

Golden Milk, lubricates and softens the joints

Turmeric paste

½ dl turmeric)

1 dl water

Boil on low heat for 8 minutes until pastelike

Keep in fridge.

Golden Milk

¼ - ½ tsp turmeric paste

2,5 dl warm milk

1 tbs almond or sesame oil

honey to taste

Mungbeans and rice, a cleansing yogic diet

2,5 dl mungbeans, whole or halves

1,5 dl basmatirice

1,5-2 l water

½ l mixed vegetables. Best is celery, carrot, green sweet pepper, zucchini, green vegetables

1 big yellow onion

1/2 minced or pressed carlic

1 "big thumb" peeled and minced fresh ginger

1 fresh chili pepper if available

2-3 tbs ghee or good oil for frying

Boil the beans in a pot, under lid till they open up, about 30 min.

In the meanwhile heat up ghee/oil, add onion and ginger. Sauté till transparent. Measure up the spices (see below). When the onion and ginger are done move them aside in the pan, add more ghee/oil and the spices:

1 tsp turmeric

2/3 tsp coriander powder

2/3 tsp cumin

½ tsp black pepper

1 tsp curry

2 bay leaf

if there is no fresh chili, 1/3 tsp cayenne pepper - optional

These make a base. As variation you can use fennel, cardamom or fenugreek.

Sauté the spices for 1 minute in ghee and then blend well with the onion. Mix with mungbeans and vegetables. Let boil again. Add the rice and more water, if necessary. boil on low heat, stir often, till all extra water is absorbed, the rice is ready and mixed with beans and vegetables. It should be like a thick stew.

Now you can add more ghee or butter, tamari and/or fresh coriander leaves for taste.

Can be served with melted cheese on top or like it is. Can be eaten with chapati or bread. Yougurt can make it tasty, too. You can even have green salad and avocado to go with it.

For cleansing, eat this stew for 11-40 dagger, breakfast, lunch, dinner. Besides the stew, you can eat fresh fruits, drink water and Yogi Tea. Happy meals!