

Yummy Coconut Broth

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

This is a no-fuss broth that is ideal when you are pressed for time. It brims with flavor. Slurp away!

Ingredients

- 1 medium orange bell pepper, thinly sliced**
- 2 sprigs of green onions, thinly sliced**
- 1 tablespoon virgin coconut oil**
- 13.5-ounce can of whole coconut milk**
- 2 cups filtered water**
- ½ teaspoon red chili flakes**
- A handful of baby spinach leaves**
- A handful of fresh basil leaves**
- 1 tablespoon lemon juice**
- Sea salt to taste**

Cooking Directions

1. Place wide-base soup pot on medium heat, warm the oil for 30 seconds, add the sliced bell pepper, and sauté for 4 to 5 minutes. Add the green onions and the red chili flakes and continue sautéing for another 2 minutes.
2. Add the coconut milk, water, and sea salt, increase heat to high, bring it to boil. Turn off heat, add the spinach, basil leaves, and lemon juice, stir well, and serve piping hot.

Ruby Emerald Delight

PREPARATION TIME: 15 MINUTES

This is indeed a gem of a salad that is not only pleasing to the eye, but your tummy will love it too!

Today, pomegranates come under the status of the superfruit, and rightfully so. Since ancient times, pomegranates have been valued for their healing powers. Ayurveda, India's natural medicine system, recognized the pomegranate's benefits some 3,000 years ago!

Here, we will pair it with spinach, another superfood. This salad is fit for the gods (and goddesses), and I hope it becomes one of your favorites.

Ingredients

- 2 cups baby spinach leaves, rinsed and dried**
- 2 tablespoons purple onions, thinly sliced**
- 1 tablespoon raw sunflower seeds**
- ½ cup pomegranate seeds**

Ingredients for Dressing

- 1 tablespoon extra virgin olive oil**
- 1 tablespoon raw apple cider vinegar**
- ¼ teaspoon freshly ground black pepper**
- ¼ teaspoon red chili powder (optional)**
- Sea salt to taste**

Cooking Directions

1. Place all the dressing ingredients in a large salad bowl and blend well with the help of a fork or whisk.
2. Rinse the spinach and drain; pat dry if necessary.
3. Add the spinach, pomegranate seeds, and the sliced onions to the salad dressing and toss it well.
4. Garnish the salad with the sunflower seeds and serve.

Asha Paul: *The Wholeness Cookbook* | Recipes ✨ 77

Milky Sweet Chai

PREPARATION TIME: 7 TO 10 MINUTES

SERVES: 2

South India, where I grew up, is known for its famous filtered coffee more so than its tea, as most south Indians prefer coffee for their go-to morning drink. However, they do drink tea in the afternoons.

My mother-in-law brewed the best tea. It was thick, sweet, and had a pinkish tint to it, and to this day, my husband longs for her tea.

Below is my version.

Ingredients

2 black tea bags or 1 heaped teaspoon of loose tea
1 cup whole milk (or milk substitute)
2 whole cardamoms, pounded roughly
1 inch of ginger, peeled and grated
1-inch piece of cinnamon stick
1 cup filtered water
1 whole clove
Sweetener to taste

Preparation Instructions

1. Combine the water and the milk in a saucepan and add the grated ginger, tea bags, leaves, and spice. Bring it to a slow boil, reduce the heat to simmer, and cook for 1 to 2 minutes.
2. Turn off heat, strain the tea, mix in the sweetener, and serve it piping hot.

Preparation Note

For a milder version of the tea, reduce the quantity of the tea bags or leaves.

Passion Fruit Jello

Ingredients

4 oz frozen passion fruit or fruit of your choice

4 oz fresh raspberry or berry of your choice

2 TBS unsweetened gelatin

Sweetener of your choice

2 cups of filtered water