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***Fall is the season of letting go, just like the leaves on the trees.***

Ayurveda works in 3 seasons:

Fall/winter = November - February

Spring = March - June

Summer = July - October

The Winter Anti-dote Diet from Dr. Douillard's book "Three Season Diet"

In winter the cold and wind dry out the land. Our bodies become dried out too, a sensation we can feel in our throats and sinuses. To counter the drying effects of winter we call on nature's high protein, high fat antidote in the form of warm, heavy, oily foods that will replenish our depleted reserves of moisture. This means heavier foods like bananas, avocados, beets, winter squash, nuts, and oils.

We also seek foods that taste sweet, sour, and salty. Why these tastes? In each case, nature is providing something the body needs to pacify the change of season. We've all seen how rock salt melts the ice? Salt heats up the body, so in the winter we increase our intake of salt and salty foods. Because it heats the body, salt acts as a carrier to bring minerals and nutrients deep into the body's tissues. Most spices work well in the winter as they too have a heating quality that combats the cold. Sweet foods such as yams and sweet potatoes also open up and nourish the tissues, which helps to counteract the dryness and lightness in winter. These foods also tend to calm and pacify the body, especially when the winter winds rattle your bones. Foods that are sour in taste tend to heat the body and stimulate digestion (ever wonder why you get the pickle with your sandwich?). In the East people traditionally eat pickled ginger and lemon prior to a meal to stimulate digestive fire. Sour foods such as oranges and grapefruits also contain plenty of water to counter winter's dryness—and Florida happens to produce its most luscious citrus fruits just when we need them most.

The fall fruits, apples and pears, are actually cooling fruits, and you want to eat these fruits at the end of the summer to help our body rid itself of the summer heat that may have accumulated. If we go into winter without first cooling off from the summer the combination of accumulated summer heat, and dryness of winter, can be devastating to our health. Our bodies will react to the dryness by making our immune systems work to produce extra mucus, which can leave us with too much mucus in our system (especially come spring)—in this extra mucus is where germs breed and leave us open to "catching a cold". Also these end-of-summer fruits are loaded with fiber helping us to clean out our intestinal tract.

However once we enter November it is important to cook apples and pears before eating them, eaten raw they will actually aggravate vata! Thus apple crisp, apple pies, apple dumplings, baked pears are great fall/winter foods.

So as we move into winter slowly begin to eat more proteins and fats, hearty soups, and nuts.



- ☯ Favor foods that are warm, heavy, and oily. Minimize foods that are cold, dry, and light.
- ☯ Favor foods that are sweet, sour, and salty. Minimize foods that are spicy, bitter, and astringent as these foods are light and cold and will increase these qualities in us.
- ☯ Eat slightly larger quantity of food, but not more than you can digest easily. More food provides more heat for the body when the weather is cold.

Some specific winter recommendations:

Grains – rice, brown rice, and wheat are best grains for winter months (they are warming and sweet)

Fruits – oranges, bananas, avocados, grapes, grapefruit, pineapples, mangos, papayas

Vegetables – beets, carrots, winter squash, acorn squash, tomatoes, okra, onions, artichoke hearts, and sweet potatoes. All vegetables should be cooked in the winter months, raw foods increase vata.

Spices – cardamom, cumin, ginger, cinnamon, fennel, salt, cloves, mustard seed, and small quantities of black pepper.

A word on Beans – beans need to be reduced in the winter—except for mung dal and lentils. Winter is a time of high winds, so we don't want to eat foods that create more wind. Beans also have a tendency to absorb large amounts of water and the last thing we need in the winter is a food that dehydrates us! If you do need to eat beans in the winter (especially those of us who are vegetarians) make sure to soak them extra long or cook them with extra water. This soaking will reduce their drying, wind-producing qualities. They can also be spiced with anti-gas agents such as hing, fennel, ginger, and cardamom.

Above information is excerpts from the book 'The 3 Season Diet' by John Douillard

Other tips for vata types:

If you are a vata type this time of year you need to pay extra attention to staying in balance. Vata types need routine! Set up a morning routine, a weekly practice routine, or any other routine you feel would be good for your life. Put a little more effort into following your routine. It is helpful to write it down or mark it on your calendar to give you reminders and make it easier to establish.

Also, make sure you keep yourself well grounded. One of the ways I keep myself grounded is to make sure my home is organized, comfortable, clean, and free of clutter. Take a day out of each week just to stay home pattering around your house feeling grounded. For me another grounding technique is to dig in the dirt, so planting bulbs for next spring and cleaning out your gardens and closing them up for the winter are other ways to ground yourself.

Vata types tend to have dry skin, keep your skin from drying out! After you shower massage organic sesame oil into your skin from your feet up to your face! If you feel the need you can wash it off, however I leave it soak into my skin.



Make sure you use your nasya oil (nose oil) or put a little sesame oil in your nostrils, also you can put a little drop in your ears, and after you brush your teeth take a swig of sesame oil and swish it around in your mouth for about 10 minutes. This is known as “oil pulling”. Pretty much oil in any orifice you are comfortable putting it in (and even some you are not so comfortable putting it in) is ayurvedic-ally recommended this time of year!

### **Preparing for Winter -- Eat more Butter and Coconut Oil :)**

Winter foods need a little more fat in them to nourish our tissues and keep moisture in our body during the months of cold dry outside air and warm dry inside air. The best sources of fat might be new news to you . . .

Butter, Ghee, and virgin coconut oil are medium chain fatty acids (MCFAs), compared to long chain fatty acids like corn, soy, safflower, canola, and margarine should be avoided! Longer chain fatty acids are hard to digest and to break down the fat into energy -- so our body prefers to just store them as fat instead. They also cause inflammation in our bodies. Medium chain fatty acids like butter, ghee, and coconut oil digest easy and INCREASE our METABOLISM.

Coconut oil and some saturated fats are not the villains we have accused them of. Latest research is showing it is the saturated long chain fatty acids that contain the health risks associated with "bad fat". Not all saturated fats are bad! Medium and short chain fatty acid saturated fats are proving to provide many health benefits

Coconut oil has another boost -- it contains Lauric Acid which is a rare and natural antimicrobial fatty acid. Studies are showing these benefits from consuming lauric acid:

- ☪ Protection from viruses
- ☪ LOWERS cholesterol
- ☪ kills viruses
- ☪ boost immunity
- ☪ increases absorption for vitamins A,D,E,K
- ☪ Provides easily available energy for the body
- ☪ prevents Alzheimer's
- ☪ supports natural weight loss

## ayurvedic tip

*From Ayurvedic expert John Joseph Immel, Founder of Joyful Belly*



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Autumn is a season of deficiency and change, provoking higher stress levels. As leaves fall, nourishing seasonal foods like pumpkin and nutmeg to soothe the nervous system help us weather the change. Cooked pumpkins are soft and comforting. Both sedatives, pumpkin and nutmeg together reduce stress. According to Ayurveda, keeping the nervous system stable through fall is our number one tool for maintaining strong immunity and staying healthy.

In fall when the temperature starts to drop, the body scrambles to protect itself from heat loss. Nourishing foods seem all the more enticing while helping refortify deficient tissue, thicken the skin, and insulate from the cold. Pumpkins, ghee, almonds and sugar all build ojas in time for the coming winter. Ojas is Ayurveda's word for a nourishment.

In addition to nourishing tissue, pumpkin chai is also a rasayana (meaning tonic). Pumpkins are orange because of beta-carotene, a precursor to Vitamin A. Beta-carotene, also in carrots, encourages healing through rejuvenation and regeneration of tissue. Orange foods with beta-carotene are generally liver tonics that clear any residue of high pitta from the summer. They also purify the blood and soothe the eyes. The cooling demulcent and laxative properties of pumpkin soothe the GI tract.

Spices make these heavy ingredients lighter for digestion and pumpkins a bit less gassy. While all spices stimulate circulation, cloves specifically move heat to the surface of the body, warming up cold extremities.

Here is a recipe for pumpkin latte:

Brew your favorite cup of coffee or tea -- set it aside for a moment.

Mix 1 TBSP pumpkin puree to a half cup of milk. I use whole raw local milk :)

Add about 1 tsp brown sugar and vanilla extract

Sprinkle in Cinnamon, Ginger, Nutmeg, and ground Cloves

Whisk the pumpkin, milk, and spices together while heating it.

Pour it into a tall mug, pour in your coffee or tea, cream or more sugar if desired, top with whipped cream and ground nutmeg :)

Below is a more complete list of Winter foods, and below that my most common winter recipes. Please enjoy and eat in love and light, mindfulness and thankfulness.

May you be well nourished . . .

### THE 3-SEASON DIET GROCERY LIST – WINTER *(November-February)*

*\*An asterisk means it is best to eat more of this food.*

ॐ Eat **more** foods that are **Sweet, Sour, Salty / Heavy, Oily, Moist, Hot:**  
such as soups, stews, steamed veggies, warm herbal teas.

ॐ Eat **less** foods that are Pungent (Spicy), Bitter, Astringent / Light, Cold, Dry:  
such as salads, smoothies, cold foods and beverages, chips and salsa





**WINTER BREAKFASTS**

Oatmeal

- ¾ cup whole oats
- ¾ cup milk coconut or homemade almond or local raw grass fed organic . . .
- ¾ water

Toasted almonds or pecans

Maple Syrup

Cinnamon

Banana or baked apple

Cook oats in water and milk until desired consistency. While oats are simmering toast almonds, by placing on an iron skillet and roasting over medium heat stirring often. When oatmeal is done stir in maple syrup and cinnamon top with banana/baked apple and almonds/pecans.

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Yogurt (Plain, organic, grass fed)

Papaya and/or mango and/or banana and/or orange or baked apple (baked with cinnamon)

Pecans, and/or walnuts, and/or almonds

Drizzle with pure maple syrup

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Apple Crisp

2 apples cored and sliced (I like to use 1 granny smith and 1 fuji)

1-2 tablespoons Coconut oil (or butter)

A drizzle of maple syrup

1 tsp cinnamon

Flax seeds (optional)

Walnuts (optional)

Mix cinnamon and syrup and flax seeds with cut apples. Add walnuts and toss again. Top with a pat of butter or coconut oil. Bake 30-40 minutes at 350°.

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**My own twist on Pumpkin Pie for breakfast**

2 Eggs beaten

1 cup sucanat/coconut sugar or sugar of your choice — if you use coconut milk you can use less sugar.

2 15 oz cans pumpkin (or 1 roasted butternut squash or roasted pumpkin pureed)

2 tsp cinnamon

1/2 tsp ginger

1/4 tsp nutmeg

1/2 tsp ground cloves

1-1/2 cups grass fed milk or coconut milk

Mix together and pour into custard cups. Bake at 450° for 15 minutes then reduce heat 350° and bake for 50 minutes.

This excellent for breakfast topped with toasted pecans or good topped with whipped cream for little 10 year old girls who come from school starving and don't like what their mother has prepared for them ;)

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Eggs ☺ Eggs are ok in the winter. Make sure they are from pastured happy hens. I cook my eggs in coconut oil and a little butter and a churns or spice mixture (vata churna in the winter).

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The perfect recipe for winter pancakes:

Core and slice an apple, sprinkle with cinnamon, bake uncovered for approx. 20-30 minutes at 350°.

Pancake batter recipe below — make the batter for coconut Almond meal pancakes —

In your skillet melt coconut oil and/or butter, place slivered almonds in the skillet

Pour your pancake batter over the almonds.

Sprinkle cinnamon on top of your pancakes while they are cooking.

Top with the baked apple and drizzle with natural maple syrup.



### Coconut Flour Almond Meal Pancakes<sup>4</sup>

#### Ingredients

- 1/2 cup coconut flour
- 1/3 cup almond meal
- 1 ½ teaspoons baking powder
- 4 organic eggs
- 1 tablespoon coconut oil, melted
- 1/3 cup milk (raw cow's or coconut)
- 1 teaspoon vanilla extract
- A pinch of sea salt
- 1 to 2 tablespoons organic, raw, and grass-fed butter, plus more for serving
- Pure maple syrup to drizzle (optional)

#### Preparation

- 1 In a large bowl, mix all the dry ingredients: the coconut flour, almond meal, baking powder, and salt.
- 2 Slowly whisk in the wet ingredients: the eggs, coconut oil, milk, and vanilla. Mix until the batter is smooth. (If it feels a little dry, add more milk until it reaches the consistency you're after).
- 3 Heat a large skillet over medium high heat. Add the butter and allow it to melt, then add scoops of batter (about a ¼ cup each) for silver dollar pancakes. Cook for about a minute on each side until golden brown. Slather with butter and drizzle maple syrup as desired.

You can add a power punch to these by adding 1 Tablespoon match green tea powder to the flour.

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 CRANBERRIES are the perfect winter fruit, according to Ayurveda, cranberries are the lymph-movers of the winter. The lymphatic system drains every cell and transports the immune system. Cranberries also help to keep bacteria from adhering to our urinary tract which why they are effective at curing UTIs, they also do the same in our gut, help to move bad bacteria through our body while they boost our digestion and help to cure indigestion and ulcers. And adding to their list of goodness, cranberries are also good for our gums, prostate, and they help ward off the common cold. Here is a nice breakfast recipe using cranberries:

#### Delicious Cranberry Orange Sauce

- 1 pound fresh organic cranberries
- 1 cup fresh organic orange juice (about 3 oranges)
- 1 tbsp ground orange peel
- ½ cup organic cane sugar
- walnuts (optional)

Preparation: In a medium saucepan combine the cranberries, orange juice, orange peel, and sugar. Simmer, stirring occasionally, until the cranberries begin to burst and the sauce thickens, at least 15 minutes. Let cool and serve at room temperature.

Top with walnuts. This is also good with a dollup of cottage cheese.

#### Chia Seed Oatmeal

- 1 TBSP Chia seeds
- Almonds, other nuts, and/or raisins, Gojibeerys, or other dried fruit
- Mix together and Soak over night in water



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Add an apple or any other fruit you want in the morning.

Cook it a bit with some cinnamon so that the fruit gets soft.  
Add some oats and more water or milk.  
Sweeten it up with some maple syrup or honey.  
thats it ;)

Chia seeds are a good source of omega-3s. Although there is some controversy over the fact that vegetable based omega-3s may be harder for some people to convert and use (vegetable based omega-3s are ALA which converts to DHA and EPA in the body. It seems vegetarians are better at making this conversion than meat eaters :)

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New Recipe for 2015 winter

### Rise & Shine Baked Avocado

#### Ingredients

- 1 organic Hass avocado, cut in half with seed removed
- 2 organic pastured farm eggs
- ½ tsp. organic Mexican Seasoning or equal parts organic cumin powder, garlic powder, oregano, and chili powder
- ¼ cup shredded organic cheddar cheese
- Organic salsa
- Fine sea salt and organic cracked black pepper to taste

#### Directions

Pre-heat your oven to 425 degrees. Place the avocado halves into a baking dish and stabilize them with a little foil if needed. Crack one egg into each empty pit of your avocado halves. You can scoop a bit of avocado out if you need more room for the egg.

Season with a bit of salt and pepper. Sprinkle ¼ tsp. of Mexican Seasoning on each egg filled avocado. Top each half with shredded cheese and pop into the oven for 10 to 15 minutes. Remove from the oven, top with salsa, and enjoy!

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#### Maple Rosemary Roasted Nuts

- 2-1/2 cups of your choice of tree nuts (almonds, pecans, mac nuts, walnuts, pistachios)
- 2 TBSP Real Maple Syrup
- 1 TBSP dried crushed rosemary
- 1 tsp sea salt

Preheat oven to 300 degrees.  
Toss the nuts with the maple syrup, rosemary, and salt. Spread evenly on a baking sheet.  
Roast for 20 minutes, turning them over at the 10 minute mark.  
Use a spatula to lift the nuts from the baking sheet and store in a glass mason jar.



### Winter Mid-Day Main Meals:

#### Mabon Salad

4 tsp white wine vinegar

¾ tsp ground cumin

¼ cup olive oil

Salt and pepper

Wisk together

Add:

Leaf lettuce

Orange slices halved

Red onion slices

1 avocado sliced

Sunflower seeds or pumpkin seeds or pecans

Toss and enjoy.

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#### Lentil Casserole

1 cup chopped onion

¾ cup dried lentils

¾ cup brown rice

¾ cup shredded sharp cheddar cheese

½ tsp thyme

½ tsp basil

½ tsp oregano

¼ tsp salt

1 clove garlic

1/8 tsp sage

½ cup water

2-1/2 cups vegetable broth

Coat a casserole dish with oil (I use coconut) combine all ingredients, stir well, cover and bake at 350° for 1 to 1-1/2 hours.

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#### Delicious Dal

2 cups lentils or mung bean

6 cups water

1 inch fresh ginger, grated

Simmer above over low heat until tender, about ½ hour (uncovered)

In skillet heat 4 T ghee

Add 3 chopped garlic cloves

1 onion chopped

Cumin and mustard seeds

Optional: add chilis

Sauté over medium heat until golden

Add onion mixture to dal along with 1 large jar chopped tomatoes (or fresh tomatoes cut up)

Salt and pepper to taste

Simmer another 5 minutes serve over rice

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#### Roasted Root vegetables:

Cut assortment of vegetables into uniform bite size chunks: potatoes, turnips, rutabagas, fennel, carrots, red beets, sweet potatoes, onions, mushrooms

Combine with coconut oil, rosemary, salt and pepper, add broth or wine



Roast in a shallow pan at 375° for up to one hour (depending on size of chunks), turning every 15 minutes. In the last 10 minutes raise the heat to 425° to brown the vegetables.

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Avocado-Tomato Salad

- One whole avocado cut into chunks
- Grape tomatoes
- Artichoke hearts or hearts of palm
- Fresh mozzarella cheese
- Basil
- Olive oil
- Balsamic vinegar

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Lentil Soup

- 3 cups green lentils (soaked 2-3 hours)
- 8 cups water
- Sea salt
- 2 TBSP olive oil
- 1 large onion chopped
- 3 stalks celery, chopped
- 4 carrots, chopped
- Sliced mushrooms
- 3 cloves garlic minced
- 1 jar crushed tomatoes with juice
- 1 jar chopped tomatoes with juice
- Juice ½ lemon
- ½ cup sucanat
- 2 TBSP red wine vinegar
- Ground pepper

Place lentils in large pot with water and bring to boil, cover and simmer 20 min. add salt.  
 Meanwhile heat oil and cook veggies in vata churna until soft.  
 Add vegetables to lentils and stir to mix. Add tomatoes, lemon juice, sucanat, and vinegar. Season with pepper.  
 Bring to boil, reduce to simmer, uncovered until lentils are tender.

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Enchiladas

- Cook brown rice.
- Sauté spices in coconut oil and/or ghee add onion and garlic and sauté until aromatic. Stir in tomatoes and simmer briefly. Stir in rice.
- Lay rice mixture on a flour tortilla, top with cheese and fold the tortilla over (if cheese does not melt pop under a broiler for a minute. Top the tortilla with sour cream, black olives, and avocado.

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Potato Leek Soup

- Scrub potatoes (do not peel) cube into small pieces, about 5-6 cups. Slice 2 leeks (I use the greens to, nearly ½ way up to the leaves) Sauté in butter. Add potatoes, salt, pepper, cover with water. Bring to a boil and simmer 45 minutes. Mash by hand in the kettle or for smoother soup puree in a blender or processor.

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Kale Kavish wraps or over rice

- ¼ cup coconut oil
- 1 bunch of Kale rinsed and finely minced
- 2 onions chopped



- 4 cloves of garlic
- 4 carrots sliced
- ¼ cup water

2 cups shredded organic raw goat cheese

Sauté onions, garlic, and carrots in coconut oil until softened. Add kale and stir over high heat until kale turns bright green. Then add ¼ cup water and cover to steam for another 5–8 minutes, stirring occasionally. Top with cheese.

Serve over rice or pasta or wrap up in a tortilla -- which is what I do to travel, excellent travel food.

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### Mushroom Bisque

- 2 potatoes peeled and diced
- 1-1/2 cups water
- 1-1/2 TBSP butter or ghee
- 2 cups onion chopped
- 1 stalk celery
- 1-1/2 lbs. mushrooms
- Salt
- 2 cloves garlic, minced
- ¼ tsp thyme leaves
- 1 TBSP dry sherry
- 2 TSBP braggs liquid amino acids or tamari sauce
- Black pepper
- 1 cup milk

Boil the potatoes and water in a small sauce pan until tender, about 10 minutes. Puree potatoes in remaining cooking water.

Heat butter/ghee in large pan over medium heat, sauté onions and celery for 5 minutes. Add mushrooms, salt, garlic, and thyme, cover and simmer, stirring occasionally, for 10 minutes. Turn off heat, add sherry, braggs, and pepper. Puree and return to pot, add milk.

Combine potato and mushroom purees and heat until hot. Top with scallions if desired.

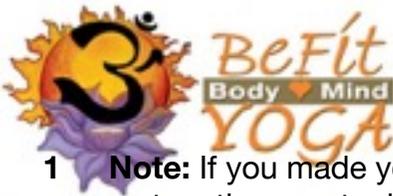
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### Curried Quinoa and Potato Soup

#### Ingredients:

- 2 tablespoons ghee (substitute with coconut oil)
- Yellow onion- 2 cups, minced
- Garlic- 1 tablespoon, minced
- Potatoes- 12 cups, diced
- Sea salt- 1 teaspoon
- Yellow curry powder- 1 teaspoon
- Freshly ground black pepper- 1/2 teaspoon
- Ground cumin- 1/4 teaspoon
- Water- 3 cups
- Vegetable stock- 2 cups (substitute with chicken stock)
- Bay leaf- 2
- Jalapeno- Minced (optional)
- Quinoa or Black Rice- 1/2 cup, rinsed
- White miso- 5 tablespoons
- Parsley- 1 cup, minced
- Almonds (optional) – Coarsely chopped and toasted

#### Instructions:



- 1 **Note:** If you made your own stock and need to defrost it, take it out of the freezer and let it rest on the counter long enough to slide out of the container and into a pot for melting over low heat. If you forgot to take it out of the freezer earlier, no worries – put the container in a bowl of hot water to let the sides defrost.
- 2 Rinse the quinoa/rice in a fine-mesh strainer ahead of time to remove the bitter coating called “saponin.” When it stops frothing like soap, the saponin is sufficiently washed off.
- 3 In a large soup pot, heat the oil over medium heat. Add the onions and saute until translucent. Add the garlic, salt, curry, pepper and cumin, and saute for 1-2 minutes more.
- 4 Stir in the potatoes, bay leaf and optional jalapeno. Pour the water and stock over the vegetables and cover with a lid.
- 5 Bring to a boil and reduce to a simmer for about 20 minutes, until the potatoes are fork-tender.
- 6 When the potatoes are ready, remove the bay leaves. Use an immersion blender or food processor to blend the soup.
- 7 Return the soup to the burner and bring back to a gently rolling boil. Add the quinoa and reduce the soup to a simmer, covered, cooking for about 12 minutes until the quinoa is translucent with white threads curled around the grains.
- 8 Stir in the white miso and parsley. Garnish with optional toasted almonds.
- 9 **Storage:** Store leftovers in plastic or freezer-safe glass containers. Allow to cool before putting in the freezer. Label your containers with the name of the contents and date. Liquids expand when frozen, so leave an inch of headspace between the surface of the soup and the top of the container.

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Vegetable Soup

Melt ghee, stir in vata churna, in this sauté onions, celery, garlic. Add carrots, turnips, beets, peeled cubed sweet potatoes and/or potatoes. Add 4 cups water and bring to boil. Reduce to simmer, add cabbage and/or kale and cilantro. Cook until vegetables are tender.

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Butternut Squash Soup

- 1 small onion, chopped
- 2T ghee or butter
- 2c Vegetable Broth (I like the Imagine No-Chicken Broth) OR used saved potato water
- 1 Butternut Squash cut in half, scoop seeds out and roast at 400° for approx. 1 hour.
- 2 Pears, peeled, cored, and sliced
- 1t thyme leaves
- ¼ t salt
- ¼ t white pepper
- ¼ t ground coriander
- 1c cream or raw milk or almond milk

Cook onion in ghee until tender. Stir in broth, pears, thyme, salt, pepper, and coriander. Heat to boiling; reduce heat, cover and simmer, approx. 10 minutes. Stir in roasted squash. Remove from heat, blend with a submersion blender (or in a normal blender). Return to heat stir in cream or milk. Can top with toasted pecans if desired.

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Lentil Salad

- 1 large onion, diced
- EV Olive oil
- 2 carrots, cut into small cubes
- 3 bay leaves
- ¼ cup sherry vinegar
- 2 cloves garlic, minced



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1 ½ cups dried lentils  
½ tsp thyme  
3 TBSP walnut oil  
Salt and Pepper

Sauté the diced onion in EVOO until golden. Add carrots and cook for a few minutes more. Add the lentils, thyme, bay leaves, and enough water to cover, bring to a boil. Reduce heat and simmer 15–20 minutes or until lentils are just tender. Remove from heat and strain in colander. Transfer lentils to a bowl and toss while still hot with vinegar. Stir in the garlic and walnut oil along with salt and pepper. Serve at room temperature or warmed.

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### Broccoli Cheese Soup

#### Ingredients:

1 tablespoon butter, melted  
1/2 medium onion, chopped  
1/4 cup melted butter  
1/4 cup flour  
2 cups half-and-half  
2 cups vegetable broth  
1/2 pound fresh broccoli  
1 cup carrots, julienned  
salt and pepper to taste  
1/4 teaspoon nutmeg  
8 ounces grated sharp cheddar

#### Directions:

Saute onion in butter. Set aside. Cook melted butter and flour using a whisk over medium heat for 3–5 minutes. Stir constantly and slowly add the half-and-half (this is called making a roux). Add the broth or stock whisking all the time. Simmer for a few minutes.

Add the broccoli, carrots and onions. Cook over low heat until the veggies are tender for 20–25 minutes. Add salt and pepper. The soup should be thickened by now. Pour in batches into blender and puree or blend with a hand blender.

Return to pot over low heat and add the grated cheese; stir until well blended. Stir in the nutmeg and serve.

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### Mustard Kohlrabi

4 to 6 medium kohlrabi with leaves  
2 tablespoons butter  
1 tablespoon prepared mustard and/or dijon mustard  
1/2 teaspoon salt

Trim off root ends and vinelike stems from kohlrabi. Wash and pare. Cut into 1/4 inch slices. Pull the leaves off the stems, roll them up together and slice them thinly. Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add kohlrabi. Cover and heat to boiling; reduce heat. Boil until tender, about 20 minutes, half way through boiling time add the leaves (the leaves are my favorite part, many people discard them!). Drain. Stir in butter, mustard, and salt. Cook briefly, turning slices, until golden brown.

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### Whipped parsnips with Leek Gravy

#### Whipped Parsnips

1 pound parsnips, cut into 1/2-inch pieces  
1 1/2 cups (about) whole milk  
1/3 cup whipping cream  
preparation



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Combine parsnips, 3/4 cup milk and whipping cream in heavy large saucepan. Cover and simmer over medium-low heat until parsnips are tender and most of liquid has evaporated, about 30 minutes. Mash with your choice of tools . . . Season parsnips to taste with salt and pepper and serve.

#### Leek Gravy

- 4 tablespoons butter
- 1 leek, diced or dried leeks soaked in water
- 2 garlic cloves, diced
- 2 tablespoons flour
- 1 cup vegetable stock or LESS if using the dried leeks soaked in water
- Salt and Pepper- to taste
- Parsley- chopped (garnish)

In a frying pan over medium-high heat, add 2 tablespoons of the butter and sauté the leeks and garlic (season with salt and pepper) uncovered for 3-4 minutes or until soft. Push the vegetables to the outside rim of the pan. Add the remaining butter in the middle of the pan and whisk in the flour to make a rue. Add the stock (and leek water if using dried leeks); bring up to a boil, then reduce heat to low while continually stirring until desired consistency.

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**COLLARDS with Mashed Potatoes**

Make mashed potatoes to your liking - i like mashed potatoes with the skin

- large onion
- 2-3 cloves garlic
- Collard Greens
- Salt and pepper

Saute onion and garlic in butter. Add salt and pepper. Remove the rib from the collard leaves --fold leaf and slice your knife along the rib, roll the leaf and slice finely. Add to onion and garlic. Cook over high heat about 10 minutes add 1/2 cup potato water (or plain water if you did not save your potato water ;) Steam another 10 minutes.

Serve over mashed potatoes

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**Subji and Jeera Rice**

Subji (wet in a "gravy") (Subji means vegetables)

**INGREDIENTS:**

- Cauliflower - 1 big or medium size separated into florets
- Peas - 1 cup
- Onion - 1 to 2 medium size
- Tomato - 2 medium size
- Ginger - 1 inch piece
- Garlic - 3-4 cloves
- Turmeric powder - 1/2 tsp
- Chilly powder - 2 tsp
- Cumin powder - 1 tsp
- Coriander powder - 2 tsp
- Garam masala - 1/2 tsp
- Cumin seeds - 1 tsp
- Oil and salt - as required



METHOD:

- ☞ Wash the cauliflower florets in warm water with a pinch of salt.
- ☞ Grind or put in a food processor: onion, tomato, garlic, ginger to a coarse paste, this is your masala.
- ☞ Heat pan with some oil or ghee, add cumin seeds and when it becomes brown, add the spices and saute until aromatic,
- ☞ Then add the cauliflower florets and peas and mix well. Add some water, say for about 3/4 to 1 cup of water, depending upon the consistency. if you have saved potato water or water from steaming vegetables, use this instead of plain water. Let it steam for a bit.
- ☞ Add the ground masala carefully.
- ☞ Close the pan with a lid and let it get cooked with the masala. Keep stirring in between.
- ☞ When the florets and peas have become tender and cooked well, transfer the contents to a bowl and serve hot with rotis or parathas.

Jeera Rice

melt ghee add lots of cumin seeds and toast. stir in cooked rice with lots of chopped cilantro

OR

melt ghee and toast lots of cumin seeds. stir in rice until coated well. add water and cook. when done add cilantro.

+++++

Cathrin's Pumpkin Curry

Ghee

chopped ginger

sliced green or red onions

mustard seeds

tumeric

--Saute all the above together

Add:

raisins or dried cranberries or coconut

--sauté briefly

Add:

Peeled cubed fresh pumpkin

--let it simmer to desired roasted-ness

Add:

1 can coconut milk

-- simmer briefly

Add:

1-2 teaspoon Curry Paste

1-2 teaspoon miso (make a slurry by taking a ladle, put the miso in the ladle with a little of the warm coconut milk, using chopsticks break up the miso and stir it into the coconut milk. Holding the ladle bottom down in the hot pan can help with this process, then put the miso in the mix. It will dissolve better this way)

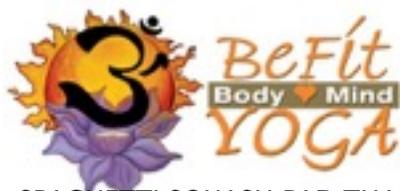
— Stir it all together — do not let it come to a boil again as this will kill the good stuff in the miso

Top with:

Cilantro and a little salt

+++++

My new Fav Recipe for end of 2012 into 2013 . . .



## SPAGHETTI SQUASH PAD THAI

### Ingredients:

- 1 batch Sunshine Sauce (recipe follows)
- 2 large eggs
- 2 teaspoons soy sauce or braggs aminos
- coconut oil
- 1/2 medium onion, thinly sliced (about 1/2 cup)
- 1 cup snap peas, thinly sliced lengthwise or peas or other green vegetable
- 2 cups roasted spaghetti squash – To roast spaghetti squash, slit with knife (to prevent it from exploding!) place on a cooking sheet and roast at 350° for about an hour or until soft)

### Directions:

Crack the eggs into a small bowl, and use a fork to scrambled them with the soy sauce. Heat a large skillet over medium-high heat, about 3 minutes. Add 2 T coconut oil to the skillet, and when it's melted, pour in the eggs and let them spread like a pancake. Reduce the heat to medium and cover with a lid, letting the eggs cook until they're set and beginning to brown on the bottom, about 3-4 minutes. Flip and lightly brown on the other side. Remove the eggs from the pan and cut into strips with a sharp knife.

Using the same pan, increase heat to medium-high and add 1 T coconut oil to the pan. Saute the onion and snap peas, stirring with a wooden spoon, until they're crisp-tender, about 2 minutes.

Add the spaghetti squash and cooked egg to the pan, stirring with a wooden spoon, cook until heated through, about 3 minutes.

Add the Sunshine Sauce to the pan and stir-fry until everything is well-blended and hot.

Divide among two plates, sprinkle with (optional) garnishes (chopped toasted cashews or almonds, sunflower seeds, sliced scallions, minced cilantro, a squeeze of lime juice), and dig in.

Serves 2

### Sunshine Sauce

#### Ingredients:

- 2 tablespoons lime juice
- 1 clove garlic, minced (about 1 teaspoon)
- 1/2 teaspoon crushed red pepper flakes
- 1 tablespoon soy sauce or braggs aminos
- 1/4 teaspoon powdered ginger
- 1/2 teaspoon rice vinegar or sweet flavored vinegar
- 1/4 cup butter
- dash of cayenne pepper (optional)
- 1/4 cup coconut milk

#### Directions:

Place all ingredients except the coconut milk in the bowl of a food processor and whirl until well blended. Scrape down sides of the bowl with a rudder scrapper, then add the coconut milk. Process until it's blended and smooth.

—

\*\*\*\*\*

## Baked Brie over Mache

12 ounces good French Brie, cut into 4 wedges



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- 6 tablespoons honey
- 3 tablespoons pistachios or pecans or walnuts
- 4 ounces mache leaves (8 to 10 ounces with roots attached) or other greens
- 1 tablespoon syrupy aged balsamic vinegar
- 3 tablespoons good olive oil
- Kosher salt and freshly ground black pepper
- 1 large Granny Smith apple, cored and thinly sliced

Arrange the 4 wedges of Brie snugly in one layer in a glass or ceramic baking dish. Scatter the pistachios over the top. Bake for 3 to 5 minutes (depending on the ripeness of the Brie) until the Brie just begins to ooze but isn't melted. Be careful—it happens fast!

Place the mache in a large bowl and toss it gently with the balsamic vinegar and olive oil. Sprinkle with salt and pepper. Divide the salad among 4 large salad plates and place a piece of the warm Brie with the pistachios in the center of each plate. Place a quarter of the apple slices on each plate fanned out on one side of the Brie. Drizzle with the honey and serve immediately.

\*\*\*\*\*

### Vegetarian French Onion Soup

- 2 Large sweet onions cut in half and thinly sliced
- Hunk of butter
- 2-3 cups vegetable stock (I save the water from cooking potatoes and other vegetables and can it. I like to use potato water and beet water in this soup)
- 1 Tablespoon flour or chick pea flour or organic arrow root powder for gluten-free
- 1 teaspoon balsamic vinegar
- 1-2 cloves garlic minced
- Gruyere Cheese, shaved thin or grated
- Salt (maybe)

Cook the onions in the butter until they start to brown (cook in a dutch oven or pot big enough for the entire soup). Add garlic, stock, flour, and vinegar.

Cover and simmer for 15-20 minutes until the stock has thickened and the onions are soft and tender. Sprinkle in some pepper.

Fill custard cups or oven safe soup bowls 3/4 inch from top with soup.

Top with cheese.

Place under broiler until the cheese is melty and browned.

+++++  
PANEER RECIPE :)))

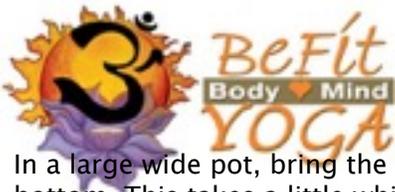
(Makes 12 ounces of paneer – homemade Indian curd cheese)

### Ingredients

- Cheesecloth
- 8 cups whole milk
- 1/4 cup freshly squeezed lemon juice, plus more as needed

### Method

Line a large colander with a large double layer of cheesecloth, and set it in your sink. Make sure the cheesecloth extends beyond the edges of the colander.



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In a large wide pot, bring the milk to a gentle boil over medium heat, stirring frequently to avoid burning the bottom. This takes a little while so be patient.

Add the lemon juice and turn the heat down to low. Stirring gently, you should almost immediately see the curds (white milk solids) and whey (the yellowish liquid) separate.

If the milk doesn't separate, juice some more lemons and add another tablespoon or two. Boost the heat again and the milk should separate. Stir in a singular motion that gathers the curds together rather than breaks them up.

Remove the pot from the heat and carefully pour the contents into the cheesecloth-lined colander. You may want to save the whey for other purposes, such as lacto-fermenting veggies, adding to soup, feeding your pets, baking with, or cooking grains with.

Grab the ends of the cheesecloth and twist the ball of cheese to squeeze out the excess whey. Tie the cheesecloth to your kitchen faucet and allow the cheese to drain for about 5 minutes.

Then place it on a plate with the twisted part of the cheesecloth on the side, this will ensure your block of cheese is nice and smooth. Then set another plate on top, weighing the second plate down with cans of beans or a heavy pot, if needed.

This is a good time (while the paneer is firming up – about 20 minutes) to make your gravy (recipe below).

Once firm, slice paneer into  $\frac{1}{4}$  –  $\frac{1}{2}$  " slices, and fry in an iron skillet with a mixture of butter and coconut oil over medium heat until it begins to have a golden brown color – 1–2 minutes on each side.

Serve with one of the gravy recipes below.

#### Collard Greens Gravy

##### Ingredients:

coconut oil  
garlic  
onion  
collard greens  
potato water

saute garlic and onion in coconut oil. fold the collard greens in half and slice off the thick rib. Thinly slice the remaining collard greens. Saute collard greens with onion and garlic a few moments. Stir in 1/2 cup or so of saved potato water. Simmer for 5–10 minutes.

#### Easy Vegetarian Gravy

##### Ingredients

2 cups water  
1 stick of butter (or ghee)  
1/4 cup soy sauce (or coconut aminos, Bragg's, or tamari)  
1/2 cup flour (or chickpea flour or your flour of choice)

##### Method

In a sauce pan, melt all the butter over medium–low heat. Add the flour and lightly brown it, stirring with a wire whisk.

Add the soy sauce while still whisking. It will thicken considerably and quickly.



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Then slowly add the water a little at a time while continuing to whisk until desired thickness is achieved.

### Fancier Vegetarian Gravy

(Makes 2 1/2 cups)

#### Ingredients

1/2 cup vegetable oil, butter, or ghee  
1/3 cup chopped onion  
5 cloves garlic, minced  
1/2 cup all-purpose flour (or chickpea flour or your flour of choice)  
4 tablespoons light soy sauce (or coconut aminos, Bragg's or tamari)  
2 cups vegetable broth  
1/2 teaspoon dried sage  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

#### Method

Heat oil in a medium saucepan over medium heat. Sauté onion and garlic until soft and translucent, about 5 minutes. Stir in flour, nutritional yeast, and soy sauce to form a smooth paste. Gradually whisk in the broth. Season with sage, salt, and pepper. Bring to a boil. Reduce heat and simmer, stirring constantly, for 8 to 10 minutes or until thickened.

+++++

### Leek and Celery Root Soup

#### Ingredients

3 tbs. butter  
2 medium leeks (white and light green parts only), trimmed, halved lengthwise, cut crosswise into thin half-moon slices, rinsed thoroughly, and drained  
1 medium yellow onion, thinly sliced  
1 tsp. kosher salt; more to taste  
1-1/2 lb. celery root (about 1 large)  
3/4 cup crème fraîche (raw)  
1/4 cup heavy cream (raw); more as needed  
Freshly ground black pepper  
1/4 cup thinly sliced fresh chive

#### Directions

In a 4-quart or larger heavy-based pot, melt the butter over medium-low heat. Add the leeks, onion, and a generous pinch of salt and cook, stirring occasionally, until very soft and lightly golden but not brown, 15 to 20 minutes. Reduce the heat to low if you see signs of browning.

Meanwhile, peel the celery root with a sharp knife (expect to slice quite a bit off the exterior as you trim). Halve the peeled celery root lengthwise and cut each half into 1-inch-thick wedges. Cut each wedge crosswise into 1/4-inch slices. You should have about 5 cups.

Add the celery root, 1 teaspoon salt, and 1/2 cup water to the leeks. Cover and cook until the celery root is tender, 10 to 15 minutes. (Check occasionally; if all the water cooks off and the vegetables start to brown, add another 1/2 cup water.) Add 4-1/2 cups water or saved potato water, etc., bring to a simmer, and continue to cook another 20 minutes. Let cool slightly.



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Purée the soup (with a hand blender, or in small batches in a stand blender) to a very smooth, creamy consistency. Let cool completely and then store in the refrigerator at least overnight or for up to two days.

About an hour before serving, put the crème fraîche in a small bowl and stir in enough of the heavy cream so that the mixture reaches the consistency of yogurt. Leave the cream mixture at room temperature until you are ready to serve the soup. (If the cream is too cold, it will cool the soup.)

Reheat the soup. (If it's too thick, gradually thin it with as much as 1 cup water.) Taste and add more salt as needed. Ladle the soup into small espresso cups or bowls. Top each portion with a small spoonful of crème fraîche (it should float on top of the soup). Finish each cup with a pinch of black pepper and a sprinkle of chives.

Makes about 6 cups.

+++++

### Super Energy Kale Soup

#### Ingredients:

- 1 medium onion, chopped
- 4 cloves garlic, chopped
- 5 cups vegetable or bone broth
- 1 medium carrot, diced into 1/4-inch cubes (about 1 cup)
- 1 cup diced celery
- 2 red potatoes, diced into 1/2-inch cubes
- 3 cups kale, rinsed, stems removed and chopped very fine or any other cabbage
- 2 tsp dried thyme
- 2 tsp dried sage
- salt and pepper to taste

#### Directions:

- 1 Chop garlic and onions and let sit for 5 minutes to bring out their health benefits.
- 2 Heat butter, ghee, or coconut oil in a medium soup pot.
- 3 Sauté onion in fat over medium heat for about 5 minutes stirring frequently.
- 4 Add garlic and continue to sauté for another minute.
- 5 Add broth, carrots, and celery and bring to a boil on high heat.
- 6 Once it comes to a boil reduce heat to a simmer and continue to cook for another 5 minutes. Add potatoes and cook until tender, about 15 more minutes.
- 7 Add kale and rest of ingredients and cook another 5 minutes. If you want to simmer for a longer time for extra flavor and richness, you may need to add a little more broth.

+++++

### Beet Salad with Walnuts and Goat Cheese

#### Ingredients:

- 2 bunches medium beets, (about 1 ½ pounds) tops trimmed
- Kosher salt and freshly ground black pepper
- 2 tablespoons red wine vinegar
- 1/3 cup extra-virgin olive oil
- ½ cup walnuts
- 1 bunch arugula, trimmed and torn



- ½ medium head escarole, torn
- 4 ounces goat cheese, (preferably aged goat cheese) crumbled

**Directions:**

- 1 Put the beets in a saucepan with water to cover and season generously with salt. Bring to a boil over high heat and cook until fork tender, about 20 minutes. When the beets are cool enough to handle, peel them--the skins should slide right off with a bit of pressure from your fingers. If they don't, use a paring knife to scrape off any bits that stick. Cut each beet into bite-sized wedges.
- 2 Whisk the vinegar with salt and pepper, to taste, in a large bowl. Whisk in the olive oil in a slow steady stream to make a dressing. Toss the cut beets in the dressing; set aside to marinate for at least 15 minutes or up to 2 hours.
- 3 Preheat the oven to 350 degrees Fahrenheit. Spread the nuts on a baking sheet and oven-toast, stirring once, until golden brown, about 8 minutes. Cool.
- 4 Toss the arugula and escarole with the beets and divide among 4 plates. Scatter the walnuts and goat cheese on top. Serve.

+++++

Another Beet Recipe . . . because beets are sooooo good for you ;)

**Mache with Beets and Walnuts**

- 2-3 beets, skin on
- 2 tsp caraway seeds
- 5 Tbsp walnut oil or any other high quality interesting oil (like pumpkin seed)
- 2 Tbsp balsamic
- salt/pepper
- Mache or any other greens washed and trimmed
- walnuts

Boil or bake the beets; to boil place beets and caraway seeds in water and boil for 30-40 minutes (or bake approx. 1 hour at 350). Then slip of skins and cube when cool enough.

Mix together oils, vinegars, salt, and pepper pour over the beet mixture and let marinate for half an hour.

Arrange the greens on a large bowl or plate, add the marinated beets and walnuts. Toss gently and drizzle the remaining vinaigrette over.

+++++



**Spinach - Sarson ka Saag (Slow Cooker)**

**Ingredients**

- 2 tablespoons grassfed ghee
- 1 red onion, finely chopped
- 2-inch knob ginger, minced



- 2 heaping tablespoons or 7 cloves garlic, minced (I used my garlic press)
- 1-2 Serrano peppers, minced (remove seeds/rib if you don't like it spicy!)
- 2 teaspoon salt, adjust to taste
- 1 teaspoon **coriander powder**
- 1 teaspoon **cumin powder**
- ½ teaspoon **turmeric powder**
- ½ teaspoon **Kashmiri chili powder** (or a little less if using cayenne)
- ½ teaspoon freshly ground black pepper
- 1 pound (16 ounces) fresh baby spinach (large container), rinsed
- 1 pound (16 ounces) chopped mustard leaves (stem removed), rinsed

**add later:**

- 1 tablespoon grassfed ghee
- 1 teaspoon **garam masala**
- Pinch of **kasoori methi** (aka fenugreek leaves)
- **grassfed ghee**

NOTE from Bobbi: I do not have a crock pot. I make this on stove top over low heat and greatly reduced cooking time - I also did not blend the spinach and mustard leaf mixture. It is delicious that way too. Its like Saag paneer without the paneer . . . And save the water the spinach was boiled in to reuse in soups. It is a power packed veggie broth.

**Instructions**

- 1 Add 2 tablespoons ghee, onion, ginger, garlic, Serrano pepper, and spices to your crock pot. Set on high for 1 hour.
- 2 While that's cooking, grab a very large pot. Add the mustard and spinach leaves to the large pot - then fill with water (do not put lid on pot!\*).
- 3 Bring the pot to a boil and cook for 5 minutes. Drain leaves and let them cool.
- 4 Once cool, place leaves in a blender and blend to your desired consistency (add a little water as needed to help you blend).
- 5 Place the blended leaves into your crock pot, reduce heat to low, put lid on and cook for 2 hours.
- 6 After 2 hours, add 1 tablespoon ghee, garam masala and pinch of kasoori/fenugreek leaves. Mix well and let this cook for another hour on low.
- 7 Serve this saag with a heaping spoonful of ghee on top!

**Notes**

The reason you don't want to place a cover on the pot while boiling the greens is because doing so will cause the pretty green color to fade.

+++++

**Crustless Spinach Quiche Recipe**

Total Time: 40 minutes Serves: 4

**INGREDIENTS:**

- 1 tbsp **coconut oil**
- 1 onion, chopped

- 1 package frozen chopped spinach, thawed and drained — or 2 bags of greens, I like to use 1/2 spinach and 1/2 tat soi or other green
- 8 eggs, beaten
- 3 cups shredded raw cheese
- ¼ tsp sea salt
- 1/8 tsp black pepper

**DIRECTIONS:**

- 1 Preheat oven to 350 degrees F and grease a 9 in pie pan with coconut oil
- 2 Heat coconut oil, and onions over medium heat in sauce pan until onions are soft. Stir in spinach and cook until excess moisture has evaporated — or wilted if using fresh.
- 3 In a bowl, combine eggs, cheese, salt and pepper. Add spinach mixture and blend
- 4 Scoop into pan and bake for 30 minutes.

+++++

## Smoked Salmon Sushi Bowl Recipe

Total Time: 5 minutes Serves: 1-2

**INGREDIENTS:**

- 2 tbsp lime juice
- ¼ cup sesame oil
- 2-4 tbsp coconut aminos
- Wasabi or chili pepper to taste (optional)
- Powdered ginger
  - 1 cup rice of your choice, cooked
  - ½ cucumber, diced or any vegetable you like, for example radish, bell pepper, etc.
  - ¼ onion, thinly sliced
  - 6 oz smoked wild caught Alaskan salmon, pulled into pieces
  - ½ avocado, cubed
  - Sesame seeds or pumpkin seeds
  - Goat cheese



**DIRECTIONS:**

- 1 Combine the first 5 ingredients in a bowl
- 2 Combine the remaining ingredients in a separate bowl and mix. Drizzle with dressing and serve.

+++++

## Cashew cheese recipe from Tina

Omgosh is delish :-)

1 1/4:c raw organic cashews soaked in purified water over night.



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- 1/3 c nutritional yeast
- Juice from 1 lemon
- 2 TBLS water
- 1 1/2 tsp apple cider vinegar . . .
- 1 clove garlic
- 1/2:tsp salt
- White pepper...lil bit
- 1/2 tsp ground mustard
- 3 TBLS coconut milk...maybe a little more depending on consistency

Just blend all ingredients in vitamix or nutribullet type blender :-)

We both like it plain for certain things but I add basil oregano and a lil thyme to mine for an herbed cheese. This is delicious topped with sauerkraut and put on sliced watermelon radishes or toasted and buttered organic sourdough bread.



### Everything Drizzle from FMCA

Here is a little recipe that uses the power of herbs and flavor. You can drizzle this on anything — from fish to meat to greens to salads. The more herbs you get in your body the better — use it up :)

- Handful of Parsley (preferably from your garden!)
- Handful of fresh Mint
- Fresh squeezed lemon juice
- ¼ teaspoon Grade B maple syrup
- Sea Salt
- EVOO

Put in a nutri-bullet or blender and whiz it up together. Will store in the fridge for 1-2 weeks or you can freeze it for up to 3 months.



### Life is simple mung bean chili

Beans are best eaten less of in the winter months — except for mung beans and lentils. Here is a nice warming chili recipe made with mung beans for the winter months.

#### Mung Bean Chili

- ½ cup yellow mung dahl beans, uncooked
- 1½ cups water (or homemade sodium-free vegetable broth)
- 15 oz can tomatoes, crushed



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- 1 tsp cumin seeds (or ½ tsp powdered)
- 1 tsp oregano, dried
- 1 tsp garlic, minced
- ¼ cup onion, diced
- ½ tsp paprika
- 1 pinch cayenne
- ¼ cup guacamole
- ½ cup cilantro, freshly chopped (optional)
- 1 splash lime (optional)

Instructions:

In a medium saucepan, sauté the onion and garlic in 2 tsp ghee until tender. Add mung beans, tomatoes, and water with spices. Bring to a boil. Cover. Reduce heat to low. Simmer 15–30 minutes, or until lentils are tender. Garnish with cilantro, lime, and guacamole, or pour over the Mexican Squash Mash.

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## Winter Light Suppers

Roasted Kale

### Roasted Kale with Sea Salt

- 4 cups firmly-packed kale
- 1 Tbsp. coconut oil
- 1 tsp. good-quality sea salt

Preheat oven to 375 degrees F. Wash, dry, and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately. Make sure the kale is dry before you coat it with oil, if it is not wet it will crisp up nicer when you roast it.

+++++

Brussel Sprouts

Fresh brussel sprouts quartered

Butter

Mix together and broil, top with a little fresh parmesan/pecorino and broil a little longer

OR

Steam brussel sprouts and toss with butter and lemon.

+++++

Butternut Squash

Roast squash at 350° for approx. 1 hour. Cut in half and scoop out seeds. Mash with a little butter and sprinkle with maple syrup, cinnamon, and nutmeg.

+++++

### CARROT AND GINGER SOUP

6 tbsp. ghee

Vata churna

1 lg. yellow onion, chopped

1/4 c. finely chopped ginger root

3 cloves garlic, minced

7 c. vegetable stock

1 c. dry white wine

1 1/2 lb. carrots, peeled, cut into 1/2" pieces



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2 tbsp. fresh lemon juice  
Pinch curry powder  
Salt & ground pepper  
Snipped fresh chives or parsley

1. Melt ghee in large stock pot over medium heat. Add onion, ginger and garlic; sauté for 15–20 minutes.
2. Add the stock, wine and carrots. Heat to boiling. Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 45 minutes.
3. Puree the soup with a hand/submersion blender or for smoother soup in a blender or processor. Season with lemon juice, curry powder, salt and pepper to taste. Sprinkle with chives or parsley.

+++++

### Winter Vegetable Soup

½ cup sweet potatoes  
½ cup squash  
½ cup peas  
¼ cup beets  
¼ cup beet greens  
Chilies

Spices to taste: cumin, ginger, tumeric, pepper, fenugreek  
Salt

2 cups water

+++++

### Creamy Squash Soup

1 acorn squash or small butternut  
3 TBSP ghee or butter  
1/8 tsp each: cinnamon powder, ginger powder, cardamom, nutmeg, saffron  
2 cups chopped onion  
1 carrot diced  
1 potato diced  
1 apple peeled, cored, and chopped  
3 ½ cups water  
1 cup almond milk (or milk or cream)  
½ cup apple cider

Salt and pepper to taste

Clean the squash, cut in half and scoop out seeds. Place it cut side down on a lightly oiled baking pan, cover and bake at 350° about one hour.

Sauté the spices in ghee, add the onion and sauté until translucent. Add carrots, potatoes, apples, and water. Bring to boil, simmer covered about 20 minutes or until vegetables are tender.

When the baked squash has cooled scoop out the soft insides and add to the soup. Add the milk and cider. Blend with a hand blender to your desired consistency (smooth or chunky) add salt and pepper to taste, more cinnamon if necessary.

+++++

**Romanesco . . . a funky looking mix between broccoli and cauliflower.** When I first saw it, I avoided it thinking it was some new hybridized food . . . turns out this is quite the opposite. Romanesco predates broccoli and cauliflower and was used in ancient Rome. It has a milder flavor than broccoli and cauliflower but is crispier. It is in the same family; brassica, the cabbage family with many of the same benefits. Ironically it

is also a mathematical wonder . . . its form is fractal . . . it is self similar, each individual bed resembles the large whole bud. The number of spirals on each head is a fibonacci number (a scientific number where the previous two numbers equal the next number, for example; 0,1,1,2,3,5,8,13,21,34,55,89,144 . . .). There has to be some spiritual–nutritional benefit to that! Here are two recipes for you to catch this goodness.



### Roasted Romanesco



Wash and break apart a head of romanesco and place on a roasting dish, crush and chop a few cloves of garlic and sprinkle over the romanesco. Drizzle with coconut oil and salt and pepper. Roast at 375o until browned and golden crispy, approx. 20 minutes.

### Steamed Romanesco Broccoli with Lemon-Garlic-Olive Oil Sauce

#### Ingredients:

- Basmati rice (white or brown) – 1 cup
- Olive oil – 2 tablespoons
- 1 tablespoon fresh squeezed lemon juice
- Garlic – 1 teaspoon, finely minced
- Sea salt – 1/4 teaspoon
- Romanesco broccoli – 1 head
- Freshly ground black pepper – A few turns
- Parmesan cheese (optional) – 1/4 cup, freshly grated

#### Instructions:

- 1 Add the rice to a pot with 2 cups of water. Bring the water to a boil and immediately reduce to a simmer, covered. Cook the rice for 30-45 minutes (depending on your variety), or until it has fully absorbed the water without becoming mushy. Let the rice set in the pot for 5 minutes before uncovering.
- 2 In a small bowl, whisk together the lemon juice, garlic and sea salt. Set aside until ready to serve.
- 3 Fill a pot with 1 inch of water. Place the romanesco directly in the pot or in a steaming basket. Cover the pot with a lid and steam for about 15 minutes, or until the romanesco has turned a softer shade of green and is fork tender. Drain the water and hold the romanesco in the pot to keep warm until ready to serve.
- 4 Serve half of the romanesco on top of a bed of rice, and drizzle with sauce.
- 5 Garnish with a few twists of freshly ground black pepper, and a scattering of grated Parmesan.



+++++

### Borscht

What you need:

- 1 large onion
- Olive oil
- 3 medium beets, peeled and diced
- 14 ounces vegetable broth
- Greek or plain whole-milk yogurt (mix the latter with sour cream)

**What you do:** Chop onion, and sauté in 1 tablespoon olive oil until golden. Add beets, broth, and ½ teaspoon salt. Bring to a boil. Reduce heat, and simmer 20 minutes, or until beets are tender. Puree mixture with a hand blender or in a blender until smooth. Whisk ½ cup hot soup into 1 cup yogurt, and stir yogurt mixture into soup, until well-blended. Serves 4.

+++++

### Mashed Root Vegetables with Horseradish<sup>8</sup>

Adapted from *Gourmet Today* by Ruth Reichl

#### Ingredients



- 1 pound turnips, preferably organic, peeled and cut into 1/2-inch pieces
- Salt
- 1 1/2 pounds potatoes (organic)
- 1/4 cup raw heavy cream
- 4 tablespoons raw, organic grass-fed butter
- 2-3 tablespoons finely grated peeled fresh horseradish
- Pepper

**Method**

- 1 Cook turnips in a 4-quart pot of boiling salted water for 10 minutes.
- 2 Meanwhile, peel potatoes and cut into 1/2-inch pieces.
- 3 Add potatoes to pot and boil until all vegetables are tender, 10-12 minutes more.
- 4 Meanwhile, heat cream, butter, and horseradish (to taste) in a small saucepan over low heat, stirring occasionally, until butter is melted and mixture is hot. Remove from heat and cover to keep warm.
- 5 Drain vegetables, return to pot, and heat over high heat, shaking pot, until any excess liquid has evaporated, about 30 seconds. Remove from heat and add cream and butter mixture. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and mash vegetables with a potato masher until smooth, with some small pieces remaining. Season with additional salt and pepper if needed.

Serves 4

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**Carrot Coconut Soup<sup>11</sup>**

**Prep and Cook Time:** 30 minutes

**Ingredients:**

- 1 large onion, chopped
- 1 Tbsp. + 3 cups broth
- 2 Tbsp. fresh ginger, sliced
- 4 medium cloves garlic, chopped
- 1 tsp curry powder or turmeric
- 2 cups sliced carrots, about 1/4-inch thick
- 1 cup sweet potato, cut into about 1/2-inch cubes
- 5 oz. coconut milk
- Salt and white pepper to taste

**Directions:**

- 1 Chop onion and let it sit for at least five minutes to bring out its health benefits.
- 2 Heat 1 Tbsp. broth in a medium soup pot. Sauté onion in broth over medium heat for about 5 minutes, stirring often.
- 3 Add garlic and ginger and continue to sauté for another minute.
- 4 Add curry powder or turmeric and mix well with onions.
- 5 Add broth, carrots, and sweet potato and simmer on medium high heat until vegetables are tender, about 15 minutes.
- 6 Add coconut milk.
- 7 Blend in batches making sure blender is not more than half full. When it's hot, and the blender is too full, it can erupt and burn you. Add salt and pepper to taste.
- 8 Return to soup pot and reheat.

Serves 4

||=+++++



### Sweet Potato Rosemary Fries

#### INGREDIENTS:

- 4 sweet potatoes, peeled and cut into thin fries
- 1/2 stick grassfed butter, melted
- 4 tbsp coconut oil
- 1 tbsp fresh Rosemary, chopped
- 2 tsp Sea Salt and Black Pepper

#### DIRECTIONS:

- 1 Preheat the oven to 450 degrees F
- 2 Place the fries in a bowl and drizzle them with the butter, coconut oil, salt and pepper and mix until they are lightly coated.
- 3 Place on a baking sheet and bake for 15-30 minutes

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### Maple Glazed Rosemary Carrots Recipe

#### INGREDIENTS:

- 3 cups peeled and sliced carrots
- 2 tbsp coconut oil
- 2 tbsp maple syrup
- 1 1/2 tbsp fresh rosemary, chopped
- 1/2 tsp sea salt
- 1/2 tsp black pepper

#### DIRECTIONS:

- 1 Cook carrots in a skillet with just enough water to cover them. Bring it to a boil over medium heat and simmer until the water has evaporated and the carrots are soft.
- 2 Stir in the coconut oil, maple syrup, rosemary, salt and pepper and cook for another 5-10 minutes over low heat.

+++++

### Roasted Pumpkin Seeds

Some say that sugar pumpkins make better seeds than carving pumpkins, i use carving and hookaido pumpkin seeds and found the to be delicious. Maybe sugar pumpkin seeds are even better?

1. Clean the seeds of pumpkin pulp and strings
2. Boil the seeds in salted water. Add 1 tsp salt to a small pot, bring to boil, add seeds and simmer, uncovered, 10 minutes. This helps make the seeds easier to digest and gives their outer skin an extra crisp :)
3. Drain the seeds, dry lightly, and place on a cookie sheet in a single layer.
4. Drizzle with coconut oil and salt.
5. Roast seeds at 325° for about 10 minutes, then stir and turn the seeds, and roast for another 8-10 minutes or until crispy. The last five minutes of baking keep an eye on your seeds; you can crack a couple open and make sure the inner seed is not burning (you do NOT want the inner seed to burn, it will damage some of the health benefits and not taste as good.)



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Creamy Sweet Potato and Cumin soup  
Coconut oil  
1 large sweet onion



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- 2 tsp cumin
- 3 sweet potatoes, cubed
- 1-1/2 qt. chicken or vegetables stock
- 1-3/4 cup plain yogurt
- 2 Tbsp fresh parsley
- 1/4 cup toasted pumpkin seeds

Sauté onions and cumin in coconut oil. Add apostates and broth, bring to boil, reduce heat and simmer 20-25 minutes.  
Puree soup with yogurt and parsley.  
Serve with a dollop of yogurt and sprinkled with seeds.

++++  
Sweet Potato Ginger Soup

- 2 large onions, chopped
- 2 TBSP ghee or butter
- 1 Large sweet potato
- 3 cups vegetable or chicken stock
- 1-3" piece of ginger
- 3 cloves garlic
- 3/4 tsp of any of shekhar's churnas or spice mixtures
- 1 TBSP brown sugar
- ! cup yogurt or 1 cup coconut milk (coconut milk will make sweeter soup) or a mix of the two
- 1 TBSP lemon juice

Saute spice mixture in ghee, add onion until it starts to caramelize, add chopped ginger and garlic and sauté another minute. Add sweet potato and broth and bring to a boil. Reduce heat cover and simmer, adding brown sugar (if using coconut milk you may want to skip the brown sugar).  
Simmer until sweet potato is soft.  
Add lemon juice and puree with yogurt or coconut milk.  
(This is good with herbed goat cheese!)

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**Homemade Echinacea Tea:**

**Ingredients:**

- 1/2 cup Fresh or *dried leaves, roots, flower* (1/4 cup if using dried)
- 8 oz of water
- 1-2 teaspoons of raw honey

**Directions:**

- Simmer 8 oz of water in a small pot over medium heat.
- Add the fresh or dried Echinacea (flowers and or leaves and stems)
- Cover and simmer for 15 minutes.
- Strain tea into a mug and add honey!

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# Miso Soup Basics :)

Good link to making dashi soup stock and miso recipes:<http://www.savoryjapan.com/recipes/soup/soup.html>



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## Dashi - base for Miso Soup

### INGREDIENTS

4 cups water  
5" x 5" piece of kombu  
½ cup katsuobushi (optional)

This all important soup stock forms the base for almost all of Japanese cooking, and imparts umami to anything it graces. Luckily, it is very easy to make and fills the house with a wonderful aroma.

Place *kombu* in the water, and place on a burner set to medium. The longer the water takes to get to hot, the better. Watch the pot carefully, as the *kombu* should be taken out when it floats to the surface and before the water boils. You'll notice little bubbles forming at the rim of the pot.

**Note:** The Kyoto method of making *dashi* involves soaking the *kombu* in a jar for at least eight hours, and preferably overnight, beforehand. This is done at room temperature during the cold season, and in the fridge when it's hot. The resulting water becomes noticeably viscous. This method brings another level of richness and complexity to the *dashi*, which is especially important for Kyoto style seasoning, which is very light on salt.

(The most common route is **traditional dashi** made with kombu (dried seaweed) and bonito flakes (dried tuna) -- make it and you'll essentially be reconstituting an ocean, leeching these ingredients of their umami and salt. If you avoid fish -- or you feel like buying one fewer specialty ingredient -- you can nix the bonito and go kombu-only, or bolster the broth with dried mushrooms.



## Basic Miso

### INGREDIENTS

4 cups dashi  
3 tbsp miso paste  
fresh sliced ginger, mushrooms, scallions, watercress or other greens

**Prepare your dashi.** (If you're in a hurry, you can skip this step and make your soup with plain old water; the miso carries enough weight that it can stand on its own, especially when padded with mix-ins and garnishes.)

**Prepare your mix-ins.** Roast or sauté any vegetable that are sturdier than leafy greens. I like to sauté mushrooms in a little butter. Slice the scallions. Wash and prep the greens. If you are making a sturdier soup you can boil some soba noodles to add as well.

Add the ginger, scallions, and mushrooms and anything sturdier than greens (fish or noodles if you are adding.)

**Make a Miso slurry** - start with 1/2 to 1 tablespoon for each cup of liquid. I prefer white miso. Brown miso is easier to find but I find brown miso has too woody of a flavor for my liking. There is also a red miso.





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Since the miso paste is refrigerated and quite thick, it takes a while to dissolve in the dashi. Therefore, you must thin the miso in a large soup ladle full of dashi (while it is still partially immersed in the pot), whisking with chopsticks to a smooth consistency first. If you don't follow this step, it is likely that clumps of miso will remain undissolved when serving. Usually this requires 3-4 slurry making ladle fulls. (A really handy item is a miso koji; a small sieve with a wooden pestle that is made just for this purpose. It works wonderfully and makes quick work of this task, and is a great time saver if you serve miso soup regularly.)

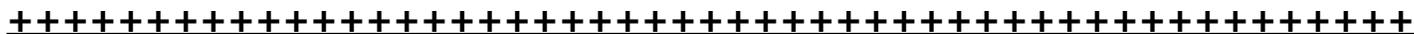
Miso should not be boiled, because it loses its flavor medicinal benefits.



Taste your miso and add more miso to your liking.

Add your greens and keep it warm for a few minutes — but do not let it boil.

Serve your soup adding whatever garnishes (or none!) you prefer such as pepper flakes, soy sauce, herbs, sriracha . . .



## Fire Cider - The perfect winter anti-dote

From Mountain Rose Herbs with some added comments from Bobbi.

Fire Cider is a traditional cold remedy with deep roots in folk medicine. The tasty combination of vinegar infused with powerful immune-boosting, anti-inflammatory, anti-bacterial, anti-viral, decongestant, and spicy circulatory movers makes this recipe especially pleasant and easy to incorporate into your daily diet to help boost the immune system, stimulate digestion, and get you nice and warmed up on cold days. Because this is a



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folk preparation, the ingredients can change from year to year depending on when you make it and what's growing around you. The standard base ingredients are apple cider vinegar, garlic, onion, ginger, horseradish, and hot peppers, but there are plenty of other herbs that can be thrown in for added kick. This year I had lots of spicy jalapenos and vibrant rosemary in the garden, so I used those along with some organic turmeric powder in the cupboard and fresh lemon peel. Oregano is also a great herb with anti-bacterial properties to add in. Some people like to bury their fire cider jar in the ground for a month while it extracts and then dig it up during a great feast to celebrate the changing of the seasons.



Fire Cider can be taken straight by the spoonful, added to organic veggie juice (throw in some olives and pickles and think non-alcoholic, health boosting bloody mary!), splashed in fried rice, or drizzled on a salad with good olive oil. You can also save the strained pulp and mix it with shredded veggies like carrots, cabbage, broccoli, and fresh herbs to make delicious and aromatic stir-fries and spring rolls! I also like to add some of the strained pulp to soups or stews or smoothies. In the winter I like to take 1 tbsp each morning to help warm me up and rev the immune system, or 3 tbsp at the first sign of a cold.

## Ingredients

1/2 cup fresh grated organic ginger root

1/2 cup fresh grated organic horseradish root

1 medium organic onion, chopped

10 cloves of organic garlic, crushed or chopped

2 organic jalapeno peppers, chopped

Zest and juice from 1 organic lemon

Several sprigs of fresh organic rosemary or 2 tbsp of [dried rosemary leaves](#)

1 tbsp [organic turmeric powder](#)

organic apple cider vinegar

raw local honey to tastel

## Directions



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Prepare all of your cold-fighting roots, fruits, and herbs and place them in a quart sized jar. If you've never grated fresh horseradish, be prepared for a powerful sinus opening experience! Use a piece of natural parchment paper or wax paper under the lid to keep the vinegar from touching the metal. Shake well! Store in a dark, cool place for one month and remember to shake daily.

After one month, use cheesecloth to strain out the pulp, pouring the vinegar into a clean jar. Be sure to squeeze as much of the liquid goodness as you can from the pulp while straining. Next, comes the honey! Add 1/4 cup of honey and stir until incorporated. Taste your cider and add another 1/4 cup until you reach the desired sweetness.

## Ingredient Variations

These herbs and spices would make a wonderful addition to your Fire Cider creations: [Thyme](#), [Cayenne](#), [Rosehips](#), [Ginseng](#), Orange, Grapefruit, [Schizandra berries](#), [Astragalus](#), [Parsley](#), [Burdock](#), [Oregano](#), [Peppercorns](#)

- See more at: <http://mountainroseblog.com/fire-cider/#sthash.EMBxpQRn.dpuf>- See more at: <http://mountainroseblog.com/fire-cider/#sthash.rMSxauSs.dpuf> Making your own FERMENTED FOODS

+++++

### **A quick Recipe for Congestion:**

8-12" chunk of horseradish grated  
1 TBSP Apple Cider Vinegar  
Pinch of Salt

Mix together. Can be stored in fridge for 4-5 weeks.  
Eat 1/2 to 1 tsp 3x per day until congestion clears up



## Making some of your own fermented foods

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### HOMEMADE SOUR CREAM RECIPE :)

<http://www.culturesforhealth.com/sour-cream>

Making sour cream at home is easy, you will need only cream and a starter culture. While making sour cream takes only a few minutes of prep time, allow a full 24-48 hours for the sour cream to culture and cool prior to serving.

The simple version:

1 cup organic grass fed heavy cream

1 tablespoon organic grass fed yogurt

Mix together in a mason jar. Cover with cheesecloth and the threaded ring only. Let sit for 1-3 days, checking each day for consistency and flavor. Refrigerate when it is ready.

For more details see below:

#### Choosing a Cream

The first step to making sour cream is choosing an appropriate cream for the project.

- Whipping cream (whole cream) will yield the thickest sour cream.
- Half-and-half can be used, but the sour cream will have a thinner consistency. Dry milk powder can be added to improve the consistency, if desired.
- Raw cream can be used but will yield a thinner consistency than if pasteurized whipping cream is used.
- Avoid ultra-pasteurized (UP) or ultra-high temperature (UHT) cream, as it yields inconsistent results when used for culturing.

#### Choosing a Starter Culture

There are a few options for starter cultures:

- [Direct-set sour cream starter culture](#). The advantage of a direct-set culture is that the powdered starter is kept in the freezer until you are ready to make sour cream.
- [Cultured buttermilk](#) or **yogurt** is convenient to use as starter for culturing cream, as well. Use 1 tablespoon starter per cup of cream.
- [Milk kefir grains](#) or finished milk kefir can be used to make [Kefir Cream](#), a good substitute for sour cream.

#### Making Sour Cream

1. Once you've chosen the cream and starter culture, mix the cream and starter culture together.
2. Cover the container with a coffee filter or cloth, secured with a rubber band.
3. Place the mixture in a warm spot, 70°-80°F, for 12 to 18 hours or until thickened.
4. Once the mixture has set, cover the jar with a lid and place it in the refrigerator for at least 6 hours to halt the culturing process and cool the sour cream.

Add a small amount of dry milk powder for a thicker sour cream. Alternatively, heat the cream to 180°F

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approx. 5 lb of cabbage sliced

2 tablespoons Sea Salt

1 Tablespoon caraway seeds (optional)

In a large bowl mix cabbage with salt and caraway seeds if using them. Let stand 10 minutes.

Put in mason jars and punch it down to release the juices. Top with half an onion or big cabbage leaves to keep the sauerkraut submerged in juices. Cover jar with cheesecloth and threaded jar ring.

Check the next morning to make sure juices have covered the cabbage.

Place in a cool spot and check every other day for 2 weeks, skimming off any scum that comes to the surface.

Let stand for 4 weeks total. Then replace cheesecloth with mason jar lid and store in fridge for up to 6 months.

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### Lacto-Fermented Turnips

Turnips are an interesting, nutritious alternative to things like potatoes. They are a member of the radish family and can have a bit of a bite to them.

When fermented, turnips take on a great tang which mellows out that radish-like bite and makes them a crunchy and delicious pickle for snacking.

#### Ingredients:

- 4 cups water
- 1 heaping tablespoons sea salt
- 8-12 medium turnips (or kohlrabi), scrubbed well and sliced 1/8-inch thick
- 2 teaspoons red pepper flakes

#### Instructions:

- 1 Make a brine by combining boiled water and sea salt, stirring until salt is completely dissolved. Set aside. `water should mostly cool.
- 2 Put 1 teaspoon red pepper flakes in each of two quart-size jars. Add sliced turnips, leaving 1-2 inches of headspace in each jar.
- 3 Pour the brine over the turnips and red pepper flakes, pushing the turnips down to release any air bubbles. Again, leave 1-2 inches headspace in each jar.
- 4 If necessary, weigh the turnips down under the brine to keep them submerged. I use a few cabbage leaves over the top, tucking the sides down in to hold all the goodies in the brine. Do not eat the cabbage leaf that is out of the brine.
- 5 Cover the jar with a loose lid, or coffee filter secured with a rubber band.
- 6 Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
- 7 Once the turnips are finished, put a tight lid on the jar and move to cold storage.



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Makes 2 quarts.

+++++

**Wild Fermented anything!** Another one of my favorite wild ferments:

Using the same recipe as above to make the brine.

In your mason jars add sliced cabbage, a chili pepper or two (or sliced jalopenas), dried seaweed flakes, peeled garlic cloves, some onion slices, cut up turnips or any vegetables you prefer. Follow the rest of the above recipe the same.

+++++

### **Beet Kvass**

Kvass is a traditional beverage in many cultures. This beet kvass is a simple, easy-to-make, and inexpensive way to take in a cultured beverage.

#### **Ingredients:**

- 2-3 beets, depending on size
- 4 teaspoons sea salt
- 2 quarts filtered water

#### **Instructions:**

- 1 Chop beets into 1/2-inch pieces and place in a half-gallon jar.
- 2 Add salt; fill jar with water, leaving 1 inch headspace.
- 3 Cover the jar with a tight lid, airlock lid, or coffee filter secured with a rubber band.
- 4 Culture at room temperature (60-70°F is preferred) until desired flavor and texture are achieved. If using a tight lid, burp daily to release excess pressure.
- 5 Once the kvass is finished, put a tight lid on the jar and move to cold storage. The kvass flavor will continue to develop as it ages.

When most of the liquid has been drunk from the kvass, refill the jar and culture at room temperature again for a second, weaker batch.

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### **Pickled and Canned Red Beets**

#### **Scrub the beets.**

Leave the tails and about a half inch of the stems attached. This is to keep all of the color and nutrients from bleeding out while they cook.

#### **Put the beets in a pot and cover them completely with water.**

Place the pot on the stove. Cover and bring to a boil. Reduce heat to a simmer and cook until the beets are soft when pierced with a knife, about 45 to 60 minutes.



Drain the beets.

Let them cool until you can handle them.

**Peel the beets.** First, cut off the tops and tails and then the skins should just slide off. It's fun!

**Cut the beets.** You can choose any size you like but I prefer a small bite-size chunk. The larger the chunks, the more jars you'll need as they won't be as space efficient. Put the chunks into a pot.

Heat your canning jars. I just simply put my clean jars in a 225 degree Fahrenheit oven for about 15 minutes. This sterilizes them and keeps them hot while you fill them one by one.

Sterilize the canning lids. I place them in a small pot, cover them with water, and bring to a boil. Remove from heat and leave them in the water until you are ready to use them. When I'm open kettle canning like this, I try to use the lids while they are still very hot.



Put the pot of beet chunks on the stove and **add 3 cups of apple cider vinegar and 4 cups of granulated sugar.**

**Bring the beets and juice to a simmer.**

The level of the juice should be about even with the beets. If it doesn't come up high enough, mix up a bit more of the brine solution, maybe another cup of vinegar and 1 1/4 cups of sugar. Add this to the pot and check the level again. Keep the beets at a simmer while you fill the jars.

Fill your jars one by one. Remove a hot jar from the oven and fill it up with beets. Bring the beet and juice level to within 1/4 inch of the top of the jar, but not higher than that. Wipe off the top of the jar.

Using a clean, damp cloth, wipe the top rim of the jar...where the lid meets the jar, not where the ring screws on. You don't want any food particles or dirt to get between the lid and the jar that would interfere with the seal.

Place a hot lid on top of the jar and screw on a ring, nice and tight. Not too tight but it should be snug.

Let the jars cool.

Let them sit on the counter to cool completely (over night is best). Remove the rings from the jars and if the jars seem sticky, wash them in warm, soapy water. Store the jars in a cool, dark, dry place for the longest shelf life. I've known beets to last at least two years. I've never had any around for longer than that so I don't know how long they will actually keep.

+++++

how to make water kefir (lori has scobys)



<http://nourishedkitchen.com/water-kefir/>

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## KOREAN KIMCHI

### Ingredients:

- 4 cups of water
- 4 tablespoons sea salt
- 1 head **cabbage**, shredded
- 1 cup daikon **radish** grated or 1 cup **asparagus** cut into one-inch pieces
- 2 scallions, chopped
- 2 cloves **garlic**, minced
- 2 tablespoons fresh **ginger**, minced
- ½ teaspoon cayenne pepper

### Directions:

- 1 In a large bowl, mix a brine of the water and salt. Mix well to thoroughly dissolve salt. Add the cabbage and daikon radish. Cover with a plate or other weight to keep the vegetables submerged. Soak for 12 hours.
- 2 Drain the brine from the vegetables, reserving the brine. Taste the vegetables for saltiness. If they are too salty, you can rinse the vegetables. If they are not salty enough, sprinkle with a little more salt (one quarter teaspoon at a time).
- 3 Combine the asparagus, **green beans**, scallions, garlic, ginger, and cayenne pepper. Add to the cabbage mixture.
- 4 Put the whole mix into a jar or crock. Pour the soaking liquid over the vegetables, making sure that they are completely submerged in liquid.
- 5 **Tip:** Don't forget to squeeze your vegetables before putting them into the jar using your hands. "Bruising" the vegetables in this way allows the cell walls to break down and release their juices.
- 6 Cover loosely with a clean cloth and set aside for three to seven days. The ideal room temperature to help with the fermentation is around 70°F. If it is colder, the fermentation takes longer.
- 7 Check the kimchi daily. Make sure the vegetables stay covered in brine. After three to seven days, the kimchi will taste ripe. Once this happens, place in glass jar in the refrigerator. It will keep for months.

(From *Healthy Recipes for Your Nutritional Type*)

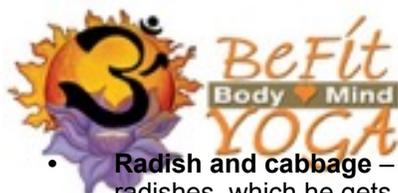
### Korean Kimchi Cooking Tips

- 1 Use only fresh and organic vegetables from your local farmer.
- 2 Choose cabbages that are hard, heavy, and have densely packed leaves. The lighter, leafier varieties tend to turn into mush that doesn't ferment well.
- 3 Peel your vegetables to avoid getting the bitter flavor from the skin.
- 4 Feel free to season your ferment naturally according to your liking with bell pepper, organic Granny Smith apples, or a hot pepper like habanero (make sure you wear gloves!).
- 5 Add sea vegetables or seaweed to increase the mineral, vitamin, and fiber content of your fermented vegetables.
- 6 When adding aromatics, such as **onion**, garlic, and ginger, remember that fermenting increases the flavor multiple-fold, so a little goes a long way. Don't overdo it! A few medium-size cloves are enough to infuse a dozen jars or more with a mild garlic flavor.
- 7 Use a starter culture dissolved in celery juice to speed up the fermentation process and to ensure that your ferment gets packed with essential probiotics.
- 8 Make sure the veggies are completely covered with brine and that the brine is all the way to the top of the jar to eliminate trapped air.
- 9 Put the lids on the jars loosely, as they will expand due to the gases produced in fermentation.
- 10 Don't eat out of the jar to prevent contaminating the entire batch with bacteria from your mouth. Always use a clean spoon to take out what you're eating.

### What Type of Vegetables Can Be Fermented?

**Sandor Katz**, author of *Wild Fermentation*, said that while all vegetables can be fermented, not all will produce wonderful results. Here are some practical fermentation pointers I learned from him:

- **Summer squash** – Because it's extremely watery, fermentation makes it go soft and mushy in a short amount of time.



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- **Radish and cabbage** – Sandor’s biggest batch of fermented vegetables every year is made up from daikon radishes, which he gets from a farmer friend who plants them as cover crop and who invites him every year to harvest truckloads of them. He then throws in cabbages, chili peppers, and garlic to enhance its taste.
- **Dark green vegetables** – While kale, broccoli, and other dark green vegetables can be fermented, oftentimes their high chlorophyll content gives off a really strong flavor that not everyone finds appealing. Sandor recommends using them as a minor ingredient rather than a major one. This way, you’ll still get hold of their valuable nutrients without having to put up with their overpowering taste.

I suggest fermenting vegetables that grow abundantly in your area. Try different vegetable combinations. You can never go wrong. As Sandor said, your imagination is really the only limit when it comes to what you can concoct.

++++  
RECIPE I AM EXPERIMENTING WITH

## Seed and Oat HomeMade Bread Recipe and Photo by Emma Frisch

- *Prep Time:* 10 minutes
- *Cook time:* 60 minutes
- *Yield:* 2 loaves
- *Allergens:* tree nuts

### Ingredients:

- Sunflower seeds – 2 cups raw sunflower seeds

*(Bobbi Note: I prefer 1 cup sunflower seeds, one cup hemp seeds, and some pumpkins seeds)*

- Flax seeds – 1 cup
- Hazelnuts or Almonds – 1 cup hazelnuts or almonds

*(Bobbi Note: I also like to add apricot kernels)*

- Oats – 3 cups rolled oats
- Chia seeds – 4 tablespoons
- Psyllium seed husks – 8 tablespoons psyllium seed husks (use 6 tablespoons if using psyllium husk powder)

*(Bobbi NOTE: I skipped the psyllium husk . . . is that a natural food? My bread did crumble easy so next time I make it I am going to either add an egg to help hold it together or put 8 tablespoons of oats run through a coffee grinder (in addition to the three cups oats not milled) to see if that adds some sticking power)*

- Sea salt – 2 teaspoons
- Maple syrup – 2 tablespoons grade B maple syrup
- Coconut oil – 6 tablespoons plus 2 teaspoons melted coconut oil, plus extra for greasing pans
- Water – 3 1/2 cups

### Instructions:

- 1 Use solid (not melted) coconut oil to lather the inside of two bread pans.
- 2 In a large bowl, combine all the dry ingredients and stir well. (If using silicon, add the ingredients directly into the pan). In a separate medium bowl whisk together the maple syrup, oil and water.
- 3 Add the liquid ingredients to the dry, and mix together with a spatula. At first the mixture will seem watery; keep stirring until the dough thickens and fully absorbs the water.
- 4 Pour the dough into the bread pans. Smooth the top of the dough with the back of a spoon. Let the dough nap in its crib for 2 hours minimum, though you can also let it rest overnight! (Soaking nuts and seeds makes them optimal for digestion).





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- 5 When ready to bake, use a knife to separate the dough from the sides of the pan. If the loaves pull away and retains their shape, you are ready to bake!
- 6 Preheat the oven to 350. Place the loaves on the middle rack and bake for 20 minutes. Remove the loaves from the oven and flip them upside down out of the pans and directly onto the oven rack (or another cleaner rack if you have one). Bake for about 45 minutes more, but begin checking at the 30 minute mark as ovens vary between kitchens. The bread is done when it sounds hollow if tapped.
- 7 Let the bread cool completely before slicing; don't let the warm, freshly-baked aroma seduce you into early cutting, or it will crumble in despair! Store the bread in an airtight container for up to five days, or slice the bread and freeze it for toasting another day.
- 8 I strongly urge toasting each slice before serving. Before toasting, each slice tends to retain a moist quality that just ain't as good as a firm, nutty toasted surface made perfect for eating plain or lathering in ghee and jam or drizzling with olive oil and herbs. Toast, toast, toast! You can let it get cool after toasting if you prefer room temperature bread.

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#### Chart House Bleu Cheese Dressing Recipe from Patrick

(prepare day before using)

- Garlic = 1/2 - 1 head
- 1 Pint Sour Cream
- 1 Pint of Mayonnaise - substitute some yogurt for this
- Dried Mustard - 1-2 Tablespoons
- Worcestershire sauce - Lea & Perrins — a good pour
- Tabasco Sauce - scant tablespoon
- Black Ground Pepper
- Roquefort Bleu Cheese