

Living with the Seasons: Autumn Remedies and Recipes

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

Balance vata dosha by prioritizing foods and beverages with salty, sweet, and sour properties and favoring meals that are warming, grounding and that include enough oil and liquid to lubricate and hydrate your body.

Breakfast on the go: Overnight oats – serves 1

½ cup rolled oats

1 heaping palmful chia seeds (approx. 1 TBSP)

1 heaping palmful dried fruit OR nuts (approx. 1 TBSP of fruit: figs, raisins or dates; nuts: skinned almonds or walnuts)

1 pinch each of your favorite spices (I like whole toasted fennel seeds and ground cinnamon)

1 pinch salt

Almond milk (or whole milk)

1-2 tsp of maple syrup

Add all dry ingredients to an 8 oz. mason jar. Add milk to cover, add sweetener as desired. Close lid and shake jar to distribute evenly. Keep in the fridge overnight. In the morning, remove from the fridge and bring to room temperature before eating. For warmer option, pour out jar and heat 1-2 minutes in pot on the stove or add a little hot water to the jar and re-shake.

Fall Digestive Tea – 2 servings

2 cups water

1 piece fresh ginger root (size of your index fingernail)

1 pounded shard cinnamon root (size of your pinkie)

3 pounded cardamom pods

1 small palmful chopped licorice root (approx. 1-2 tsp)

Five-fingered pinch fennel seeds (approx. ½ tsp)

While bringing water to boil in a pot on the stove, coarsely chop ginger root over the pot (no peeling necessary), add remaining spices. After boil starts reduce heat to low, cover & simmer for 10-15 minutes. Remove from heat and strain into mugs. You may add honey if you wish.

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

1 heaping palmful each: cumin seeds, coriander seeds

2 five-fingered pinches: fennel seeds

1 heaping palmful: tumeric powder

2 five-fingered pinches: ginger powder

Toast cumin, coriander and fennel separately in a heavy-bottomed pan/skillet. Wait until the seeds release aroma and/or begin to pop. Let cool. Beware when seeds release smoke: they are 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 inspired by and 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.

