

Mood Foods

by Aradhana Kaur



*Velvet Comfort
Smoothie*



*Grounding Brazil
Nut Spread*



*Moringa Zinger
Smoothie*



*Procrastination
Mash*

Nourish your Moods with Raw Foods & Superfoods

Do you reach for chocolate or biscuits to soothe your emotions, and wish you didn't? Raw food chef and teacher Aradhana Kaur shares quick and tasty raw food alternatives to get you feeling back on top.

Instead of reaching for the cookie jar, switch to new recipes that will uplift and nourish your moods.

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Velvet Comfort Smoothie

Feeling a bit down? In need of a hug?

Try this comforting smoothie to nourish yourself from the inside

Ingredients

- 1 ¼ cup almond milk or coconut milk
- 1 avocado
- 1 cup fresh or frozen strawberries
- 1 Tbsp coconut oil (melted or solid)
- 1 Tbsp lecithin
- 1 Tbsp maple syrup (or agave)
- ¼ tsp suma*
- ¼ tsp mucuna**
- ½ tsp shatavari*** or ashwaganda****

Method

Put everything *except* the frozen strawberries in the blender and blend. Add the strawberries and blend again until velvety smooth.



* *Suma is a superfood from Brazil. It's an adaptagen which means it brings the body back into balance. It's a feel-good herb.*

** *Mucuna is an Ayurvedic herb that contains L-dopa, a precursor to dopamine, the brain chemical involved in mood, sexual desire and body movement. Another feel-good herb.*

*** *Shatavari is an Ayurvedic herb that has rejuvenating effects on the female reproductive organs and hormone balance. It also enhances feelings of spiritual love. Ideal for women.*

**** *Ashwaganda is an Ayurvedic herb that gives a noble strength, also used for sexual vitality. Especially good for men.*

NB you'll still get a comforting feeling from this smoothie even if you don't add the superfoods.

Serve yourself

Pour into your favourite glass.

Sit in your favourite chair, cuddle up, sip and relax. Drink in the love. Feel your body smile

Extra Tip when you need some inner comfort

Place a pencil or your index finger between your teeth, parallel to your lips, and very gently bite down. Hold in place for 1 -2 minutes. This 'forces' a smile, and the curling up of the corners of your mouth tells the body you're happy. Try it out for yourself and see how you feel.

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Grounding Brazil Nut Spread

Tired? or feeling spacey?

Try this recipe when you need to come back into your body

Ingredients

1 cup brazil nuts, ideally soaked 6-8 hours*
1 - 2 Tbsp brown rice miso
1 medjoul or dried date, finely chopped
¼ cup coconut oil/butter
½ cup water
¼ tsp paprika
Sprinkle of cayenne pepper
2 tsp cordyceps**

Method

Rinse and drain the nuts

In a blender, whizz all the ingredients together to a smooth paste, adding more water if necessary

**If you haven't pre-soaked the brazil nuts, soak them in warm water for as long as you can while you assemble the other ingredients. Grinding them in the blender will make them more digestible. However, the spread won't be quite as smooth as if you had soaked the nuts.*

*** Cordyceps is a medicinal mushroom that gives an energy boost and supports the adrenal glands. The adrenals manufacture cortisol and deal with our response to stress. If these glands are well nourished we are better able to deal with life's challenges. You can substitute for another medicinal mushroom e.g reishi. This ingredient can be omitted and you will still get the grounding benefits from the recipe.*

Serve yourself

Serve the spread on crackers, with crudités or simply eat from a spoon.

Sit down to eat, with your feet on the floor. Feel yourself becoming more present in your belly, root chakra, legs and feet.

Storage

Store in the fridge in a jar or airtight box. This spread will keep for 5 days.

Extra Tip for feeling grounded in your body

Stamp your feet a few times to connect with the earth and welcome yourself back in your body.



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Moringa Zinger Smoothie

Need a boost of energy?

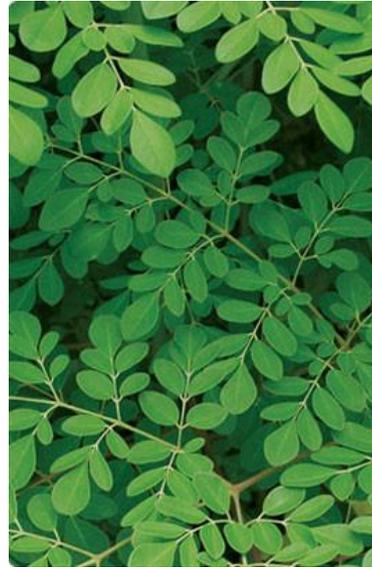
Try this smoothie when you need some get up & go!

Ingredients

½ cup frozen mango
1 banana (frozen or not), broken into 3 or 4 pieces
1 cup coconut water
1 Tbsp hulled hemp
1 Tbsp baobab fruit powder *
1 Tbsp lecithin
1 Tbsp inca berries
1 - 2 Tbsp yacon syrup or coconut nectar
½ - 1 tsp moringa leaf powder **
1 tsp bee pollen *** (optional)

Method

Blend all the ingredients together in high speed blender until smooth.



** Baobab Fruit Powder is an antioxidant, rich in vitamin C and magnesium*

*** Moringa is a natural energy booster, made from the powdered leaf of the Moringa tree native to Africa and Asia. It is a new arrival on the scene here but has been used in African and Ayurvedic medicine since 150BC. Moringa is nutritionally rich and contains all 8 essential fatty acids, it alkalises the body and has anti-aging benefits.*

**** Bee Pollen is a complete food. It alkalises the body and increases strength and endurance. It contains nearly all the B vitamins and is very high in minerals. [Not for strict vegans]*

NB the zingy flavours of the smoothie will give you a lift even if you don't include the superfoods.

Serve yourself

Serve in a glass.

Drink, smile, dance!

Variations

Use coconut milk or nut milk instead of coconut water

If you don't have mango, frozen or otherwise, use avocado

Extra Tip for raising your energy

Play your favourite high energy music and shake your body for at least a minute. Notice how your energy has shifted.

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Procrastination Mash

Avoiding tasks and need to get down to it?

This quick mash will give you energy and focus to stay on track

Ingredients

1 or 2 ripe bananas
1 tsp coconut oil (soft or melted)
1 tsp hulled hemp seeds
1 tsp maca *
1 tsp bee pollen ** (optional)
1 tsp raspberry powder (optional)
¼ tsp Klamath Lake blue-green algae ***
Goji berries
Inca berries ****



Method

Mash the bananas in a bowl with a fork

Add the coconut oil, hemp seeds, maca, bee pollen, raspberry powder and blue-green algae, and mix together

Sprinkle with the goji and inca berries. Add a sprinkle of bee pollen and hulled hemp to make it extra pretty

** Maca is an adaptagen which means it brings the body back into balance. Common benefits are increased energy, endurance, libido, fertility, and hormone balancing.*

*** Bee Pollen is a complete food. It alkalises the body and increases strength and endurance. It contains nearly all the B vitamins and is very high in minerals. [Not for strict vegans]*

**** Klamath Lake Blue-Green Algae has positive effects upon mental energy, attention, mood and anxiety. It contains PEA - the 'love molecule' - and is a natural mood enhancer.*

***** Inca berries contains vitamins A and C and a number of B vitamins. Also contains bioflavonoids - vitamin P - which have antioxidant, anti-carcinogenic, anti-inflammatory, and antihistamine benefits.*

Serve yourself

Set an intention to focus. Sit, eat, enjoy - Now get back to the task in hand!

Extra Tips when you need to stop procrastinating

Write down your 'to do' list and identify the most important item. Mark it 'number 1' and do it. Then identify the new number 1 task. Repeat.

Reconnect with your purpose. Why are you doing this task? How will it benefit you? How will you feel when you have completed it?

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About Aradhana

Raw Food Chef, Teacher and Raw Chocolate Alchemist



A lifelong foodie and longstanding vegetarian, I describe myself as an intuitive chef. I have been 'mostly raw' since 2009 and have been teaching and inspiring others on their raw food journey for the last 5 years.

I accepted the invitation into raw food as a spiritual doorway and haven't looked back. For me, it's part of a healthy lifestyle that nurtures intuition and connection, and paves the way to a happy and healthy long life.

I teach raw food workshops and 1-to-1 sessions, sharing my knowledge, enthusiasm and joy for food. I also offer Sacred Cuisine, high vibration vegetarian, vegan and raw catering for special events and private clients.

I am a firm believer in the importance of energy and intention during both food preparation and eating, and I prepare food 'with love and mantras'. My current project is Mood Foods, a nourishing solution to emotional eating.

I am qualified as a Kundalini Yoga teacher and have also trained in various healing modalities which inform my work.

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