

## Ayurvedic Cooking Workshop

---

### Kale & Grilled Pineapple Salad with Mango Amla Dressing

#### INGREDIENTS:

2 Bunches Kale removed from stem and chopped  
1 pineapple, cored, sliced into rings  
1 bag matchstick rainbow carrots  
1 C roasted Cashews  
1 C Dressing or more to taste

#### Mango-Amla Vitality Dressing:

3/4 cup organic ripe mango, peeled  
2 tbsp organic coconut butter  
1/2 filtered water  
1/2 tsp organic lime juice, freshly squeezed  
1/4 tsp organic raw honey  
1/4 tsp organic sriracha  
1/2 tsp amla powder  
3/4 tsp Himalayan salt

#### DIRECTIONS:

- Put Kale in a large bowl. Add 1/2 the dressing and a pinch or 2 of salt. Begin to massage the kale (this looks a lot like a baker kneading dough) DO NOT BE AFRAID! the kale needs to break down and become tender! The kale should reduce in size by half.
- Heat your grill or grill pan. Mark both sides of your pineapple, 2-3 minutes on each side. Chop and cool
- Add pineapple, carrots and cashews to the kale and mix. Taste and season with salt and pepper. Add more dressing if you would like!! Enjoy in health!!
- **DRESSING:** In a blender, combine mango, coconut butter, filtered water, lime juice, honey, sriracha, amla powder and salt. Blend on medium speed until thoroughly combined.



## Ayurvedic Cooking Workshop

---

### Roasted Broccoli & Zucchini Salad with Radishes, Arugula & Walnut Nettle Pesto

#### INGREDIENTS:

2 heads broccoli, florets removed  
*(save stems for soup)*  
2 large or 4 small zucchini  
4 radishes  
2 C arugula

#### WALNUT NETTLE PESTO:

4 cups nettle leaves  
1 cup basil leaves  
1/2 cup walnuts  
1/2 cup pumpkin seeds  
1 cup organic virgin olive oil  
1/2 cup parmesan cheese, grated  
1/4 cup Asiago cheese, grated  
5 cloves garlic  
1.5 tsp pink salt

#### DIRECTIONS:

- Heat oven to 425
  - Lightly toss broccoli florets and zucchini with olive oil, salt and pepper
  - Roast for 12 minutes, cool
  - Slice radishes on a mandolin
  - Toss all ingredients with 2 T Pesto and 1 T Olive oil. Enjoy in health!
- 
- **PESTO:** Wearing gloves, snip the tender nettle tops into a paper bag. Remove the leaves from the stems and rinse well in cool water.
  - Blanch in well salted, boiling water for a minute. Then dunk into an ice bath. *This will kill the formic acid that causes the stinging!*
  - Blend the first four ingredients together in a food processor until smooth. Add the remaining ingredients and process until smooth.



## Ayurvedic Cooking Workshop

---

### Energy Bliss Bars

#### INGREDIENTS:

1 C Raw Cashews  
1/4 C Chia  
1/4 C Hemp Hearts  
1 1/2 C Dates  
1/2 C Almond Butter  
1/4 - 1/2 C Maple Syrup  
1/2 C Almond Flour  
1/2 C unsweetened Coconut  
1/2 t Vanilla extract  
2 t cinnamon  
1 t cardamom  
Pinch sea salt  
Zest of one orange

#### DIRECTIONS:

- Grind cashews and hemp to a fine meal. Add the Rest of the ingredients and pulse until the mix form and sticky ball.
- Line a 1/2 sheet tray with parchment paper or sil-pat. With damp fingers spread out the mix into the baking pan until even. Refrigerate for
- 6-8 hours
- Lift out of pan with parchment.  
Cut & ENERGIZE!

Makes 18 Bars

