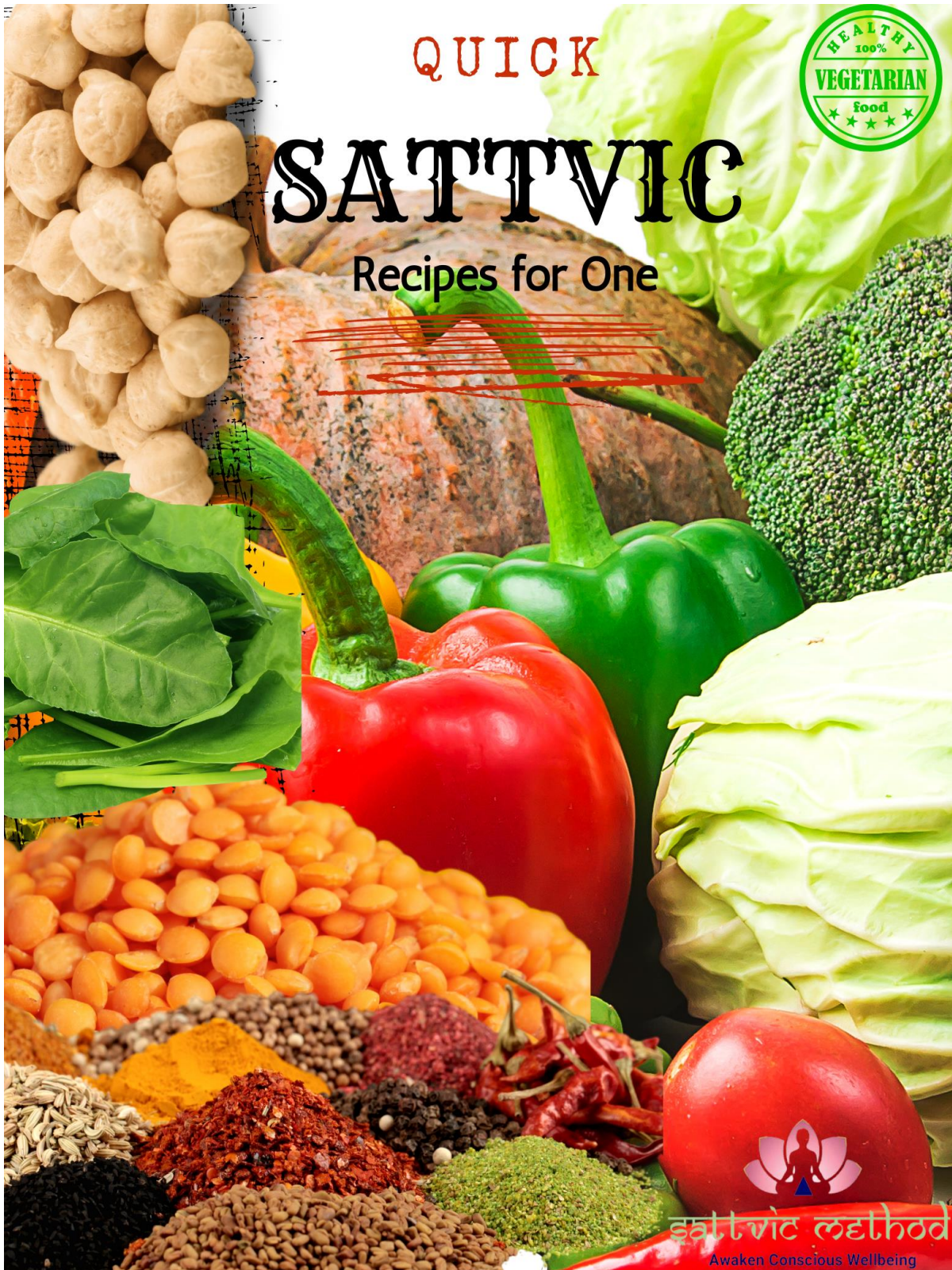


QUICK



# SATTVIC

Recipes for One



sattvic method

Awaken Conscious Wellbeing

## **Table of contents**

<b>Bravo Solo!</b>	<b>2</b>
<b>Why Sattvic meals every day</b>	<b>Error! Bookmark not defined.</b>
<b>Selection of Spices</b>	<b>Error! Bookmark not defined.</b>
<b>Sattvic food and Detoxing</b>	<b>Error! Bookmark not defined.</b>
<b>Quality and quantity of food</b>	<b>3</b>
<b>Levels of fasting and eating</b>	<b>Error! Bookmark not defined.</b>
<b>Health benefits of eating light</b>	<b>5</b>
<b>Economics of Sattvic diet</b>	<b>Error! Bookmark not defined.</b>
<b>You can be a Home Chef!</b>	<b>Error! Bookmark not defined.</b>

## **Bravo Solo!**

Self cooking and cooking for one has become the norm for people who have lived and survived the COVID-19 pandemic times. It might also have become a routine for many singles who live alone. US Census data shows that in 2020, approximately 36.2 million people were living in single-person households in the United States. All over the world, the number of single-person households is increasing. This means the preparation of nutritious and delicious meals is the sole responsibility of the person living alone. This book is for people who are looking to make such sattvic meals and offer it as naivedyam before consuming it. This book is also for others who are the only vegetarians or sattvic eaters in the family. It is also for people living with roommates or in dorms who want to eat well, light, and make quick sattvic meals.

In recent times, with the pandemic hurting everyone in one way or the other, working from home has become the new normal. Working from home has brought on other challenges as well. Your home has become your office, mini-grocery store, and restaurant. You are the boss, housekeeper, and chef. That last part, food, that bothers you the most. It has been a trying time for staying healthy and eating well prepared meals. It has been bad for businesses with many restaurants completely closed, or operating with limited capacity. Hanging out with friends, or parties are risky propositions. Staying alone or as a close family has been the only way to handle the situation.

### **Selection of Spices**

Sattvic food is not bland. It has a deliberate, crucial choice of species that support the body to remain light and alert at all times. It is also more than the choice of spices. It is also about the quality of the ingredients. Spices have essential oils and other molecules that serve multiple purposes in the body. Even so, their use in sattvic cooking is functional, not meant to solely enhance the taste of foods.

Cinnamon bark, for example, has numerous active ingredients that support health and wellness. The anti-microbial properties of cinnamon come from Cinnamaldehyde, a compound which helps to kill harmful bacteria in the mouth like Streptococci, Actinomyces, Fusobacterium, Prevotella, and Arachnia. The compound helps to protect the teeth, gums, and mouth from developing oral diseases.

## **Quality and quantity of food**

The quality of food also influences how much people eat. Fast Food chains conduct market research to study how food preference is altered with colors. Warm colors such as yellow and red lead to greater food consumption, improved mood of the consumers, and higher customer satisfaction. For example, in your local grocery store, if you go to the fresh produce section or processed food aisle, you will notice *organic* is always labeled in green text. When some products are labeled using the same color scheme, you automatically pick up the product assuming it is organic.

Sattvic food offers a partial method to bridge the economic divide. Even if people are not able to obtain organic foods, they can use sattvic methods to detox, thereby mitigating some side effects from the toxins. Typical sattvic diet also does not use excess sugar, fat, or salt. It relies heavily on vegetables and lentils for proteins. The carbohydrate consumption is also reduced to a minimum. By following a sattvic diet, you will have a diverse food base. Food allergies that are triggered by a single grain diet can be managed when you consume diverse kinds of food.

## Health benefits of eating light

Foods we consume require some energy to digest. Some foods we eat make us sleepy, requiring enormous amounts of energy to digest, diverting energy from other bodily functions. That is because some of the foods we eat are neither nutritionally dense nor light to digest. Sattvic foods do not make us sleepy. It does however leave us feeling light and blissful.

Eating light has also been linked to longevity. Research <sup>1</sup>has reported that women, manual workers, under poor to middle economic status, rural residents, optimists, light eaters, vegetarians and non-smokers had a higher probability of becoming centenarians in The Republic of Korea. In another study<sup>2</sup>, 90% of the centenarians in China ate vegetables every day, and around 70% of their daily diets consisted of light food. The relationship between light eating and longevity has also been recorded from the Okinawan people<sup>3</sup>. Ryukyu island is home to Okinawan people with longest life expectancies and low disability rates. With a core of Chinese food culture, Satsamu sweet potato providing the largest part of their daily energy intake, a wide array of plant foods including seaweed (especially kombu) and soy, and of herbaceous plants, accompanied by occasional, small serving of meat, and by green and kohencha tea. 'Food is medicine' is followed both in kitchen and medicine.

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<sup>1</sup> Longevity factors of Centenarians in Korea

<https://www.dbpia.co.kr/Journal/articleDetail?nodeId=NODE00958984>

<sup>2</sup> Aging in China <https://www.sciencedirect.com/science/article/abs/pii/S0167494316301406>

<sup>3</sup> Okinawan food and longevity <https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1440-6047.2001.00235.x>

### **Sattvic Solo Week for Masha**

Masha was missing meals resulting in headache and eating sugary snacks in the evening for energy pick up. So, we decided to have a week of sattvic meals. Masha would take her lunch break during the workdays and we would cook fresh everyday. On May 29, we met over zoom and discussed the arrangements for the upcoming week from May 31st to June 6th.

Masha was concerned that cooking would require planning, take away a lot of time, and she would have to dedicate a lot of time to cleaning up afterwards. So, we decided to go into the upcoming week with a completely different mindset. Masha agreed to come into the experiment with “No expectations... spend fun time with my friend Rani...learn how to cook Sattvic food and in general learn what Sattvic food is, not to think what made for lunch... rather have a friend let me open my fridge and based on what was in it come up with a tasty and healthy lunch on the spot.” This reframing removed a lot of stress in our interactions and expectations. We also decided to make simple recipes that did not require a lot of preparation.

During our chat, Masha disclosed that she is unable to handle any red chilies or green chilies. She prefers mildly spicy food. Our discussions also resulted in the following tips to Masha, which applies to all readers of the book and anyone who wants to cook everyday.

**Day 1: Sunday**

*Time for cooking:* 1:50 pm start and 3:10 pm end.

Masha loves dosa. The simple crispy crepe is everyone's favorite and southern India has an astounding diversity of crepes. Dosa is sometimes referred to as pancakes. Some varieties are fluffy like pancakes, this recipe is crispy and crepe-like.

When Masha opened the fridge, Rani asked Masha for the oldest vegetables in the fridge. Asparagus and Apple had been sitting in the fridge for a while. Masha likes the chewy taste and the biting into asparagus, and she is delighted to eat anything made with apples. Based on this, the menu was decided.

**Menu for the day**

*Moong dal dosa*

*Asparagus fry*

*Apple thokku*

**Preparation**

*For Dosa:* Masha soaked 1 cup moong dal and ¼ cup rice as soon as she woke up in the morning and chopped ginger into bite-size pieces.

*For Asparagus fry:* Wash and chop Asparagus into bite size pieces.

*For Apple thokku:* Wash and coarsely chop the apples and ginger.



## Recipes

### *Moong dal dosa*

Wash rice and soaked moong dal in a strainer. Add ½ cup water, 10 stems of cilantro, ginger root chopped (about ½ inch piece) and 1 teaspoon peppercorn. Put these in a blender and process until a smooth batter is obtained. Remove the batter into a dish.

Place a non-stick pan on the stove at medium heat. Take 1 teaspoon ghee or oil in a small plate and cut the top of a carrot or radish. Dip the cut portion in ghee or oil and smear it over the pan. Pour a ladleful of batter and spread it around quickly. Flip over. If you like ghee, you can drizzle it over the hot dosa.



*Moong dal dosa*

You can make up to one dozen dosas using the batter you prepared. The number of dosas depends on the thickness of the dosas, which you can manage by adding or reducing the batter to increase thickness as you like.

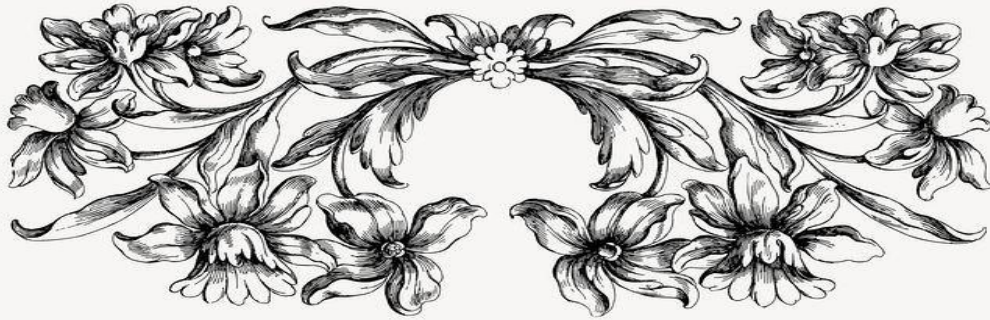
### ***Assembling the meal***

Masha made 2 dosas, served herself a small batch of asparagus, a tablespoon of apple thokku, and served a glass of apple juice. She added a dollop of cream cheese over the dosa. You can add a teaspoon of ghee or butter to warm dosa's, if you have them. Although Masha prefers to eat the dosa with a knife and fork, traditionally dosa is eaten by tearing it with the fingers of the right hand.



*Day 1 Meal assembled by Masha*

It was a relief when Masha beamed after tasting the food. She said, “I will give 10-stars for the dosa!”



# *Recipes*



**Recipes listed alphabetically**

1. *Apple chips*
2. *Apple thokku*
3. *Asparagus fry*
4. *Avocado Smoothie*
5. *Broccoli creamy avocado pasta*
6. *Chutney*
7. *Cucumber pickle*
8. *Cucumber raita*
9. *Jeera Puri*
10. *Kale chips*
11. *Moong dal dosa*
12. *Payar Kootu (say: Pie-yerr)*
13. *Pear*
14. *Puttu*
15. *Samosa, Gluten- whole wheat flour*
16. *Stuffed dosa*
17. *Subji*
18. *Tomato + Spinach salad*
19. *Tomato fry*
20. *Vegetable dosa*
21. *Watermelon ginger smoothie*

## ***1. Cucumber raita***



**Cucumber raita with yogurt**

**You need:**

Cucumber, 1

Salt, 1 teaspoon

Pepper, 1/2 teaspoon

Yogurt, 1 cup

Cilantro, chopped, 1/4 cup

**To do:**

1. Remove the sap from the cucumber, wash, and peel it.
2. If the cucumber has mature seeds, use a spoon and scoop out the seeds.
3. Chop the cucumber into teeth-sized pieces.
4. Sprinkle salt and pepper. Mix well with a spoon.
5. Cover and set aside for 30 minutes. You can refrigerate if you want to.
6. After 30 minutes, mix the cucumber well. Stir in the yogurt.
7. Top with chopped cilantro.
8. Store in a cool place.
9. Serve cool with rice and other dishes.



# Quick

## Sattvic Recipes

for one

If you are living alone or are the only vegan/ sattvic/ yogi in your family, this Book is for you! Try all the simple 21- delicious recipes in this book. You can make a 6-course or 12-course meal with the various recipes that are presented to you. The book shares the results of one-on-one coaching with Masha.

