



Healthy Vegetarian Recipes

SSSGC Zone I Ladies wing





Our most humble and reverential Pranams at the Divine Lotus Feet of our beloved Bhagawan. On this inaugural SSSGC Zone 1 Ladies Retreat, it is with utmost love and gratitude that we dedicate this recipe book to You Dear Swami and we pray that it will help in fostering a healthy lifestyle.

Our sincere gratitude also to all of the ladies from across Zone 1, who have very kindly taken the time to share with their fellow sisters some of their most precious, healthy and wholesome recipes that will help nourish our minds and bodies on our spiritual journey.

Swami has taught us that food is essential for everyone in the world. Among the necessities of life, food comes first. But man cannot be satisfied with food alone. A full stomach does not fully satisfy the mind. He cannot merely rest on a satisfied appetite. He has to move about and engage himself in work. While doing work, one has to ask himself: "What am I doing? Why am I doing and how am I doing? When he enquires into these questions, he can derive meaning and joy from his work. In this way, he recognises the purpose and value of what he is doing. Realizing what is good in his actions, he makes it a part of his life. He experiences the joy derived from his actions and shares that joy with others. This is the primary message of the Taithiriya Upanishad. Starting with food, attaining bliss is the final goal of life.

Sathya Sai Speaks, Vol 24, 30 May 1991

Prayer

Therefore with food as our means and unity with God as our ultimate goal, we prayerfully offer the Brahmarpanam prayer to sanctify each recipe in this compilation.

*Brahmārpaṇam Brahma Havir BrahmāgnauBrahmañāhutaṃ,
Brahmaiva Tena Gantavyam BrahmakarmāSamādhinah.*

The act of offering is God. The offering itself is God. The offering is done by God in the sacred fire which is God. He alone attains God who, in all actions, is fully absorbed in God.

(As we chant this prayer we are offering the different types of food to God).

*AhamVaishvānaroBhutvā PrāñināmDehamāshritaha,
PrāñāpānaSamāyuktah PachāmyannamChaturvidham.*

"The food thus offered to God is digested by 'Vaishwanara' in the digestive system. Since God exists in the form of fire as Vaishwanara, He digests the food along with the impurities. So, man will not be affected even if the impurities enter the food."

*Sri Sathya Sai Baba
Summer Showers in Brindavan 1993*

Breakfast



Khaman Dhokla



NUT FREE

ingredients

- 400 grams Chana Dal
- 50 grams Urad Dal
- 1/3 cup yogurt
- 2 tsp ginger-chilli paste
- 4 tbsp oil
- 1/2 tsp turmeric powder
- A pinch of hing
- 1-1/2 tsp salt
- 1/2 tsp Soda bicarb
- 1 tsp baking powder

For Tadka:

- 6 tbsp oil
- 2 tsp mustard seeds
- Pinch of hing
- Shredded coconut (frozen or fresh) and cilantro for garnish

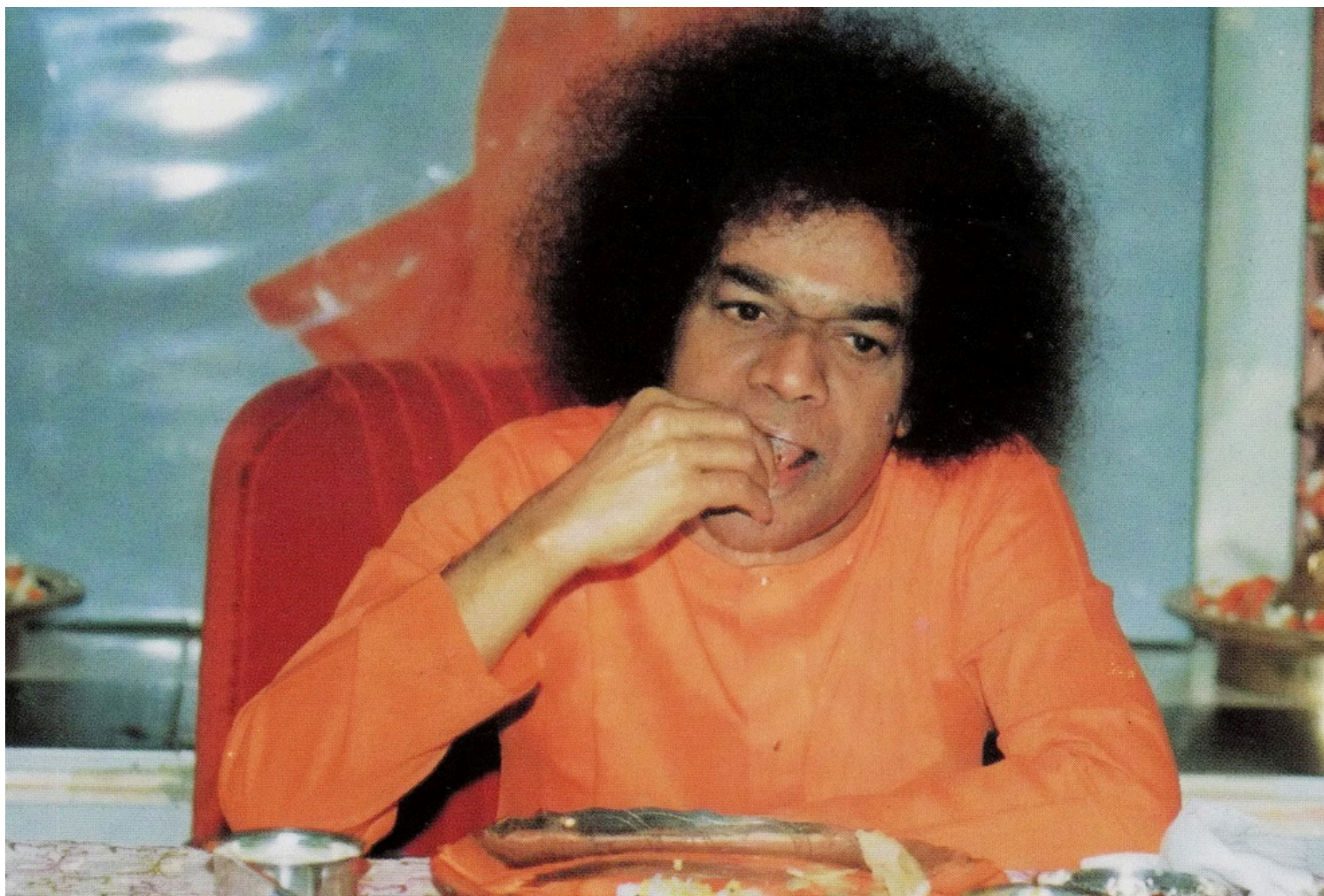
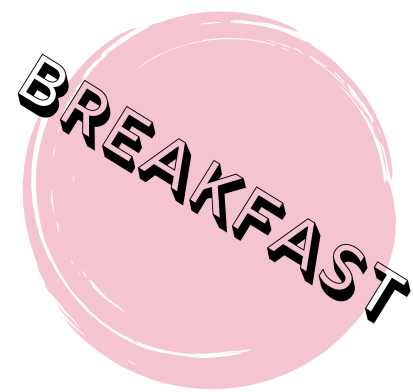
directions

Soak dals separately for 4 hours. Drain and blend in the blender. You can add yogurt while blending. Put batter in a large bowl and mix salt, hing, ginger-chili paste, and turmeric powder. Let it ferment for 10-12 hours. Try to place the bowl in a warm place.

After the batter is fermented, add soda bicarb, oil and baking powder. Add 2 tbsp of water with baking powder. Mix the batter well for about 2-3 minutes. Grease steel plates and pour the batter about half way full. Steam for 30 minutes in a large pot or steamer pot. Remove from the steamer and let it cool down for 10 minutes. Then cut them into square pieces. Transfer Khaman Dhokla in a flat tray or dish. Do Tadka in a small container and pour it over the Khaman Dhokla. Garnish with coconut and cilantro. Serve with green cilantro chutney.



Granola



VEGAN

ingredients

Dry Ingredients:

- 5 cups rolled oats
- 1 1/2 cups chopped nuts (cashews, walnuts, almonds, etc)
- 1 cup mixed seeds (sunflower, pepitas, etc.)
- 3/4 tsp cinnamon powder
- 1/2 tsp sea salt
- 3/4 cup dried fruit (cherries, dates, raisins, cranberry etc.)

Wet Ingredients:

- 1/2 cup maple syrup or honey
- 1/3 cup nut butter
- 1 or 2 tbsp water (depending on nut butter consistency)

directions

- Preheat the oven to 325 F. Line a baking dish with parchment paper
- In large bowl combine together all the dry ingredients.
- Mix all the wet ingredients separately. Pour this over the dry ingredients ensuring all dry ingredients are covered.
- Spread the granola evenly onto a baking dish. Bake for 25 - 30 min, stirring and turning over once.
- Remove from the oven, allow it to cool. Store it in an airtight glass container for up to two weeks

Granola can be had with milk, yogurt, or even by itself.

BLISSFUL BREAD (NO KNEADING)



VEGAN

ingredients

- 2 cups of king arthur unbleached bread flour
(combination of bread flour and whole white flour)
- 1 teaspoon of Instant yeast
- 1 teaspoon of salt
- 1 teaspoon of sugar
- 10/15 sliced kalamata olives
- 2 tablespoons chopped of fresh rosemary (can also use dry rosemary)
- 2 cups lukewarm water (90°f to 110°f)
- oil as needed (used avocado oil)
- most important ingredient
namasamarana !!

bake time: 20 to 25 min ,
prep time: 2 hrs 30 min,
yield: 1 loaf of olive bread.

directions

- Weigh your flour; measure it by gently spooning it into a cup, then sweeping off any excess.
- Mix all the dry ingredients in a large bowl. Don't forget Namasamarana while mixing!!
- Add a few drops of oil. Stir well by adding water.
- No need to knead them; only mix till all the ingredients are well combined.
- Add few drops of oil on the surface of the dough to retain moisture.
- Cover the bowl with a wet towel and leave it to rise for 2 hrs.
- Gently separate the edges of the dough from the bowl
- With the help of a fork, transfer that dough into a greased baking pan with oil or cooking spray.
- Let the loaf rise,
- Lightly cover with a towel, for 30 minutes
- Towards the end of the rising time, preheat the oven to 450°f.
- When your bread has risen, bake it for 20 to 25 minutes until the crust is golden brown and the loaf sounds hollow to the touch when you tap it on the bottom. The Interior temperature of the bread should register at least 190°f on a digital thermometer.
- Turn the oven off, crack the door open, and allow the bread to remain inside for 5 additional minutes; this helps. Keep the crust crisp. Remove the bread from the oven.
- Cool it on a rack. It's best not to cut into the bread until It's cooled down.
- Store the well-wrapped bread at room temperature for a couple of days. Freeze for longer storage. Enjoy with Swami, the blissful bread!!



VEGAN

ingredients

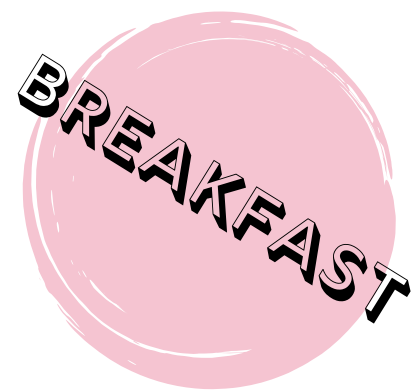
- $\frac{3}{4}$ cup Blue Diamond Finely Sifted Almond Flour
 - $\frac{1}{4}$ cup coconut flour
 - $\frac{1}{4}$ cup KetoLogic Erythritol
 - 1 teaspoon baking powder
 - Egg substitutes
 - $\frac{1}{2}$ cup heavy cream
 - 1 tablespoon butter
 - $\frac{1}{4}$ cup blueberries (optional)
 - $\frac{1}{4}$ cup pecans (optional)
- You can use these Egg substitutes:
- Any Nut butter 4 tbs
 - Applesause $\frac{1}{2}$ cup
 - Mashed Banana
 - Greek Yogurt $\frac{1}{2}$ cup

KetoLogic Erythritol Substitute

- try to cut out sugar altogether !!

directions

- Combine the almond flour and coconut flour together until they are well incorporated.
 - Whisk together the flour, blueberries (if using), erythritol, egg substitutes, and baking powder. Slowly pour in the heavy cream. Mix until a smooth batter forms.
 - Heat a skillet on medium heat and coat lightly with butter.
 - Scoop in about $\frac{1}{3}$ cup of batter into the pan at a time. Keep in mind that this batter browns easily but also requires a little longer to cook than traditional pancakes.
 - Top with blueberries or pecans if desired.
- Prep Time: 15 minutes
- Cook Time: 30 minutes
- Yield: 4 large pancakes or 8 mini pancakes



Spicy Oat Pancakes



VEGAN -NUT FREE

ingredients

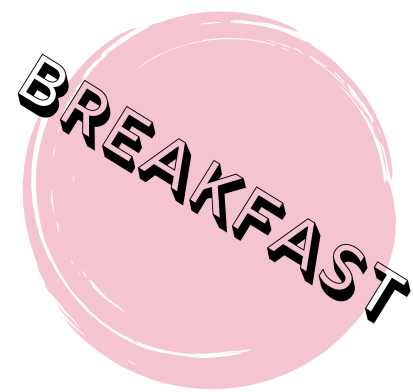
- 1 Cup oats
- 1 Cup yogurt
- 1 Cup water
- 1 Large carrot grated
- 1 Medium size onion finely chopped
- 1 inch finely grated/crushed ginger
- 1 or 2 Green chilli, chopped
- 3 tbsp fresh cut coriander
- Sea salt to taste

directions

- Soak oats, water & yogurt for an hour. Then add in the remaining ingredients and mix well.
- Lightly oil a pan and spoon 1/4 mixture over and spread to make a pancake.
- Let it cook and then turn over to cook the other side until browned
- Makes 4 pancakes



Vegan French Toast Savory Masala Toast



VEGAN

ingredients

- ¼ besan fine gram flour
- ½ cup water
- ¼ cup red finely diced onion
- 1 green chili finely chopped
- 2 tablespoons cilantro finely chopped
- ½ teaspoon kosher salt
- ¼ teaspoon ground turmeric
- 1 teaspoon garlic paste
- 1 teaspoon ginger paste
- ¼ teaspoon red chili flakes
- oil for cooking
- 2 bread slices hearty white or other firm bread

directions

- 1. Add besan to a wide mixing bowl. Break any lumps. Add half of the water and mix well to form a smooth paste and then add the remaining water to make a flowy batter.
- 2. Add salt, turmeric, green chili, ginger and garlic paste, onions, and cilantro.
- 3. Mix well. Optimally stir in red chili flakes for extra spice.
- 4. Dip one sliced bread in the batter and press down with a spoon so the bread soaks the batter. Turn the bread over gently, press down and spoon over some batter on the top side.
- 5. Heat a non-stick skillet at medium heat and spread 1 teaspoon of oil.
- 6. Place the soaked bread slice on the skillet and spread over 1 to 2 spoonfuls of batter on top.
- 7. Cook for 3 to 4 minutes or until the bottom side is golden brown.
- 8. Carefully flip over the bread and cook on the other side for 3 to 4 minutes.
- 9. Add a teaspoon of oil to the sides of the bread.
- 10. Repeat steps 4 to 9 for the second slice of bread. Enjoy hot with ketchup, green chutney or sriracha sauce, and ginger

Snacks & Sides



Sprouts Avocado Salad



VEGAN - NUT FREE

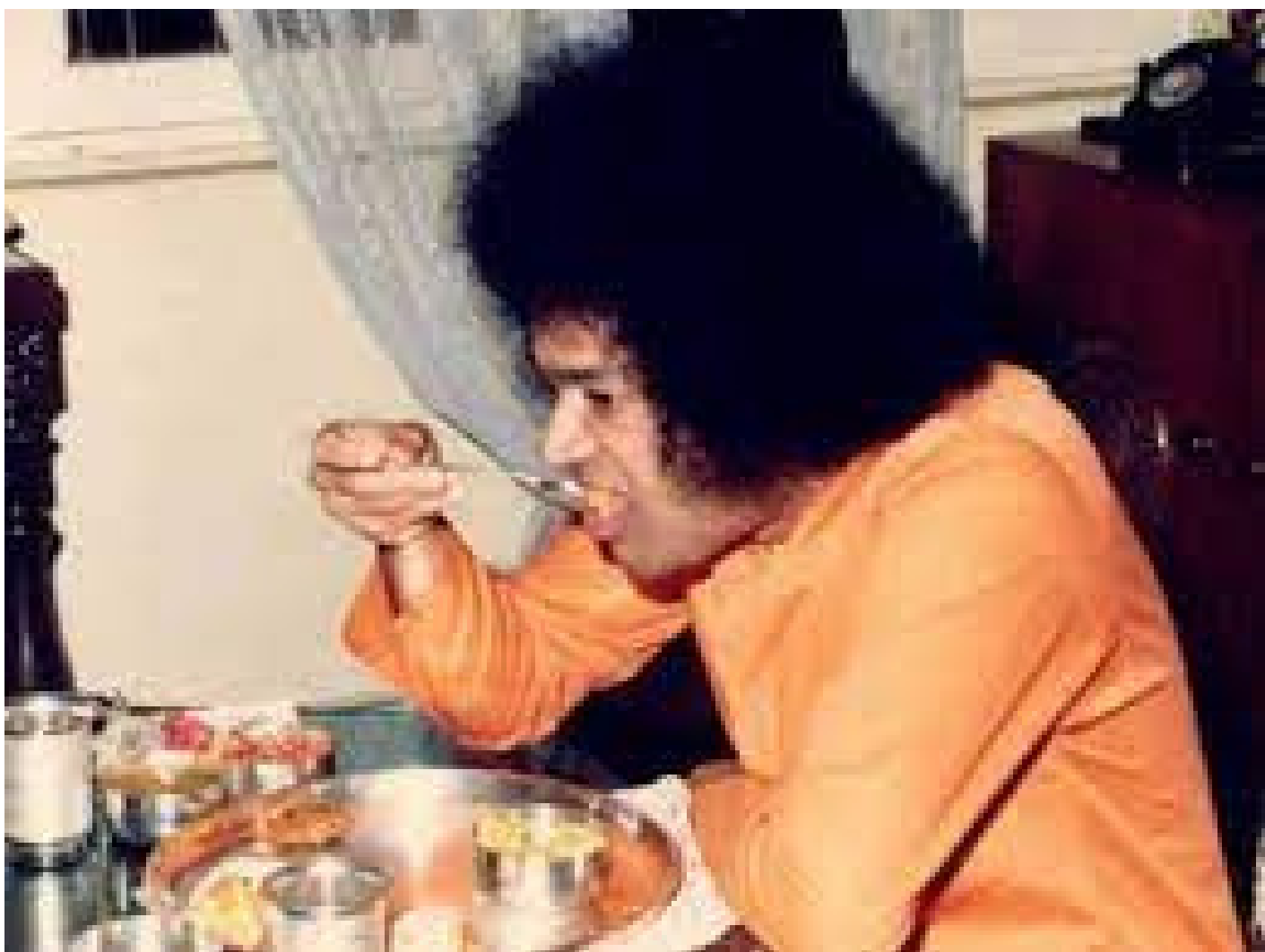
ingredients

- sprouted moong -1 cup
- avocado -1 ripened
- cucumber 1 - finely chopped
- carrot - shredded 1 cup
- salt & pepper - as per taste
- lemon juice

directions

- Place all the ingredients in a bowl
- Mash avocados and mix well and serve
- Healthy salad is ready

Perugu Kodubale



NUT FREE

ingredients

- ½ cup curd
- ½ cup water
- 1 tsp cumin
- Pinch hing / asafoetida
- 10 curry leaves
- 2 tbsp coriander (finely chopped)
- 2 chillies (finely chopped)
- 1 tsp oil
- ½ tsp salt
- 1 cup rice flour (fine)
- oil for frying

directions

- First, prepare the buttermilk by whisking ½ cup curd with ½ cup water (or) take 1 cup buttermilk.
- Pour the prepared buttermilk into a large kadai.
- Also add 1 tsp cumin, pinch hing, 10 curry leaves, 2 tbsp coriander, 2 chillis, 1 tsp oil, and ½ tsp salt.
- Keeping the flame on low, stir well.
- Get the buttermilk to a boil
- Now add 1 cup of rice flour. Do not mix the flour
- Cover and simmer for 3 minutes or until the rice flour is cooked
- Now mix well making sure the water has been absorbed completely.
- Transfer the dough to a large mixing bowl and allow it to cool slightly
- With wet hands start kneading the dough. knead to a smooth and soft dough.
- Pinch a small ball-sized dough, and roll gently to form a thick and long rope (Round Shape)
- Cut the rope approximately 2 inches in length and join the edges to form a ring.
- Now deep fry the "kodubale" in medium hot oil in batches. or bake in preheated oven at 180 degrees celsius for 15 to 20 minutes.
- Fry the "kodubale" on medium flame making sure they are cooked completely.
- Fry the kodubale till they turn slightly golden brown and crisp. Make sure not to brown them completely. These Perugu kodubale must be crisp from the outside and soft from the inside. Finally, enjoy Perugu kodubale

Lunch & Dinner





Kakarakaya Ullikaram (Bittergourd-Onion paste Stuffing)



VEGAN - NUT FREE

ingredients

- 1 large red onion
- 1 inch ginger
- 6 garlic cloves
- 1 tsp tamarind paste
- Required salt
- 1 tsp Red chilly powder
- 1 tsp Dhaniya jeera powder

directions

Slit bittergourd for stuffing.

In a pan, add 1 tbsp oil, add turmeric.

Now, add bitter gourds and fry covered for few minutes until golden brown. Add salt and pinch of red chilly powder.

Let it cool a bit.

Stuffing:

In a pan, add 1 tbsp oil.

Fry the below on high heat:

Red or white large onion cut into medium pieces, ginger, garlic.

Once fried till golden brown, add tamarind, salt, chilly powder and blend it into a coarse paste. Add oil as required. Add dhaniya jeera powder to it. Turn off the stove.

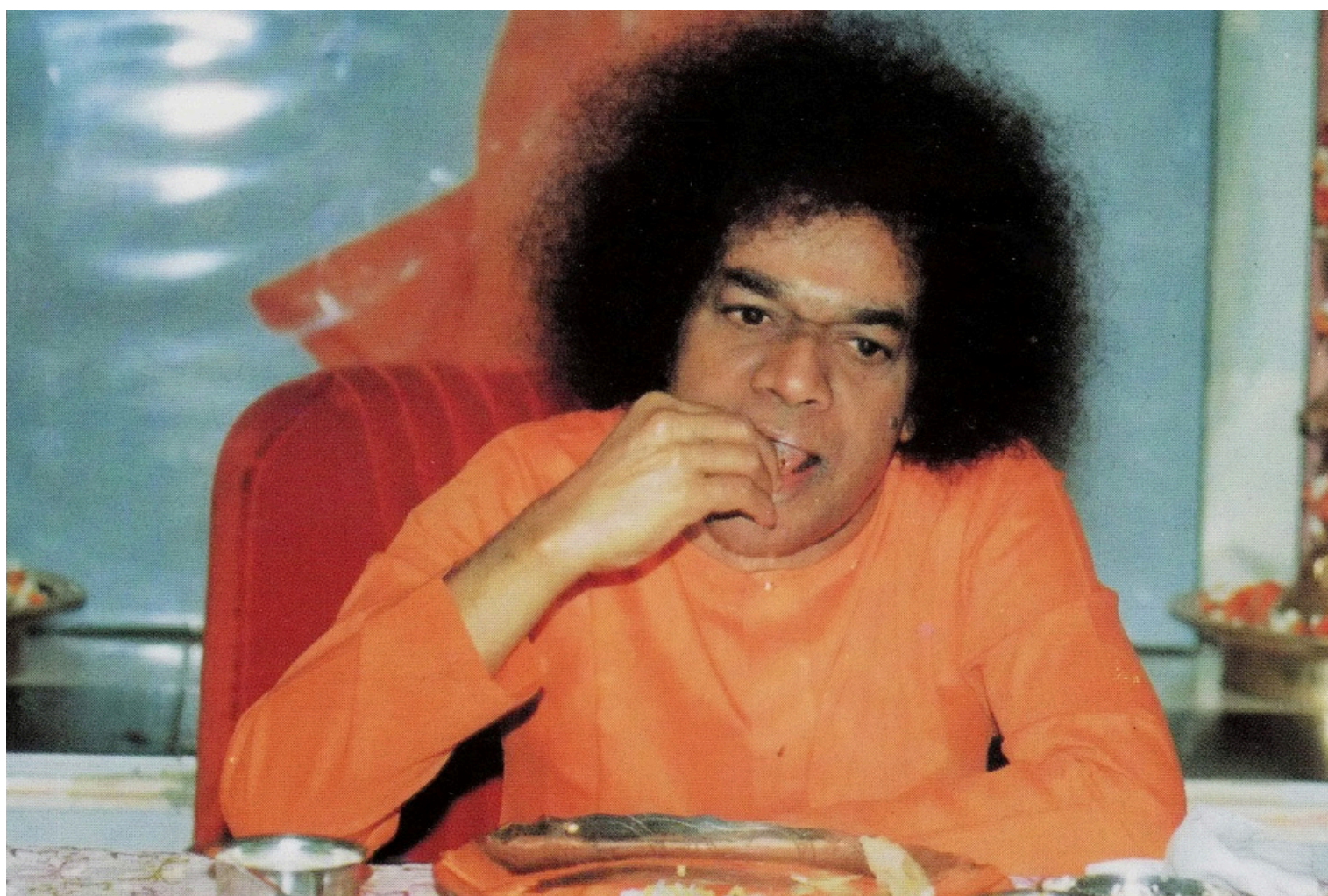
Once cooled little bit, stuff this paste into the bittergourd.

Make seasoning with mustard, jeera, red chilly and curry leaves. Add this seasoning on the top of the stuffed bitter gourd.

Tip: You can use this paste with potato, eggplants, tindora etc. Great traditional dish that goes with white rice and is my family recipe.



Tofu Vegetable Curry



VEGAN

ingredients

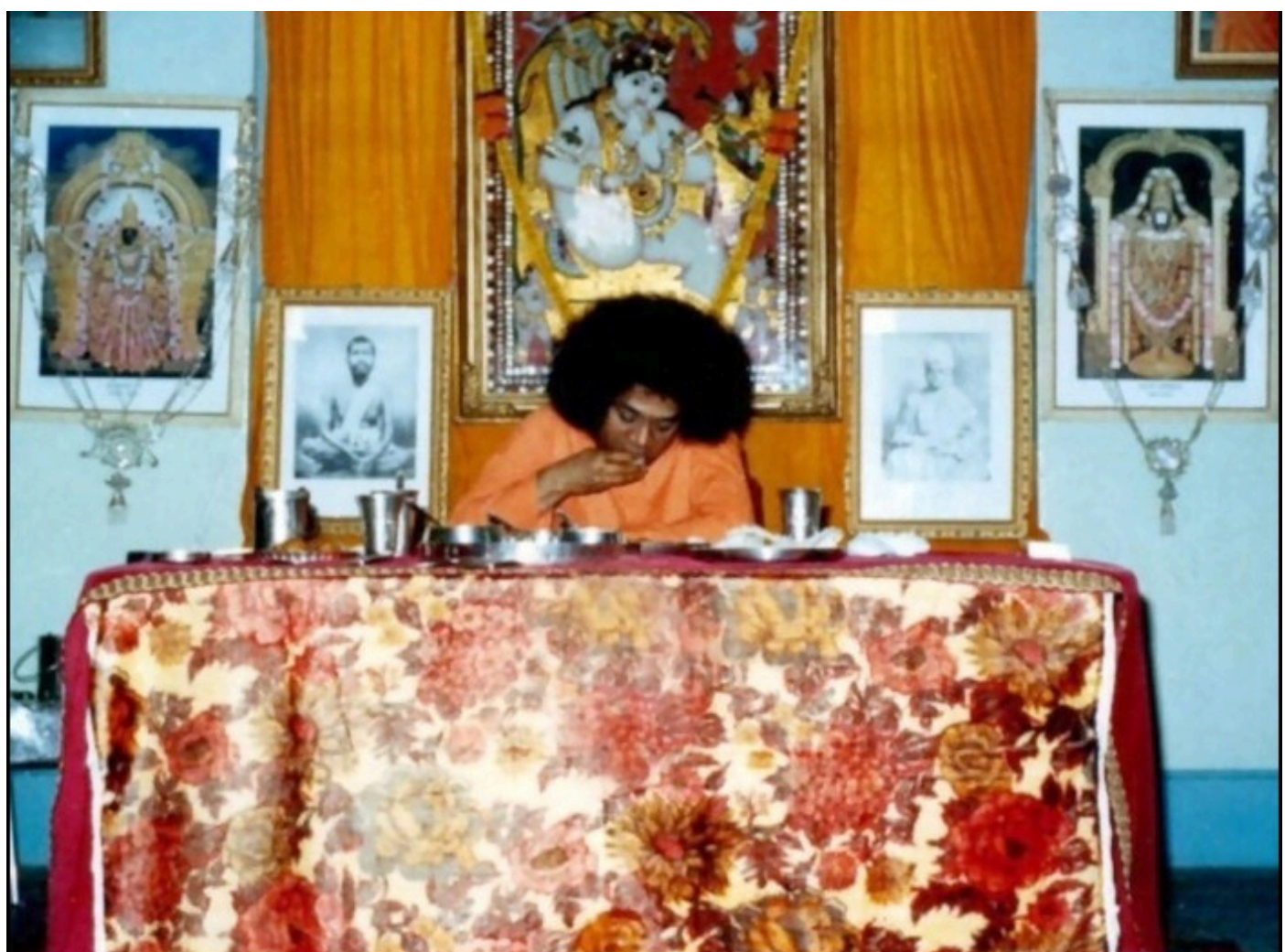
- Tofu
- Artichokes, mushrooms, bell peppers or vegetables of your Choice
- Tomatoes
- Veg Broth
- Pesto sauce
- Onions (optional)
- All purpose flour
- Salt, Chili powder, Oil

directions

- Cut tofu into thin long slices.
- in a bowl take some All Purpose flour and add salt chili powder to it
- Dip tofu slices in the flour and shallow fry them in oil
- cut all the veggies and sauté them separately in Oil. Add any spices of your choice
- Once the Veggies are sautéed add some Pesto sauce and Veg broth and let the veggies cook
- Add fried tofu and add some broth
- Add salt and allow everything to cook in medium flame for less than 10 mins
- You can top with cilantro or mint before serving



Pumpkin & Greens delight



VEGAN

ingredients

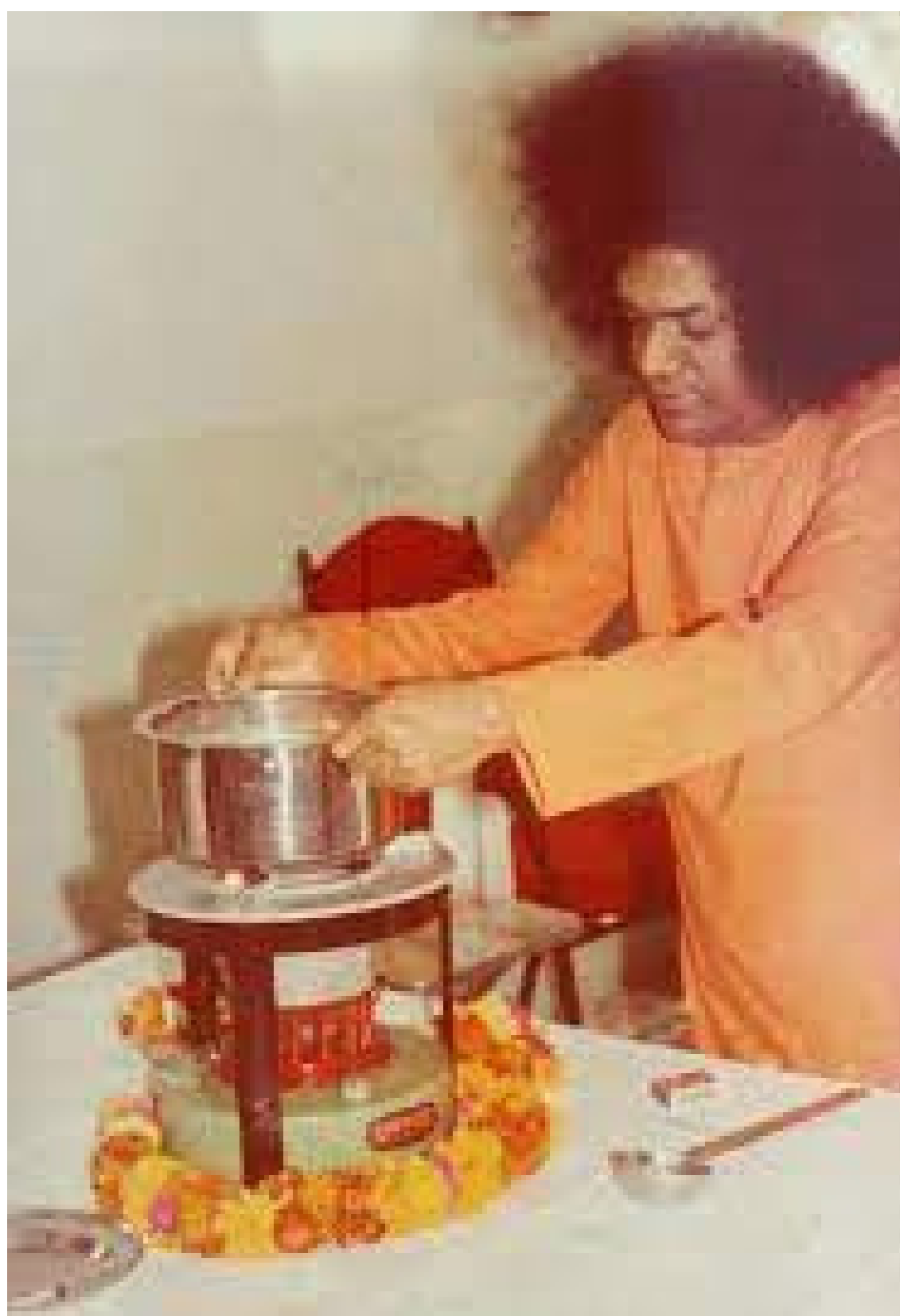
- Bunches of fresh spinach
- One bunch, Fresh Methi leaves
- Medium size pumpkin
- From spice box - Methi, Zeera, Mustard, Kalonji, Soonph, turmeric, 1 bay leaf, small piece Dalchini, 2-3 Elaichi
- Ghee for tempering
- Salt as per taste
- Red / Green chilies as per taste

directions

- Wash all the greens and pumpkin thoroughly.
- Peel the pumpkin and cut them into cubes. Heat a pan and add ghee, add all the items listed for tempering. Wait for the mustard to crackle and then add turmeric. Add greens, sauté for 2 - 3 mins and then add pumpkin. Add salt as per taste and cook covering the pan until the pumpkin is soft.
- Add green / red chilies to spice up the curry as per taste. Enjoy the curry with hot rotis or rice.



Tindora & Asparagus Chutney



VEGAN

ingredients

- Tindora - Half pound
- Asparagus- 1 bunch
- Garlic - 3
- Green chillies- 5
- Cilantro - 1 bunch
- Oil - 3 tablespoons
- seasoning items - 1 tablespoons of mustard seeds, cumin seeds, black urad dal and curry leaves

directions

- Take a skillet and add 2 tablespoons oil
- Add Chopped Tindora, Asparagus, Garlic, Salt, Green chillies and cover it with a lid for 10 mins.
- Remove the lid and add cilantro . Cook for 2 more minutes.
- Once it cools down, put in a grinder and coarse grind all the ingredients.
- Transfer it to a bowl. Then add the seasoning.
- This recipe tastes good with ripened Tindora also. It goes good with Roti, Rice or dressing.

Tofu Fried With Peppers and Green Leaves



VEGAN-NUT FREE

ingredients

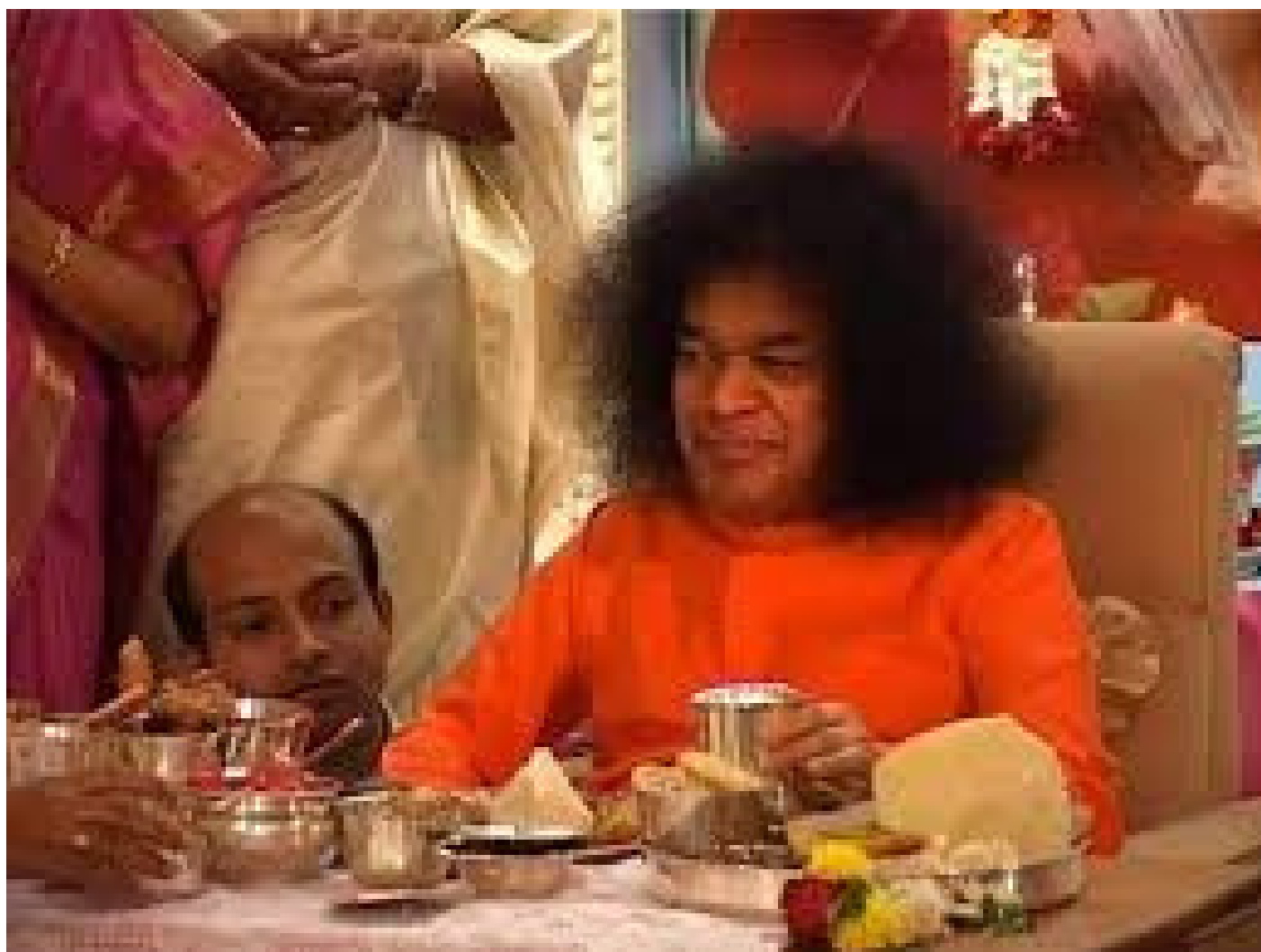
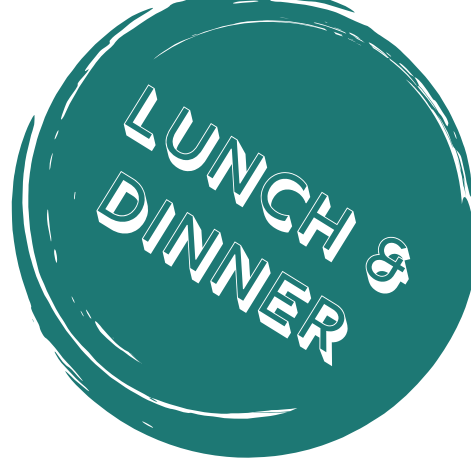
- scrambled tofu
- onions and ginger garlic paste
- color bell peppers
- spices
- any green leaves of our choice

directions

- To Oil add Onions and fry till it turns brown
- Now ginger garlic paste (optional) fry for 2 minutes,
- At this point add curry leaves or any leaves of your choice like methi or spinach, not a lot but a handful for flavor as Tofu don't have any flavor
- Now add scramble TOFU and keep stirring it till it leaves all the water, this might take upto 5 min so keep stirring.
- Add spices like cumin powder, Coriander powder and little garam masala powder
- Now cut the color bell peppers of your choice. Add all colors to make it look colorful and tasty.
- Stir for a minute or two and add Coriander leaves a handful and off the stove.
- it goes well with Roti and Rice as well and people on diet can just eat that as is too.



Vegetable Ragi Soup



VEGAN - NUT FREE

ingredients

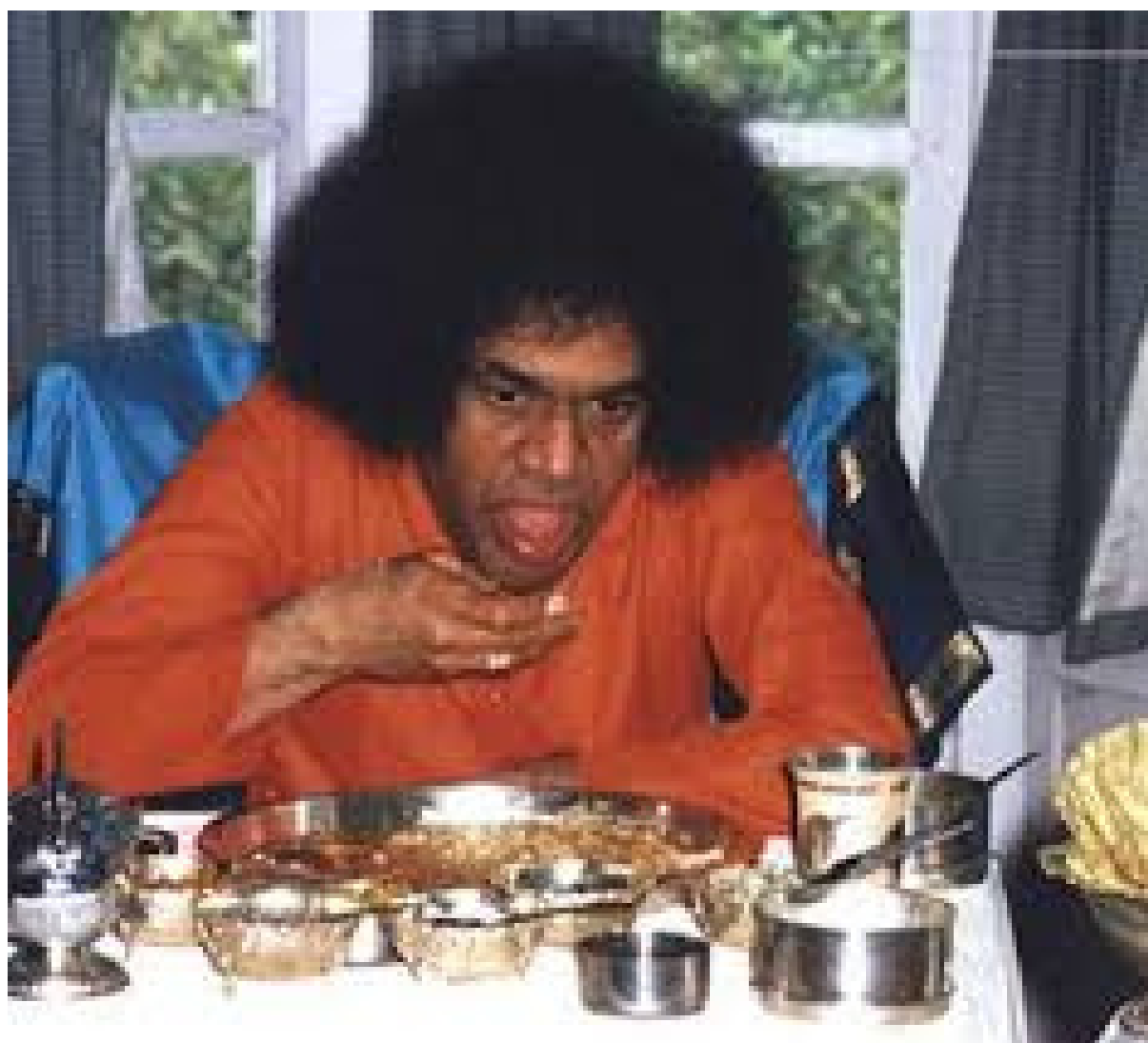
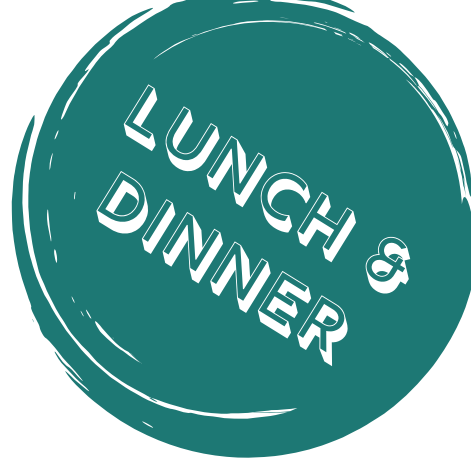
- Onions
- Carrot
- Beans
- Peas
- Capsicum
- Chili(optional)
- Tomatoes
- 2tbsp ghee
- Cumin seeds
- Ginger
- 3tbsp ragi flour
- Salt to taste

directions

- To a pan add oil / ghee 2 tbl spoons.
- After heating oil add cumin seeds, finely chopped ginger-garlic pieces, add all vegetables.
- Cook all the veggies, after add 3 cups of water and boil
- Add 3 tbl spoons of ragi flour mix with water(ragi water),add that into the pan
- Add salt and pepper..let cook for 3 min



Vegetarian Pad Thai



VEGAN

ingredients

- Flat rice noodles or any long pasta noodles
- Vegetables - cut into thin strips (carrots, zucchini, water chestnuts)
- Broccoli florets - cut into bite-size pieces if necessary
- Mushrooms (optional) - sliced
- Tofu (optional) - cut into 1" cubes & pan-fry to golden
- Green onions - cut into diagonal strips
- Sesame seeds - toast slightly
- Sesame oil (optional)
- Soy sauce (or liquid aminos)
- Lime wedge
- Chopped cilantro, white bean sprouts, sliced fresh jalapeños, smashed peanuts - optional garnishes

SAUCE:

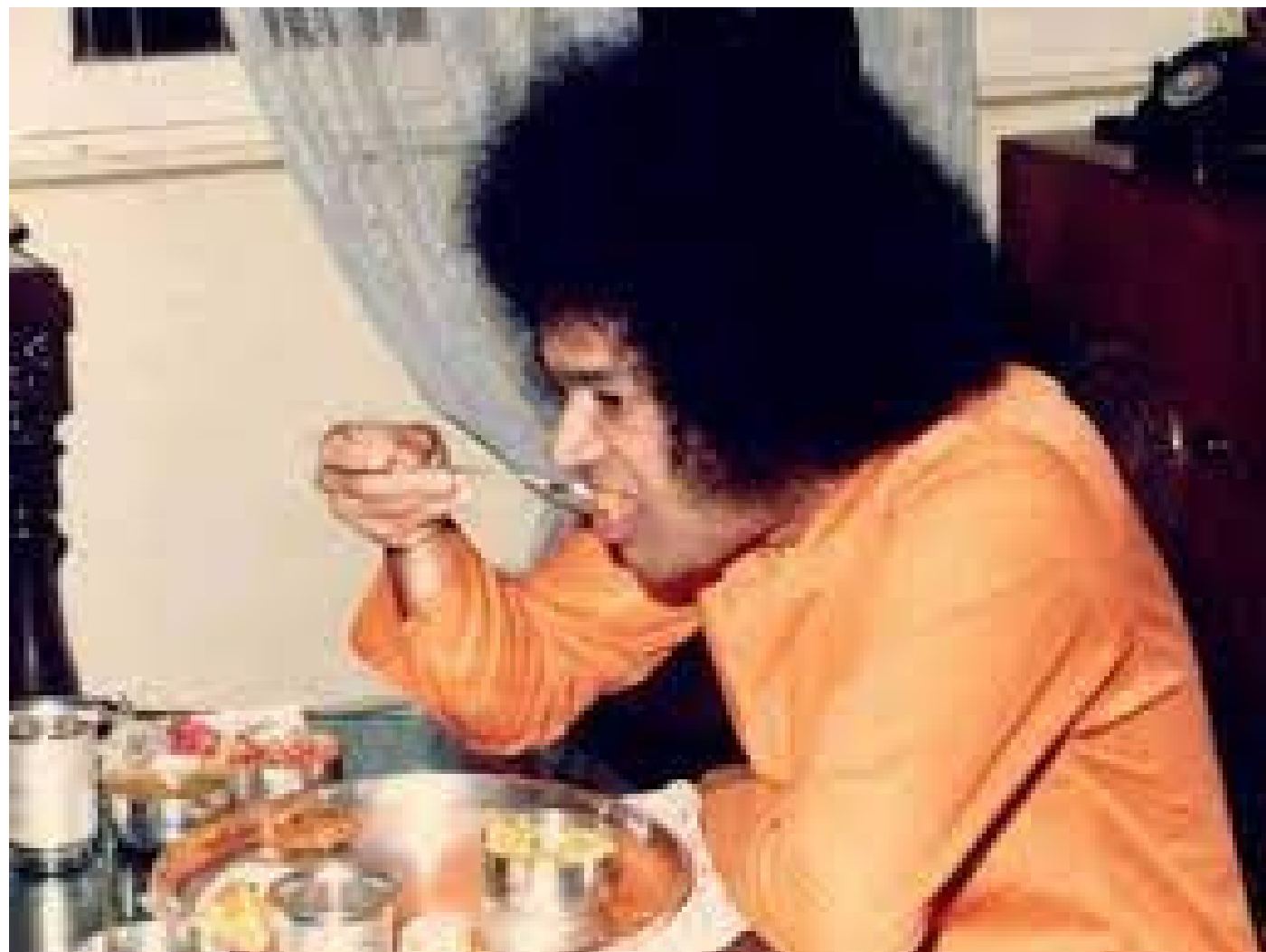
- Tamarind paste - dilute with water to make a little more liquidy
- Dates, brown sugar, or jaggery
- Soy sauce (or liquid aminos)
- Red chili powder (optional) - just a little!
- *The sauce should taste sweet, tangy, & a little salty. Use enough sauce to coat the noodles, but not drown them. You can store extra sauce in the refrigerator and use it later

directions

- Blend all ingredients of the sauce in a blender so it's smooth and set aside according to package instructions. Don't let them get soggy. Drain noodles. Drizzle with a little sesame oil (if you have it) and set aside.
- Stir-fry green onions, pan-fried tofu, and all vegetables with a little cooking oil (not sesame oil) and a dash of soy sauce.
- Turn off heat when vegetables are cooked (try to keep them crispy and not mushy).
- Add noodles, sauce, and toss with vegetables.
- Sprinkle sesame seeds on top.
- Squeeze lime and mix garnishes into the noodles when eating.



Italian Chopped Salad



VEGAN - NUT FREE

ingredients

- 2 or 3 romaine lettuce, chopped
- 2 cups of red cabbage, chopped
- 1 cup of red onion, chopped
- 2 ribs celery, chopped
- 1 cup cherry tomatoes, sliced
- 1/3 cup peppers, sliced (any color)
- 1/3 cup sun-dried tomatoes, chopped
- 1 can chickpeas, rinsed and drained
- 1 cup of Provolone cheese (optional)
- Vinaigrette
- 1/3 cup extra-virgin olive oil
- 1/3 cup vinegar (red)
- 1 tablespoon Dijon mustard
- 2 teaspoons dried oregano
- 1 teaspoon honey
- 2 cloves garlic, chopped
- Good dash of black pepper
- Salt to taste
- Red pepper flakes, for heat (optional)

directions

- Combine the chopped lettuce, cabbage, onion, celery, cherry tomatoes, peppers, sun-dried tomatoes, chickpeas and cheese (if using). Toss the ingredients together.
- For dressing, combine all of the ingredients and mix well. Adjust salt as needed.
- The dressing should be added to dry ingredients just prior to eating for crunchiness.



Yogurt Eggplant -Dahi Bengan



VEGAN

ingredients

- 2-3 Korean eggplant
- Oil
- Salt
- Yogurt
- Mustard seeds
- Sugar cumin
- Chilli
- Cilantro

directions

- cut 2/3 Korean egg plants in bigger pieces.
- Sauté fry in little oil, add salt and cook .
- In another container add yogurt little salt , little sugar and cumin and chilli powder.
- Add cooked eggplants in there. Heat some oil in pan , add mustard seeds and curry leaves and red chilli.
- Once splatter , pour them on top of the yogurt.
- Add chopped cilantro on top.

Desserts





Avocado Ananda



VEGAN

ingredients

- Medium haas avocados very ripe
- 2 tablespoons heaped unsweetened cacao powder.
- ½ cup walnuts(optional)
- 1 cup freshly squeezed orange juice.
- 2 tablespoons orange zest
- 3 to 4 tablespoons maple syrup or any other
- Sweetener
- (equals 1/4 cup sugar)
- dash of salt
- hemp seeds(optional)
- most important ingredient
namasamarana !!
- Refrigerate time: 30 mins
- Prep time: 20 min
- Servings: 4 servings

directions

- Place the walnuts in food processor and
- Chop coarsely (this step is optional)
- Place the avocado, cacao powder, orange
- Juice, orange zest, sweetener, and salt in
- Your food processor bowl
- Process until smooth and creamy, about one
- Minute, stopping once to scrape the sides of
- The bowl with a spatula if needed. Don't
- Forget namasamarana while running the
- Food processor!!
- Allow the mousse to rest at room
- Temperature for about 30 minutes, then
- Serve with hemp seeds on top!



Delicious Vegetarian Cake



NUT FREE

ingredients

- 1 can condensed milk
- 1 1/2 cups of all purpose flour
- 1 1/2 tsp baking powder
- 1 stick of unsalted butter
- 2 drops of vanilla essence
- 1 four oz cup of organic unsweetened apple sauce
- 1/2 of condensed milk can of water

directions

- Beat condensed milk and butter very well until light
- Add apple sauce and beat for about 30 seconds.
- Add flour a little at a time and mix well
- Add water and vanilla essence and mix well. You can add water to mixture if the consistency is too dry.
- Nuts is optional
- Icing is optional
- Bake at 350 C for 30-40 mins.
- Cool before serving

Apple Crisp



Vegan -Nut Free

ingredients

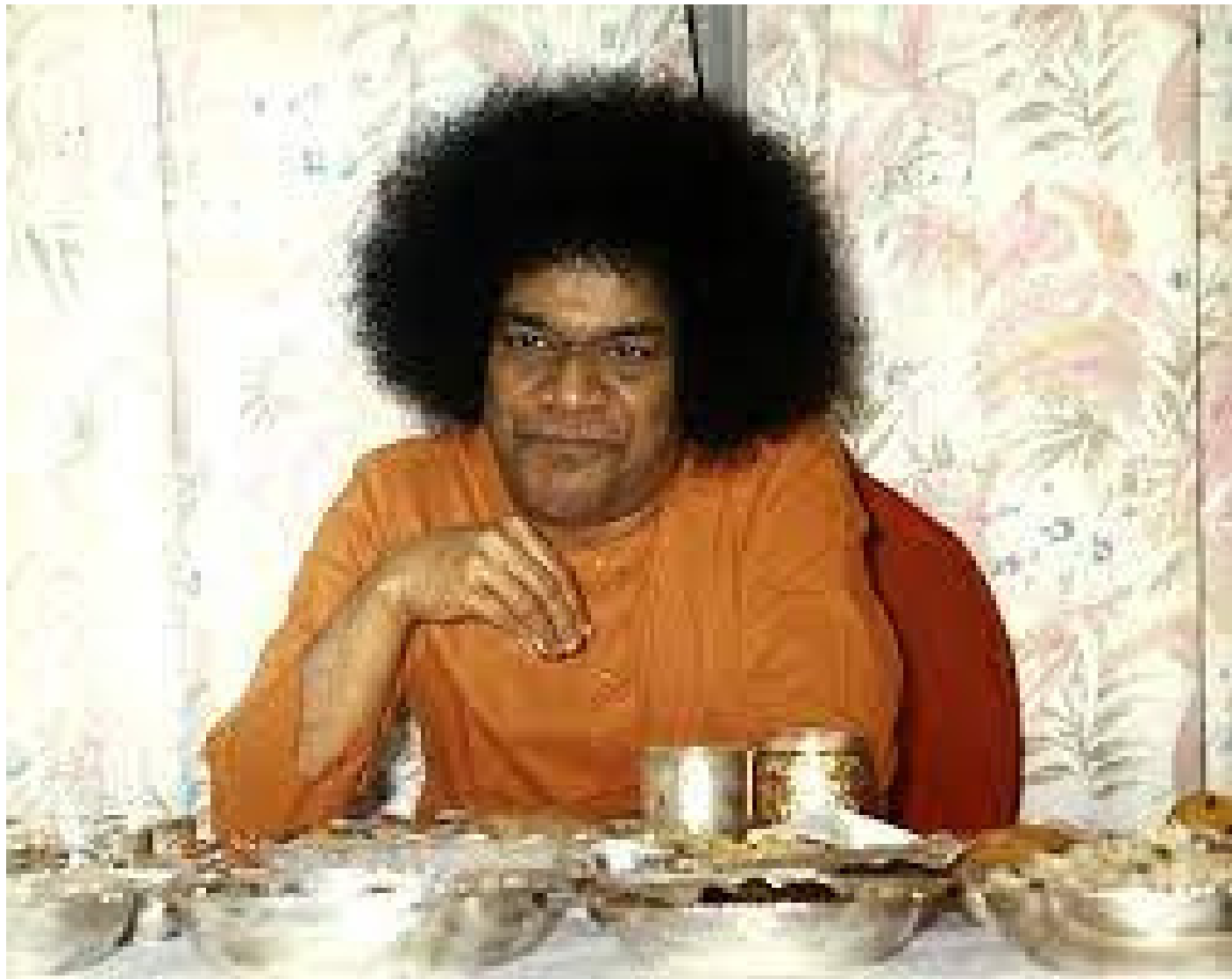
- 6 cups peeled and sliced apples
- 3/4 cup firmly packed brown sugar
- 1/2 cup unbleached flour
- 1/2 cup rolled oats
- 1 tsp cinnamon
- 1/2 cup butter
- 1 tbsp lemon juice

directions

- Preheat oven to 375 degrees
- Layer apple slices in an 9" pyrex dish or 10" x 6 " baking pan. Add more apples for the depth you prefer
- Sprinkle lemon juice on the slices
- In a bowl, combine flour, oats, sugar, cinnamon and softened butter.
- Sprinkle over apples.
- Bake for 40-45 mins; apples will bubble.
- Serve warm by itself or with ice-cream
- Enjoy!



Sooji Ragi Peda Sweet



NUT FREE

ingredients

- Sooji (cream of wheat fine): 3/4th cup
- Ragi flour (finger millet): 1/4th cup
- cardamon powder 1/8th teaspoon
- Unsalted butter melted and made to ghee: 1/4th cup
- Sugar 3/4th cup or 1 cup (as required depending on which sugar is used, use preferably fine turbinado sugar)
- Milk 1/4th cup

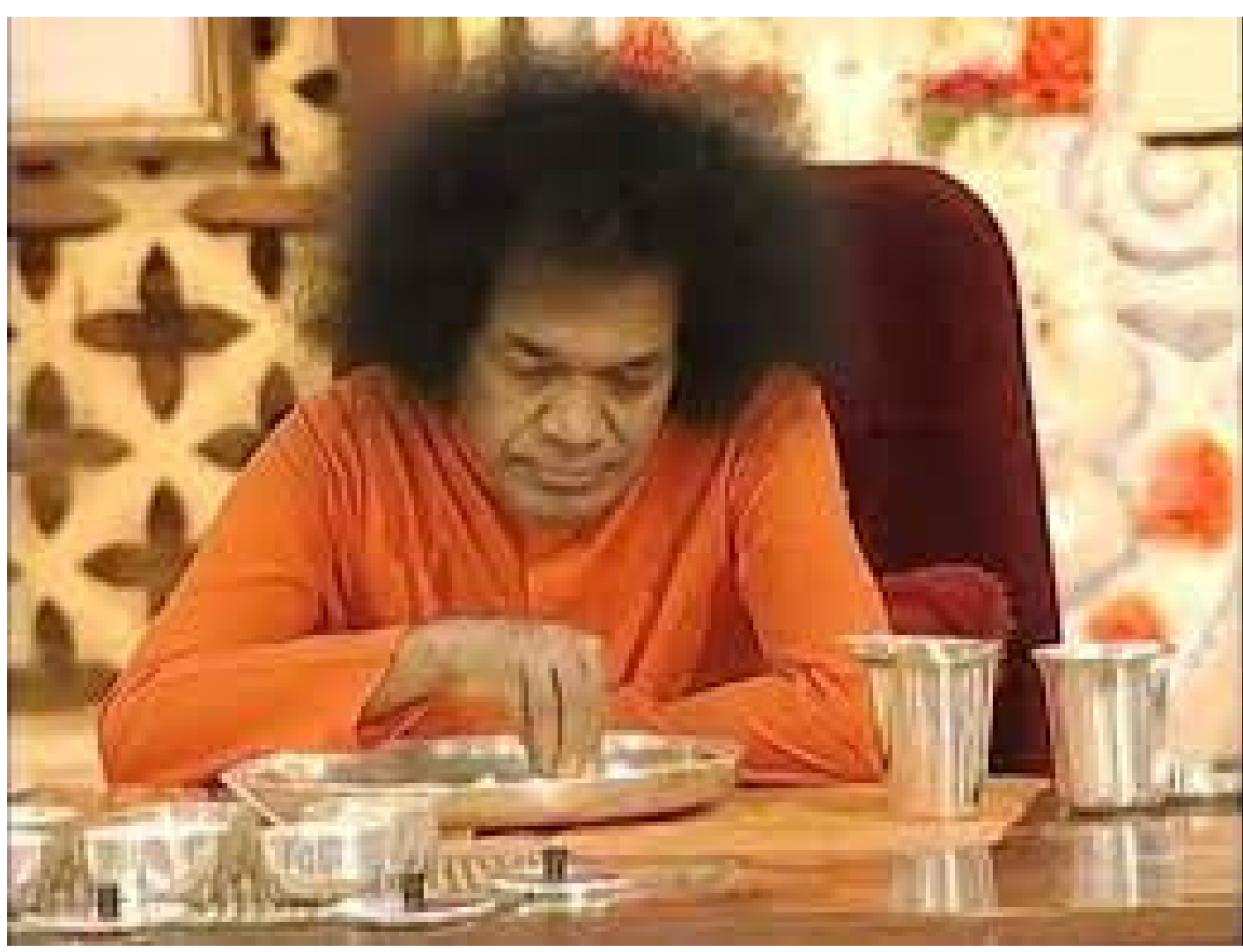
directions

- Place a pan on the stove.
- Put the ragi flour and dry saute for 2-3 minutes in low to medium flame till light brown and rawness goes away.
- Remove from stove and keep in a plate.
- Put ghee on the pan and keep stove low to medium flame.
- After ghee melts add sooji and saute till rawness goes away and color changes to light brown for 4-5 minutes in low to medium flame.
- Add ragi flour that was previously sauteed.
- Add cardamon powder.
- Keep stove flame low.
- Add sugar. Wait till sugar melts.
- Add milk slowly. Saute for 2 minutes till it all gets thick and mixed well.
- Turn off the stove. Add 1 teaspoon ghee on top to get shiny texture.
- Mix everything well and pour in a plate.
- When the heat is bearable to touch make balls like Peda shape.
- Place a cranberry or raisin in the center of the Peda for decoration.
- Serve as a dessert.

Beverages



Bulletproof Coffee



KETO

ingredients

- 1 cup coffee (brewed)
- 1 tsp. to 2 tbsp. Brain Octane C8 MCT oil*
- 1-2 tbsp. grass-fed, unsalted butter or 1-2 tsp. Grass-Fed Ghee

Bulletproof tip: If you're new to MCT oil, start with 1 tsp. and build up to the full serving size over several days. You can also adjust the amount of butter (or Ghee) to find what works for you.

*Can purchase at any grocery store

directions

- Brew 1 cup (8-12 ounces) of coffee (any coffee is fine - Dunkins/Peets/anything)
- Add coffee, Brain Octane C8 MCT oil and butter or ghee to a blender.
- Blend 20-30 seconds until it looks like a creamy latte. Enjoy!

- Bulletproof tip: If you do not own a blender, add all the contents to a large mug and use a milk frother until the concoction is mixed and creamy.

- Makes: 1 cup
- NUTRITIONAL INFORMATION (1 CUP):
- Calories: 230
- Fat: 25g
- Saturated Fat: 21g
- Carbs: 0g
- Protein: 0g
- Fiber: 0g
- Sugar: 0g
- Salt: 0mg



Vegan Hot Chocolate



VEGAN - GLUTEN FREE

ingredients

- 3 tablespoons maple syrup
- ¼ cup unsweetened cocoa powder
- Pinch of sea salt
- 4 cups unsweetened almond milk
- 1 teaspoon vanilla extract
- vegan whipped cream (optional)
- vegan marshmallows (optional)

directions

- Heat the almond milk and vanilla in a medium-sized saucepan over medium heat until steaming.
- In a separate cup, add a couple tablespoons of the hot milk to the cocoa powder and whisk in the maple syrup until smooth. This will avoid clumps of cocoa in the hot chocolate.
- Pour the cocoa mixture into the milk pan, and bring to a boil for 5 minutes. It will thicken slightly in this time
- Remove from heat
- Serve topped with vegan whipped cream (optional) and vegan marshmallows (optional)



Weight loss Smoothie



VEGAN

ingredients

- Dry Apricot -1
- Dry Plum- 1
- Cranberries - around 10
- Cashews-4
- Almonds -4
- Raisins - around 10
- Flax seeds - 2 tsp
- Sunflower seeds - 1 tsp
- Pumpkin seeds -1 tsp
- Yogurt - 1 cup
- Oats -optional

directions

- Soak all ingredients overnight and blend in the morning and enjoy as breakfast.



Cantaloupe Smoothie



GLUTEN FREE - NUT FREE

ingredients

- 1 Cup plain unsweetened yogurt
- 1 tsp pure vanilla extract
- 1/2 cup sliced cantaloupe
- 1/2 cup orange juice
- 5 ice cubes
- 1 tbsp honey if needed

directions

- Blend all the ingredients well.
- Sweetness of the fruit and orange juice should be enough
- Add honey if you'd like it sweeter