

For 01-09-22, Wholeness 3rd Class:

Ingredients list:

One bunch fresh green onions
One bunch fresh green kale
One to two fresh green chilies
7 to 8 ounce unsweetened dried shredded coconut
8 ounce heavy whipping cream or one can (about 14 ounce)
whole coconut milk used for cooking
6 fresh eggs (this amount is for two people, if it is for 1 person
reduce quantity by half)
4 to 5 Tablespoon Powdered sweetener of your choice
1 teaspoon black mustard seeds
1 tablespoon vanilla extract
2 tablespoons grated ginger
1 tablespoon freshly powdered black pepper
1 large lemon or two limes
1 stick unsalted butter
Red chili flakes
Olive oil
Sea salt

Notes and other important details below...

Notes:

1. Please try to get the ingredients listed above, most of which can be easily obtained from your local grocery store, Whole Foods or Trader Joes.
2. If you do not do dairy, you can substitute with whole coconut milk (used for cooking) and coconut cream.

3. Shredded coconut: finer the better. You can buy it in bulk or in small packets of 6 ounce.

4. Some of you may not want to use green chili and that is fine with me. If you are open to trying it you can de-seed it for less heat. From a cook's perspective the more open we are to a variety of taste, we can tap into the magical and creative aspect of cooking.

5. If you have allergies to any of the listed ingredients be sure to skip those ingredients.

Important Disclaimers:

1. Health Disclaimer: Please be aware that the list above is not a prescription of any kind, nor is it a meal plan. Asha Paul is an Integrative Nutrition Health Coach and is not a nutritionist, dietician, medical doctor, or healthcare professional.

If you are under a physician's supervision, be sure to share this and all other information with him/her, and obtain consent before using it.

It is your sole responsibility to consult with your medical doctor before starting/ experimenting with any food or drink. In addition, you accept sole responsibility for any/all effects that may result from any dietary addition or changes.

2. End User Terms: The recipes for the cooking classes are shared only with registered Wholeness Immersion Program students and are not made public to others or published. Therefore please do NOT share it with anyone until and unless you have written permission from Asha Paul/Guha Soulworks LLC.