

# **Welcome to Feed the Body + Soul!**

## **Spring Nourishing Foods**

**Cooking Class with Aerin Alexander**



# *Spring Energy: Cooking to achieve peace and better health*

- New beginnings!
- Waking up early with the Sun
- Vital Organs: Liver and Gallbladder
- Light diet: fresh greens, young plants and sprouts.
- Light and vitalizing cooking techniques: sauteing, blanching, pressing
- Spring Energy in balance: positive, patient and lighthearted
- Spring Energy out of balance: restless, explosive and easily angered. Rigidity and want to control everything.
- To restore our Spring Energy choose foods that support and nourish liver and gallbladder



# Spring Energy



**Energy:** Upwards

**Time of the day:** Morning

**Color:** Green

**Organs:** Liver and Gallbladder

**Taste:** Sour (bitter also supports the liver)



**Grains and Grain products:** Barley, Oats, Wheat, Rye, Bulgur, Couscous, Buckwheat, Noodles.

**Non-gluten grains:** Wild Rice, Long Grain Brown Rice, Basmati Rice, Quinoa

**Beans and Bean Products:** Chickpeas, Sprouted beans, Green lentils, Split Peas, Mung Beans, Lima Beans, Tofu, Tempeh, Edamame

**Vegetables:** Dill, Cucumber, Summer Squash, Zucchini, Beets, Celery, Scallions, Peas, Parsley, Chives, Leeks, Lettuce, Endive, Radicchio, Escarole, Watercress, Sprouts, Kale, Collards, Carrots, Mushrooms, Dandelion, Broccoli, Green Beans, Asparagus, Artichokes.

**Sea Vegetables:** Wakame

**Fruits:** Lemon, Sour Plums, Granny Smith Apples, Cherries, Grapes, Tangerine, Grapefruit, Goji Berries, Avocado

## *Nagual's Everyday Detox Tonic – Spring Time*

- Cleanse the liver, warm up inside, feel energized
- Drink it in the morning after waking up



1/2 squeezed fresh lemon juice  
2 cups boiling water  
Soak time 5 minutes



# Zucchini & Pea Soup

Warming and detoxifying!

- Easy to do! You can use the SAME recipe and use corn instead of green peas



1 onion

1 stalk celery

1 leek

5 zucchini

2 cups of fresh or frozen green peas

Salt

Olive Oil





## Chickpea & Dill Salad

Fresh source of protein and nutrients

1 cup chickpeas or garbanzo beans soaked overnight

1 small cucumber

3 cloves of garlic

1/4 tsp Salt

2 Table spoons Tahini

2 Table spoons Olive oil

1 Table spoon umeboshi vinegar or to taste

Juice from 1/2 lemon

1/4 cup dill, or parsley, scallion or basil





# Wild Rice with Parsley & Seeds

1 cup wild rice, soaked for 2-4 hours

2 cups of water

Salt

1 cup parsley, washed well and finely chopped

1/4 cup lightly toasted sunflower seeds



# Lemon Pudding

2 cups of apple juice

2 cups water

1/3 agar flakes

Salt

2 Table Spoons of Kuzu

1 tsp lemon rind, grated





# Pumpkin Crisp with Vegan Ice cream

**Dry Ingredients:** 2 cups rolled oats

1/2 cup almond flour (or left over of your home made almond milk!)

1/4 cup hemp seeds or Chia seeds or sunflower seeds (optional)

1 tsp baking soda

1 tsp cinnamon

1/2 tsp salt

**Wet Ingredients:** 1/3 cup coconut oil (or any other oil)

1/3 cup maple syrup, or brown rice syrup or any other syrup

1 tsp vanilla

**Filling:**

1 1/4 cup pumpkin puree

1/4 Maple Syrup

**Vegan Ice Cream:** 2 cans coconut milk

1/4 Maple Syrup or Brown Rice Syrup

1 tsp vanilla

