

Living with the Seasons: Summer Remedies and Recipes

Lessons in Ayurveda with Hannah Leatherbury E-RYT-200/RYT-500

Balance pitta dosha by prioritizing foods and beverages with sweet, bitter and astringent properties and favoring meals that are cooling, calming and less fatty/oily.

Coconut rice pudding – serves 3-4

1 15 oz. can coconut milk (I like w/o guar gum) + ¼ can of water
1-2 tsp of maple syrup
½ cup white rice (I like to use jasmine)
¼ cup raisins or chopped dates
½ tsp rose water (optional)
¼ cup chopped nuts – blanched almonds or pistachios (optional)
1-2 tsp of freshly ground cardamom

Bring coconut milk, syrup and rice to boil. Turn down heat to low, add fruit, rose water and half the cardamom. Cover and simmer for 20 minutes until mixture thickens and rice is tender. Remove from heat, add water to thin texture, and sprinkle with nuts and the remaining cardamom for decoration and texture.

Cardamom limeade – serves 4-6

3.5 cups water
2 limes juiced
1-2 Tbs maple syrup
¼ tsp cardamom
dash of salt

Juice limes into pitcher, thermos, or quart-sized mason jar. Add maple syrup, cardamom and salt to a little water in a small bowl to dissolve/distribute. Add bowl of this treasured liquid to pitcher/jar/thermos. Add water to combine. Serve chilled or over 1-2 ice cubes.

Summer Masala – stores for one month, makes about 3 oz.

1 Tbs each: fennel seeds, cumin seeds, coriander seeds, tumeric powder
1 tsp: freshly ground cardamom powder

Toast each seed separately in a heavy-bottomed pan/skillet until it releases aroma and or begins to pop. Let cool in a shallow bowl. Beware when seeds release smoke: they are very close to burning. Grind spices to your own rhythm using mortar pestle or bless them with song as you use your electric spice grinder. Add all of your toasted/ground spices into an air-tight container (a 4oz. mason jar is great) and then add in the spice powders. Shake to combine!

*All recipes have been adapted from “Everyday Ayurveda” by Kate O’Donnell. This fantastic book is used in our 30-Hour Ayurveda Immersion program and has recipes for each season. Next Immersion starts October 14th 2017. More details at www.HannahLeatherbury.com/trainings. If you’d like to get clarification on our conversations today or to receive seasonally appropriate meditations/messages from me, shoot me an email at hannah@hannahleatherbury.com.

