with seasonal vegetables such as zucchini (augmenting) and asparagus (extractive).

Depending on the vegetables you choose, adjust the cooking time accordingly - for example, zucchini and asparagus cook faster than carrots or turnips, so add them later in the simmering process.



Red Rice Stir-Fry

WITH CARROTS & PEAS

2 SERVINGS

30 MINUTES

INGREDIENTS

Rice Ingredients

- ¼ cup white basmati rice
- ¼ cup red rice (soaked for 2 hours in clean water)
- 1 tbsp ghee
- ½ tsp mineral or rock salt
- ½ tsp caraway seeds
- ¼ tsp coriander seeds
- ¼ tsp grated ginger
- 1.5 cups water

Vegetable Ingredients

- 1 cup diced carrot
- 2/3 cup peas or diced beans
- 2 tsp ghee
- ¼ tsp mineral or rock salt
- ¼ tsp cumin seeds
- Small pinch of asafoetida
- 1 cup water

TIPS & NOTES

In Ayurveda, red rice is revered for its nourishing and easily digestible qualities. It is considered balancing for all doshas and may promote overall wellbeing and vitality due to its strengthening properties that nourish the blood and tissues. Soak prior to cooking to enhance digestion.

DIRECTIONS

To Cook the Rice

Rinse the basmati and soaked red rice well, until the water runs clear. Add the ghee, salt and spices to a pot and simmer gently until the aroma is present. Add the rice and stir well to coat in the ghee for about 1 minute. Pour in the water, bring to a boil, then reduce the heat to low. Cover and simmer for 20-30 minutes, or until the water is absorbed and the rice is soft. You can also use a rice cooker.

To Cook the Vegetables

Melt the ghee in a pot over medium heat, then add the salt and spices. Simmer until the aroma is present, then add the carrots and peas. Stir well for 1 minute to coat everything in ghee and spices. Add just enough water to reach halfway up the vegetables. Bring to the boil, then reduce the heat, cover and simmer until the vegetables are tender.

Bringing It All Together

Strain any excess water from the vegetables (the broth can be sipped as a side). Combine the vegetables and rice in one pot and mix well. Stir through a handful of fresh herbs like parsley or basil. Serve with a drizzle of tahini dressing (see chapter 'Sweets & Staples').



Zucchini Soup

WITH BROCCOLI & SPLIT MOONG

2 SERVINGS

30 MINUTES

INGREDIENTS

- 1 ½ cups chopped zucchini
- 2/3 cups broccoli
- 3 tbsp split moong (rinsed)
- ½ tsp mineral or rock salt
- Pinch ground black pepper
- Small pinch of asafoetida
- 2-3 curry leaves
- ¼ tsp fennel seeds
- ½ tsp grated ginger
- 1-1.5 tbsp ghee
- Approximately 4 cup water

DIRECTIONS

1. Warm the ghee in a pot and then add the salt, pepper and spices. Stir until the aroma is present.
2. Rinse the split moong well until the water runs clear - for optimal digestion you can soak for 2 hours prior. Stir in the split moong for about 1 minute, allowing it to be well coated in the ghee and spices.
3. Add approximately 3 cups of water, bring to the boil, then turn the heat to low. Allow the split moong to simmer on low for around 10 minutes.
4. Carefully add the vegetables to avoid splashing boiling water - plus more water if needed so that it covers about half of the vegetables.
5. Simmer for another 10 minutes, or until the vegetables are tender.
6. Once the mix has cooled to an appropriate temperature for your blender, blend until there are no lumps left.
7. Serve with a side of rice to balance the meal, and an extra drizzle of ghee or olive oil, and fresh herbs if desired.

TIPS & NOTES

This soup makes a lovely, light dinner thanks to its gentle, nourishing qualities. For a heartier version at lunchtime - when agni (digestive fire) is naturally stronger - you could replace the zucchini with sweet potato and the broccoli with cauliflower, and enjoy it with a side of chapati.



Kitchari

PURIFYING & HARMONISING

2 SERVINGS

30 MINUTES

INGREDIENTS

- ½ cup white basmati rice
- ¼ cup split mung beans (if split is not available, or to add variety, use whole mung beans soaked for 6 hours and cooked well)
- 1½ tbsp ghee
- ¼ tsp mineral or rock salt
- ¼ tsp cumin seeds
- ¼ tsp coriander seeds
- ¼ tsp fennel seeds
- ⅛ tsp turmeric
- ½ tsp fresh grated ginger
- 4-6 cups water (depending on desired consistency)
- ¼ lime

TIPS & NOTES

Kitchari is a traditional Ayurvedic dish known for gently supporting balance in body, mind and spirit. Because of its naturally purifying qualities, it's often used periodically rather than as a daily staple. If it feels supportive for you, enjoying kitchari 2-3 evenings a week can be a beautiful way to strengthen digestion. For added nourishment, serve with a side of simply cooked vegetables (see the chapter 'Sides & Staples').

DIRECTIONS

1. Rinse the split moong until the water runs clear, then soak in fresh water for 2 hours (to enhance digestibility).
2. Warm the ghee in the pot, then add the salt, cumin seeds, coriander seeds, fennel seeds and ginger - simmer until the aroma is present.
3. Stir in the turmeric
4. Rinse the rice and soaked split moong until the water runs clear.
5. Add the rice and split mung to the pot. Stir well to coat the rice and split mung in ghee, then simmer gently for another minute.
6. Add water and simmer for 20-30 minutes with a lid on, using low to medium heat (depending on your stove, cooking time may vary). When the rice and mung beans are nice and soft, it's ready.
7. Allow the kichari to cool for 5 minutes, then garnish with a few drops of lime (to bring in the sour taste) and a teaspoon of fresh seasonal garden herbs such as parsley, basil or coriander.
8. Consume with reverence for the balancing properties and ancient Ayurvedic lineage from which this dish was born.



Barley Soup

WITH GROUNDING SPICES

2 SERVINGS

30 MINUTES

INGREDIENTS

- ½ cups pearly barley (soaked for 8 hours in clean water)
- 1 cup carrot, cubed
- 2/3 cup celery, diced
- 1 tbsp ghee (or oil of choice)
- ¼ tsp oregano, dried
- Seeds from 2 cardamom pods, crushed
- 1 pinch of nutmeg
- ¼ tsp fennel seeds
- ¼ tsp mineral or rock salt
- Small handful of brazil nuts, crushed
- Approx. 2 cups water

DIRECTIONS

1. Clean and chop the vegetables into relatively even-sized pieces.
2. Add the ghee, salt, cardamom and fennel seeds to a pot and simmer gently until the aroma is present.
3. Add the nutmeg and oregano - stir well.
4. Make sure the barley has been rinsed and drained well. Add the barley to the pot and stir well to coat the kernels in the ghee for approx. 1 minute.
5. Stir in the water and cover with a lid. Simmer for approx. 15 minutes before adding the chopped carrots, celery and crushed brazil nuts.
6. Continue to gently cook until both the carrots and barley are soft - add more water along the way depending on how 'soupy' you would like it.
7. Once cooked, allow to cool for at least 5 minutes before topping with fresh herbs, a little extra ghee and 1 tsp freshly ground flaxseeds, if desired.

TIPS & NOTES

This soup can also make a lovely breakfast, to hydrate and replenish the body after the night's fast. Barley is a cooling grain that is said to be nourishing for the skin. It is quite a chewy grain, so it needs to be cooked and chewed well. Pearled barley is said to be easier to digest and is faster to cook because it doesn't contain the hull.



Split Moong Dahl

SIMPLE & WHOLESOME

2 SERVINGS

30 MINUTES

INGREDIENTS

Rice Ingredients

- ½ cup white basmati rice
- 1 tsp ghee
- ⅛ tsp mineral or rock salt
- 1 medium-sized bay leaf
- 1-1.5 cups water

Dahl Ingredients

- ¼ cup split moong (soaked for 2 hours in clean water)
- ¼ tsp coriander powder
- ¼ tsp cumin powder
- ½ tsp fennel seeds
- ¼ tsp ground turmeric
- Pinch of black pepper
- 1 tbsp ghee
- ¼ tsp mineral or rock salt
- 2-3 cups water

DIRECTIONS

To Cook the Rice

1. Add the ghee, salt and bay leaf to a pot and simmer until fragrant.
2. Stir in the rice for about 1 minute to coat it well.
3. Add water, cover and simmer for around 20 minutes - until the rice is soft and the water absorbed (or use a rice cooker.)

To Cook the Dahl

1. Rinse split moong until the water runs clear, then soak for 2 hours in clean water to enhance digestibility. Rinse again prior to cooking..
2. Melt ghee in a pot over medium heat. Add fennel seeds, coriander, cumin, turmeric, black pepper and salt; simmer for about 1 minute until the aroma is present.
3. Add the split moong and stir to coat with ghee and spices; simmer for another minute.
4. Add water, bring to a boil, reduce heat, cover and simmer for 25-30 minutes, until the split moong is soft and mushy - adding more water as needed.

TIPS & NOTES

A true staple in my home - I never tire of dahl and rice! Serve with a side of vegetables for a nourishing, balanced meal. This dish is equally satisfying for lunch, paired beautifully with vegetables and chapati.



Carrot Soup

WITH CREAMY CAULIFLOWER

2 SERVINGS

40 MINUTES

INGREDIENTS

- 1½ cups chopped carrots
- 2/3 cup chopped cauliflower
- 2 tbsp split moong (soaked for 2 hours in clean water)
- 1 tbsp ghee
- ¼ tsp mineral or rock salt
- ⅛ tsp ground cinnamon
- ¼ tsp cumin seeds
- ¼ tsp coriander seeds
- ½ tsp fresh ginger, grated
- ½ tsp kombu flakes
- 1 tsp black sesame seeds
- Fresh herbs for garnish
- Approximately 4 cup water

TIPS & NOTES

Serve with a side of light basmati rice (for dinner) or heartier options such as brown rice and chapati for lunch.

DIRECTIONS

1. Rinse the split moong until the water runs clear, then soak in fresh water for 2 hours (to enhance digestibility). Rinse again after soaking.
2. Clean and chop the vegetables, keeping the pieces a similar size.
3. Warm ghee in a pot and add salt, cumin seeds and coriander seeds. Stir until the aroma is present.
4. Stir through the cinnamon, kombu flakes and split moong.
5. Add water to the pot and simmer with a lid on for about 10 minutes.
6. Carefully add the vegetables to avoid splashing boiling water, and continue to simmer for another 10 minutes, or until the vegetables are tender but not overcooked.
7. Allow to cool to an appropriate temperature for your blender, and then blend until smooth.
8. Garnish with fresh herbs and a sprinkle of black sesame seeds, if desired.



Ayurvedic Sushi Bowl

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2 SERVINGS

40 MINUTES

INGREDIENTS

Rice Ingredients

- ½ cup white basmati or jasmine rice
- 1 tsp ghee
- ⅛ tsp salt
- 1 tsp sesame seeds
- ⅛ tsp cardamom, powder
- 1 bay leaf
- 1.5 cups water

Mung Bean Ingredients

- ¼ cup mung beans (soaked for 6 hours)
- 1 tbsp ghee
- ¼ tsp salt
- ¼ tsp freshly grated ginger
- ¼ tsp fennel seeds (slightly ground)
- ¼ tsp cumin seeds
- Approx. 1 cup water

Vegetable Ingredients

- 1 cup chopped zucchini
- 2/3 cup sliced cabbage
- 1 tbsp sesame oil (untoasted)
- ⅛ tsp salt
- Pinch of asafoetida
- ⅛ tsp turmeric
- ¼ tsp coriander seeds

Other Ingredients

- Nori wraps
- Avocado

DIRECTIONS

To Cook the Rice

1. Melt the ghee in a pot over medium heat, then add the salt, cardamom and bay leaf. Simmer gently until the aroma is present.
2. Add the sesame seeds and rice - stir well for approx. 1 minute.
3. Stir in the water, bring to the boil before reducing the heat, covering with a lid and simmering for approx. 20 minutes, or until the water is absorbed and the rice is soft. The rice can also be cooked using a rice cooker.

To cook the mung beans

1. Melt the ghee in a pot over medium heat, then add the ginger, salt and spices. Simmer for a minute, or until the aroma is present.
2. Rinse the mung beans, then add them to the pot. Stir the mung beans into the ghee well and allow them to simmer for another minute before stirring in the water.
3. Bring to the boil before reducing the heat, covering with a lid, and simmering for approximately 30 minutes or until the mung beans are soft and mushy. Add more water along the way if needed.



Ayurvedic Sushi Bowl

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2 SERVINGS

40 MINUTES

DIRECTIONS CONT.

To cook the vegetables

1. Melt the ghee in a pot over medium heat, then add the salt and spices.
2. Simmer for a minute, until the aroma is present.
3. Add the chopped zucchini and cabbage, and stir well to coat the vegetables in the ghee and spices.
4. Add enough water so that it reaches about three-quarters of the way up the sides of the vegetables, without fully covering them.
5. If there is leftover water from the vegetables, consume a small amount as a side to your meal or pour it on top of the food before serving - this leftover water contains many nutrients from the vegetables and is too good to throw away.

Bringing it all together

Serve a portion of rice, mung beans and vegetables in a bowl with a side of avocado. Wrap the ingredients in the nori papers as a quick and easy 'sushi' alternative that tastes delicious!

TIPS & NOTES

Play around with using different grains, legumes and seasonal vegetables to recreate this dish. Variety helps prevent boredom and brings in a range of nutrients. Vegetables can be cooked in the same pot - just be mindful not to overcook any one. For example, if using sweet potato and silverbeet, add the silverbeet later as it cooks more quickly. Use heavier grains, legumes and vegetables at lunchtime when agni is strongest, and choose lighter options for dinner.



SIDES & STAPLES

Wholesome Complements for Balanced Beauty



AAOKA

AYURVEDIC SKIN WISDOM

Ojas Cookies

WITH OATS & SPICES

10 COOKIES

30 MINUTES

INGREDIENTS

- ½ cup spelt flour
- ½ cup rolled oats (half kept whole, half ground into flour)
- 1/3 cup almond meal
- 2 tbsp coconut sugar
- ½ tsp cinnamon, ground
- ¼ tsp cardamom, ground
- ¼ tsp salt
- 4 Medjool dates, pitted
- 2 tbsp ghee (or coconut oil), softened
- 2 tbsp chia seeds soaked in ¼ cup water

TIPS & NOTES

Ojas is said to be a yellowish liquid that resides within our hearts and circulates throughout our entire body to provide immunity, radiance and feelings of contentment and enthusiasm. Ojas is our natural beauty. Eating wholesome and real foods, in a balanced way that supports digestion, is said to build ojas. Dates, almonds and ghee are known for their abilities to build ojas faster than most other foods. To best support digestion, soak and peel your almonds first. Consume these cookies fresh.

DIRECTIONS

1. Preheat oven to 180°C. Line a tray with unbleached (chemical-free) baking paper.
2. Combine chia seeds with ¼ cup water in a small bowl. Set aside for 15 minutes to form a gel..
3. Using a blender or food processor, grind half the rolled oats (¼ cup) into a coarse flour.
4. Melt the ghee with the pitted dates, then use a fork to mash into a paste.
5. In a large bowl, mix together the spelt flour, ground oats, whole oats, almond meal, coconut sugar, spices and salt.
6. Add the date-ghee paste and chia gel and mix until a sticky dough is formed.
7. Allow the dough rest for 10 minutes.
8. Roll dough into balls (Approx. 2 tablespoons each) and flatten onto the tray in your desired shape.
9. Bake for 15-18 minutes until they are golden.
10. Allow to cool for 10 minutes before transferring.



Mung Bean Hummus

WITH BASIL & SPICES

2 SERVINGS

35-40 MINUTES

INGREDIENTS

- ¼ cup mung beans (soaked for 6 hours, then cooked until soft)
- 2 tsp tahini
- 1-2 tsp ghee or oil of choice (sesame or olive oil work well)
- Small pinch of asafoetida
- ¼ tsp freshly grated ginger
- ⅛ tsp coriander seeds
- ⅛ tsp cumin seeds
- ⅛ tsp mineral or rock salt
- Small handful of fresh basil
- Approx. 1 cup water

DIRECTIONS

1. Add the ghee, salt, ginger, asafoetida, coriander and cumin seeds to a pot and simmer gently until the aroma is present.
2. Rinse the soaked mung beans well and add them to the pot. Continue to stir for a minute to coat the mung beans in the ghee and spices.
3. Add the water, bring to the boil, then turn the heat down, cover and allow to simmer gently until the mung beans are soft and mushy. The time will vary depending on the cooktop, but approximately 30 minutes is a general guideline. Add more water along the way if needed.
4. You want the mung bean mix to be moist, but without too much water remaining. Too much water will make the hummus too runny; however, adding more water can make a nice sauce alternative for fresh pasta!
5. Allow the mung bean mix to cool for 5-10 minutes before adding to a blender along with the tahini and fresh basil. Blend to a smooth and creamy consistency - you may need to add a little extra water or olive oil if desired.

TIPS & NOTES

This hummus makes a delicious, nourishing spread to various meals. Serve fresh as a tasty topping for baked sweet potatoes, steamed vegetables, chapatis, pancakes or muffins! It's also a wonderful addition to a beauty bowl, particularly as part of the extractive ratio.



Date Chutney

FOR A WARM & BALANCING NOTE

2 SERVINGS

15 MINUTES

INGREDIENTS

- 4 Medjool dates, pitted
- 2 tsp ghee
- ¼ tsp fresh ginger, finely grated
- Pinch of cardamom, ground
- Pinch of fennel, ground
- Tiny pinch of mineral or rock salt
- ⅛ cup water

TIPS & NOTES

Ghee and dates are traditionally considered deeply nourishing foods in Ayurveda, known to help support ojas - the body's vital essence linked to vitality and resilience. Dates are unique in that they can often be enjoyed alongside other foods without disturbing digestion, making them a versatile and grounding ingredient. This chutney adds a lovely touch of sweetness to a savoury meal, with warm, balancing notes.

DIRECTIONS

1. Warm the ghee in a small pan over low to medium heat, allowing it to melt gently without letting it smoke.
2. Add the grated ginger, a tiny pinch of salt and the ground spices. Stir gently until the aroma is present.
3. Add the pitted dates and stir well to coat them in the spiced ghee. Let them warm through for a minute, allowing the flavours to blend.
4. Pour in the water and bring the mixture to a gentle simmer. Let it cook for about 5 minutes, stirring occasionally, until the dates soften and the liquid reduces slightly.
5. Remove from heat and transfer to a clean bowl. Use a fork to mash the dates into a chutney - smooth or slightly chunky, depending on your preference. The final texture should be thick and spreadable.



Tahni Dressing

FOR A TASTY, NUTTY NOTE

2 SERVINGS

5 MINUTES

INGREDIENTS

- 2 tsp tahini
- ½ tsp ghee
- ⅛ tsp mineral or rock salt
- Pinch of coriander, ground
- Pinch of cardamom, ground
- Pinch of cumin, ground
- ¼ tsp fresh lime juice
- 4-6 tbsp water (adjust for desired thickness)

TIPS & NOTES

This simple yet flavorful tahini dressing is perfect for drizzling over rice, steamed or roasted vegetables, pancakes, warm salads or sweet potato wedges. The aromatic spices combined with the nutty tahini and tangy lime juice add a flavoursome boost that works with an array of dishes. Play around with ground spices to suit your tastebuds and season.

DIRECTIONS

1. Gently heat the ghee in a small pan.
2. Add the salt and spices. Stir over low heat for 10-15 seconds, just until the aroma is present.
3. Remove from heat and let cool slightly.
4. In a bowl, whisk together the tahini and lime juice.
5. Add the spiced ghee mixture and combine well.
6. Gradually whisk in the water until the dressing reaches your desired consistency.
7. Drizzle over your beauty bowl or meal of choice for a quick and simple flavour burst.



Sweet Potato Wedges

A SATTVIC SIDE DISH

2 SERVINGS

45 MINUTES

INGREDIENTS

- 1 cup sweet potato, cut into wedges
- 1 tbsp ghee or coconut oil
- 1/8 tsp coriander, ground
- 1/8 tsp cinnamon, ground
- 1/8 tsp caraway seeds
- 1/8 tsp mineral salt
- A small handful of fresh herbs such as basil or parsley

TIPS & NOTES

Sweet potatoes are considered sattvic in Ayurveda, thought to support feelings of peace and balance. When enjoyed in moderation, they offer grounding nourishment and can help balance vata dosha. Spices are traditionally used to bring in the six tastes and support digestion. These wedges make a lovely grounding addition to a balanced meal. For variety, you can also try a medley of roasted root vegetables such as beets, parsnips, carrots or pumpkin.

DIRECTIONS

1. Preheat the oven to 180°C.
2. Wash and chop the sweet potato into wedges, keeping the size of each wedge as consistent as possible. If the sweet potato is not organic it's best to peel first.
3. Melt the ghee in a pan and add the salt, coriander, cinnamon and caraway seeds. Simmer gently until the aroma is present.
4. Place the chopped wedges in a baking dish and pour the ghee and spices over them. Mix well to coat the wedges evenly.
5. Add a small amount of water - just enough to cover the bottom of the dish.
6. Bake for about 30 minutes, or until the wedges are golden brown and tender. You may need to stir them halfway through.
7. Wash the fresh herb leaves thoroughly and dice finely to sprinkle on top.



Spiced Seed Mix

FOR A SATISFYING CRUNCH

4 SERVINGS

20 MINUTES

INGREDIENTS

- 1/8 tsp mineral or rock salt
- 1 tbsp coconut oil
- 1/8 tsp fennel, ground
- 1/8 tsp cumin, ground
- 1/4 cup pumpkin seeds
- 1/4 cup sunflower seeds

DIRECTIONS

1. Preheat the oven to 180°C.
2. Gently melt the coconut oil in a pot and add the salt and spices. Simmer gently until the aroma is present.
3. Place the seeds in a baking tray and pour the oil mix over- mixing well to ensure all of the seeds are coated well in the oil and spices.
4. Bake for approx. 15 minutes or until the seeds are golden and crunchy - but not charred.

TIPS & NOTES

These seeds make a crunchy and satisfying topping for a variety of meals such as jacket potatoes, pancakes, soups or vegetable stir-fries. You can switch out the seeds for different varieties, or even use nuts, to add variety and boost nutrients.



Coconut Rice

WITH BEAUTIFYING SPICES

2 SERVINGS

20 MINUTES

INGREDIENTS

- ½ cup of basmati or jasmine rice
- 2 tsp desiccated coconut (soaked for 2 hours)
- 2-3 curry leaves
- 2 strands of saffron
- ⅛ tsp cardamom, ground
- ¼ tsp salt
- 2 tsp ghee or coconut oil
- Approx. 1.5 cups of water

DIRECTIONS

1. Rinse the rice well until the water runs clear.
2. Warm the ghee in a pot over low-medium heat. Add the curry leaves and stir until the aroma is present.
3. Add the salt and spices, and stir for a moment to ignite the aromas.
4. Add the rice and drained coconut. Stir for a minute, allowing the rice to be coated in the ghee and spices.
5. Add the water and bring to the boil.
6. Turn the heat down to low, place a lid on the pot and simmer until the water is absorbed and the rice is tender.
7. Turn off the heat and allow the rice to sit for 5 minutes with the lid on before serving.

TIPS & NOTES

Saffron is a revered herb in Ayurveda, known for supporting radiant skin by enhancing the assimilation of nutrients that nourish the body's tissues. It's also said to uplift the emotions, promoting love and compassion. Coconut adds a cooling quality, ideal for warmer months - it can be omitted if you're cooking in a cooler climate. This soothing, nourishing recipe pairs beautifully with dahl and vegetables or as part of a balanced, grounding meal.



Beauty Broth

HYDRATE FROM WITHIN

2-4 SERVINGS 60-90 MINUTES

INGREDIENTS

- 1 tbsp ghee
- ½ tsp mineral or rock salt
- 1 small piece of kombu (approx. ½ inch², cut into small pieces)
- ½ tsp fresh ginger
- ¼ tsp fennel seeds
- ⅛ tsp cinnamon, ground
- ½ tsp rose petals
- 1 large carrot, diced
- 1 stick celery, diced
- Handful of parsley, chopped
- 3-4 cups water

DIRECTIONS

1. Add the ghee to a pot, then add the salt, fresh ginger, fennel seeds, cinnamon and kombu. Stir gently until the aroma is present.
2. Add the carrots and celery, stirring to coat them evenly in the ghee and spices.
3. Stir in the parsley, then pour in the water.
4. Bring to a boil, then reduce the heat and simmer gently with the lid off for up to 1 hour.
5. About 5 minutes before the broth is done, add the rose petals.
6. Strain out the vegetables and enjoy the broth warm.

TIPS & NOTES

I enjoy making different versions of broths regularly to add variety, flavour, hydration and extra minerals to my meals. Some of the ways I use broth include:

- As a small side to a main meal
- As a base stock for cooking lentils, kitchari, risottos, pasta dishes and more
- As a warming, digestible 'pick-me-up' between meals

I aim to make broths fresh for maximum nourishment and store any leftovers in an airtight glass jar in the fridge to use at the next meal - or within 24 hours.



Golden Ghee

AN ELIXIR OF RADIANCE

1 SMALL JAR

15-20 MINUTES

INGREDIENTS

- 1 stick of unsalted, organic butter

TIPS & NOTES

Eventually, you can repeat this process using 2 sticks of butter, which will take slightly longer. I find it helpful to start out with 1 stick of butter to get the hang of it - this also means less butter is wasted if the ghee burns while learning the technique. One important lesson I've learned from making ghee is the value of presence. Whenever I try to multitask, I always end up burning the ghee - and I mean always!!! I encourage you to use the time spent making ghee to be filled with presence and reverence for this golden gift. For extra benefits, try making your ghee on the full moon. In Ayurveda, the moon is associated with the element of water and moisture, which supports nourishment and growth. Thus, preparing ghee on a full moon is said to enhance its nourishing and beneficial effects.

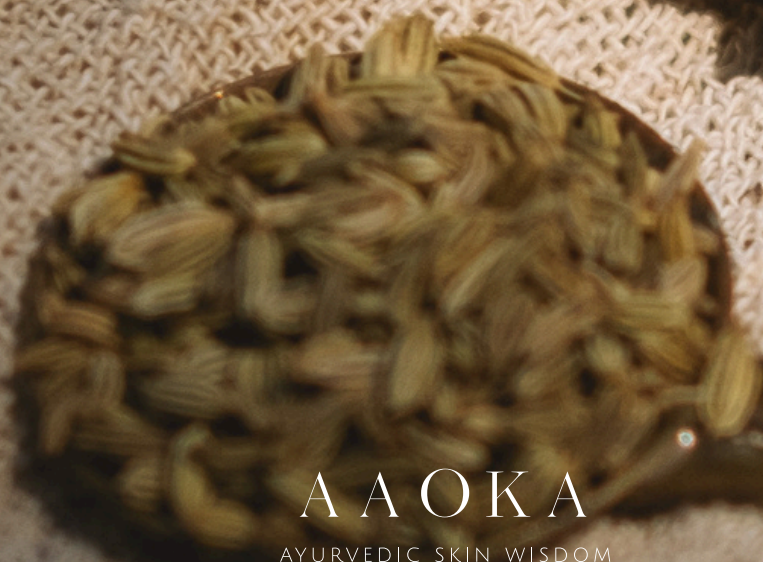
DIRECTIONS

1. Place 1 stick unsalted organic butter in a clean pot over medium heat. Once it bubbles and pops, reduce to low. Let it simmer - bubbling is normal as long as it stays in the pot. Lower the heat if it starts to splatter.
2. Watch the bubbles turn into foam - this signals the ghee is almost ready. Pay close attention at this stage to avoid burning.
3. When the bubbling and popping stops, turn off the heat. You should see sediment at the bottom, and the ghee should smell sweet and nutty (not burnt) with a golden hue. This typically takes 10-15 minutes, though times vary by stovetop and butter.
4. Remove from heat and cool for 15 minutes, then strain through a fine-mesh sieve into a clean, dry jar - leaving the milk solids behind. Let it cool completely before sealing.
5. Store at room temperature in an airtight container, where it can last for months. Refrigeration extends shelf life further - though some prefer room temp storage from an Ayurvedic perspective.



BEVERAGES

Sattvic elixirs for inner & outer radiance



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Rooibos Chai

WARMING AND SOOTHING

2 SERVINGS

15 MINUTES

INGREDIENTS

- 2 cups water
- ¼ tsp fresh ginger, grated
- Seeds from 2 fresh cardamom pods, crushed
- ⅛ tsp fennel seeds
- ⅛ tsp star anise, ground
- 2 peppercorns, crushed
- 2 tsp loose rooibos tea
- ½ cup organic, non-homogenised cow's milk (or milk of choice - almond or fresh rice is lovely)
- Maple syrup or coconut sugar to sweeten, to taste

DIRECTIONS

1. Add the water and spices to a pan and bring to boil (don't add rooibos yet).
2. Allow to simmer gently for 3-5 minutes.
3. Add the rooibos tea and allow to simmer for another 30-60 seconds.
4. Add ½-¾ cup of milk. depending on how 'milky' you like your tea.
5. Bring to boil, then turn the heat off and allow the tea to sit for another 2-3 minutes.
6. Strain into your favourite mug and sweeten with a little coconut sugar or maple syrup.

TIPS & NOTES

In Ayurveda, it is highly recommended to avoid heating honey past 37 degrees Celsius - at which point it is said to turn toxic. Opting for other sweeteners such as coconut sugar or maple syrup is an easy way to avoid ingesting toxic honey, which is said to clog the bodily channels. If you are going to use honey in your tea, just be sure it has cooled to below 37 degrees Celsius.



Sweet Digestive Lassi

WITH ROSE & CARDAMOM

2 SERVINGS

5 MINUTES

INGREDIENTS

- 2 tbsp plain organic yoghurt (room temperature)
- 1/8 tsp cardamom, ground
- 1/8 tsp fennel, ground
- 1 tsp rose water
- 1/2 tsp coconut sugar (optional)
- 1 cup filtered water (warm temperature)

DIRECTIONS

1. Simply place all ingredients in a blender and blend for 10 seconds.
2. Ensure the water is warm, not hot. Combining heat with the sour taste may affect the beneficial properties of yoghurt, making it potentially disruptive to digestion.
3. Yoghurt is best used at room temperature to support smooth blending and avoid conflicting temperatures, which can also impact digestion, according to Ayurvedic wisdom.

TIPS & NOTES

1/2 cup of lassi can make a lovely side to a lunchtime meal. Yoghurt is very sour and therefore contains a lot of the fire element. If you feel yoghurt is too warming for your constitution, buttermilk can be a wonderful alternative, as it is sweeter and therefore cooler in nature. Buttermilk - known as Takra - has been referred to as Ayurveda's probiotic!



Hydrating Elixir

NATURE'S ELECTROLYTES

2 SERVINGS

5 MINUTES

INGREDIENTS

- 2-3 tsp honey
- ¼ tsp rock or mineral salt
- 10 drops lemon or lime juice
- 2 cups spring or filtered water

DIRECTIONS

1. Warm the water to just above body temperature (not hot when adding honey)
2. Add all of the ingredients and stir well
3. Sip consciously to hydrate your body and skin from within

TIPS & NOTES

The combination of honey, salt and lemon or lime is said to act as a natural electrolyte, supporting hydration for both body and skin. If honey feels too heating for you (especially when pitta dosha is high), try maple syrup instead, which is considered more cooling. Lemons are typically more heating, while limes tend to have a gentler effect on the body. I find this simple drink especially helpful when travelling by air - planes can be incredibly drying! I like to prepare a small batch and carry it in an insulated bottle to help keep my hydration levels balanced while on the go.



CCF Tea

CUMIN, CORRIANDER & FENNEL

2 SERVINGS

5 MINUTES

INGREDIENTS

- 1/8 tsp cumin seeds
- 1/8 tsp coriander seeds
- 1/8 tsp fennel seeds
- 2 cups water

DIRECTIONS

1. Add 1/8 tsp each of whole cumin, coriander and fennel seeds to 2 cups water
2. Soak overnight at room temperature, covered
3. In the morning, strain and gently bring the liquid to a boil, then turn the heat off.
4. Allow to cool to warm temperature and sip between meals, using your own discernment.

TIPS & NOTES

CCF is a tea blend inspired by the traditional Ayurvedic digestive herbs - cumin, coriander and fennel. Revered for its digestive-supportive and cleansing properties, it can make a lovely tea to sip between meals to strengthen agni and minimise the accumulation of ama (metabolic toxins) in the body and mind. I am often surprised at just how good and balanced I feel after a cup of this simple tea! **Note: CCF tea has been traditionally used in Ayurveda to support digestion. Please use your own discernment. If you are trying to conceive, pregnant, breastfeeding, taking medications or managing a health condition, consult your healthcare provider before consuming CCF tea or any herbal preparations.**



Spiced Milk

A SOOTHING NIGHT CAP

2 SERVINGS

5 MINUTES

INGREDIENTS

- 1 cup non-homogenised, full cream cow's milk
- 1 tsp ghee
- 1/8 tsp cardamom powder
- 1/8 tsp fennel powder
- 1/8 tsp nutmeg
- 1 tsp coconut sugar, maple syrup or honey (optional)

DIRECTIONS

1. Add the ghee and spices to a pot, stirring gently until the aroma is present.
2. Pour in the milk and slowly bring to a gentle boil over medium heat.
3. As soon as the milk boils, turn off the heat immediately to avoid altering texture and flavor.
4. Let the spiced milk cool to a comfortable sipping temperature.
5. Once warm (below 37°C), add your preferred sweetener such as coconut sugar, maple syrup or honey.
6. Sip slowly and mindfully, allowing the infusion to nourish your body and calm your mind.

TIPS & NOTES

Spiced milk is traditionally sipped before bed to curb night-time snacking and support the building of ojas overnight. If you don't tolerate cow's milk, fresh rice milk can make a nice evening substitute, as it is said to be gentler on digestion compared to nut milks. If milk feels too heavy, it can also be cut in half with water, which still tastes surprisingly creamy and satisfying. Switch up the spices for variety and always listen to your body, adjusting ingredients to suit your unique needs



CONCLUSION

Thank you for taking the time to read this book and invest in your innate radiance. The world is calling for meaningful change, and I believe that transformation begins in our kitchens - and in the way we approach skincare and beauty.

We've been sold the idea that ageing well means shelves full of synthetic creams and invasive treatments - many of which can compromise not only our wellbeing but also the health of the planet.

As conscious women, many of us long to age naturally and gracefully. This journey begins with cultivating a simple, sustainable relationship with ourselves and Mother Earth - not through more products, but by returning to nature: through the foods we choose, the rituals we honour and the way we speak to ourselves.

May our natural desire for beauty act as a catalyst for self-discovery and growth - gently inspiring us to reconnect with our true selves and the natural world around us. May this desire motivate us to reach for vitality, inner peace and compassionate living - awakening the radiance that already exists within.

In this way, beauty becomes much greater than aesthetics - because when a woman feels nourished physically, emotionally, and spiritually, she is more able to show up in the world connected to her essence: peaceful, powerful, and whole. And let's face it: the world needs more peaceful, empowered women.

May this book be an ongoing inspiration for the peace and power that already lie within you. Let it be your template for gentle experimentation - so that cooking becomes an intuitive, joyful process, guided by ease and presence in your own kitchen.

Thank you, with all my heart, for being here.
Sophie x



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