

# LOTUS HOLISTIC HEALTH INSTITUTE

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## Hot Spiced Milk

1/2 cup water  
1/2 cup milk  
1/2 tsp. ginger (dry)  
    or 1 tsp. ginger root (fresh)  
pinch turmeric

Boil 10 minutes

    Then add 1 tsp. cardamon.

    Steep 2 minutes. Strain into cup.

    Add sweetener to taste (Vata---raw sugar; Pitta---brown sugar; Kapha---honey.)

    Drink.

(If cardomon is in pods or not powdered, boil with ginger & milk & turmeric)

## Ayurvedic Stir Fry

Oil (Sesame, ghee, or olive) 1 tsp  
Cumin 1/2 tsp.  
Coriander 1/2 tsp.  
Turmeric 1/8 tsp. (1 pinch)  
Chopped Vegetables ( see Ayurvedic Diet lists.)

Heat oil.

Add spices, frying them for a few minutes .

Add cut vegetables and stir fry to coat vegetables

Add water to 1/2 height of vegetables, cover. They will steam. They are done when they can be cut with a fork.

Use Bragg liquid Aminos or Rock Salt to taste

You can add 1/4 tsp. dry ginger with spices or add fresh ginger with vegetables or with water.

You can use fresh celantro instead of coriander, adding it (chopped) after the vegetables are cooked.