

## **Ayurvedic Recipes for the Holidays**

with Talya Lutzker, Author and Certified Ayurvedic Practitioner

### **Dude, Where's My Fudge?**

**V-P=K+**

Preparation Time: 40 minutes, including set time

Yield: 16 squares

- ½ cup cashews, ground
- ¼ cup granola
- ¼ cup raw cacao nibs
- 2 Tablespoons carob or cocoa powder
- 3 Tablespoons raw cacao powder
- Pinch of good-quality, mineral rich salt
- ½ cup maple syrup or coconut nectar
- ¼ cup raw cacao butter, melted
- ¼ cup coconut butter, softened
- 1 teaspoon vanilla extract
- 2 drops cinnamon essential oil, optional

Use a food processor to grind the cashews first. Pour the ground cashews into a medium-sized bowl. Stir in the remaining dry ingredients. Set aside.

Melt and soften the raw cacao butter. Do the same with the coconut butter. Use the food processor again to combine the wet ingredients until they're smooth. Stir the wet ingredients into the dry ingredients until everything comes together well mixed.

Spread the batter into a 9x9-inch, greased glass casserole dish. Or spoon it into greased, molded, silicone candy squares (coconut oil works great). Chill in the freezer until firm, about 20 minutes.

## **Butterscotch Balls**

**VP-K+**

Preparation Time: 30 minutes

Yield: About 30 cookies

1 cup shredded coconut  
1 cup non-fat dried milk powder or dried goat milk powder  
½ cup raw honey  
2 heaping Tablespoons ghee (clarified butter)  
1 teaspoon vanilla, plus ½ teaspoon almond or maple Extract  
1 ½ teaspoon cardamom  
1 teaspoon cinnamon  
½ teaspoon ground ginger powder  
¼ teaspoon tulsī or cardamom  
¼ teaspoon nutmeg  
1 drop rose, citrus, or cardamom essential oil, optional  
¼ cup slivered almonds  
½ cup fresh cranberries, optional  
15 fresh mint leaves, optional

Preheat the oven to 250 degrees. On a clean, ungreased cookie sheet, mix the coconut and milk powder. Spread evenly across the cookie sheet. Bake for ten minutes, or until the mixture has turned gold. Pour into a large bowl.

Immediately add the honey, ghee, vanilla, spices and optional essential oil. Use your hands to combine the batter – make sure everything's well mixed. If your batter's too dry, add a little more honey or ghee until you get the perfect consistency for the batter to stick. It's ok if the batter is a little oily.

Roll into one-inch balls. Press one slivered almond into each ball. Garnish your Butterscotch Balls with the optional cranberries and mint. These cookies are beautiful, nourishing and wonderfully sweet.

## **Coconut Whipped Cream**

**VP-K+**

Preparation Time: 20 minutes, plus refrigeration time

Yield: About 3 cups

2 Cans Full Fat Coconut Milk, refrigerated

1 Tbs. Vanilla

1/3 Cup Organic Coconut Sugar or Powdered Sugar

2 Tablespoons Tapioca Flour or Non-GMO Lecithin Powder

Chill the coconut milk overnight in the refrigerator, or for at least 4 hours. Scoop and separate out the cold, heavy cream from the clear liquid. Set aside the clear liquid.

The coconut fat should separate from the clear liquid when refrigerated. But it doesn't always come out perfect. Coconut milk brands that contains guar gum tends work best. Transfer the heavy coconut cream into a chilled medium bowl.

Use a hand mixer to beat the coconut cream until it's thick and fluffy. Beat in the vanilla, powdered sugar and 1 Tablespoon at a time of the tapioca flour. Taste as you go for flavor. You won't get the same consistency of traditional whipped cream until it's had a chance to chill again. Make it creamy and exactly how you want it taste-wise. Chill for 15 to 30 minutes and serve.

\* To make flavored whipped cream, substitute the vanilla with flavored extract or liqueur. Such as almond, strawberry or coffee extract. You can also stir in various spices. Such as cinnamon, cardamom, instant coffee, cacao powder, or carob powder.

## **Talya's Quick Guide to Edible Ayurvedic Aromatherapy!**

- \* Edible essential oils add a "je ne sais quoi" to any dessert recipe - while adding aroma, beauty, and health benefits
- \* Use 2 to 3 drops max per **recipe**. Essential oils are strong. Use sparingly and with caution (especially when added to food)
- \* Here's a list of my favorite edible essential oils! You can add them to raw desserts, frostings, creams and more...

**Lavender:** anti-inflammatory, anti-viral, calming, comforting

**Cardamom:** digestive, sweet, fragrant, expectorating

**Coriander:** digestive regulating, balancing

**Grapefruit:** mood enhancing, great for reducing bloat and gas

**Peppermint:** cooling, energizing, invigorating

**Orange:** sweet, hydrating, comforting

**Ylang Ylang:** sensual, grounding, aphrodesiac

**Rose:** oil of the heart, love, acceptance, heals grief

**Rosemary:** invigorating, active, refreshing, oxygen-rich