NATURE-GUT-NOURISH

Nature's solution for inside-out Gut healing.

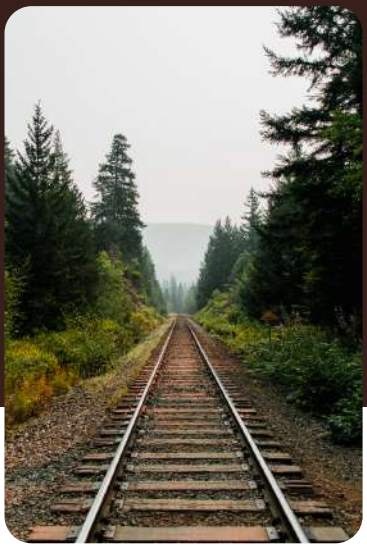


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My Journey



Title: Nature Gut Nourish - My Journey to Healing Naturally

Introduction:

Hi there,

My name is Anita Han, and I want to share with you my incredible journey towards healing my gut naturally. For more than 11 years, I battled chronic gastrointestinal problems that left me feeling helpless and hopeless. Traditional medications offered no relief; in fact, they only exacerbated my health issues, leaving me on the verge of despair.

The Struggles:

Throughout my schooling and college years, my life was overshadowed by these excruciating health challenges. I became a constant patient, struggling to find the strength to carry on with daily activities, let alone maintain relationships with others. The frustration of not knowing what to eat and what to avoid, coupled with the harmful effects of medications, left me feeling lost and exhausted.

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The Turning Point:

Driven by desperation and a desire for true healing, I decided to explore natural remedies despite the scarcity of viable solutions. I couldn't bear the idea of relying on medications that merely suppressed symptoms without addressing the root cause of my suffering.

The Journey to Natural Healing:

My quest for answers led me down various paths of research, including countless hours on YouTube and conducting my investigations. Amidst the chaos of information, I stumbled upon the science of nature healing, which would change my life forever.

Discovering the Science of Nature Healing:

The science of nature healing opened my eyes to the incredible potential of our bodies to heal themselves when given the right conditions. It emphasized the importance of nourishing ourselves with living, wholesome, plant-based, and water-rich foods, as well as incorporating practices such as fasting, enemas, sunbathing, and regular physical exercise.

Crafting a Healing Plan:

With newfound knowledge and determination, I crafted a healing plan tailored to my needs. I began by focusing on cleansing my gut and intestines, a crucial step in the natural healing process. I adopted a specific dietary regimen, starting with a morning detox juice, followed by monofruit breakfasts, nourishing grain meals, and light dinners. Intermittent fasting became a part of my daily routine.

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To anyone embarking on their own journey of natural gut healing and overall health improvement, I urge you to give it a try wholeheartedly. Be patient and consistent, and you'll likely notice a significant difference within just 21 days. Embrace this as a lifestyle change rather than a quick fix, and let your body's innate healing abilities guide you towards a healthier, happier life.

Conclusion:

My ebook, "Nature Gut Nourish," is a testament to my experiences, struggles, and ultimate triumph over chronic disease through natural healing. I hope that by sharing my story, I can inspire and empower others to take control of their health and embark on their own transformative journeys.

With love and hope,

Anita Han

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Steps

step #1: pre-breakfast juices



step #2 Breakfast



step #3 Lunch recipes



step #4 Mid meals ideas



step #5 Dinner ideas



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01

what you will learn?

In this ebook, you will learn how to cleanse your gut and begin healing naturally in 21 days, without the use of any medications, and by following these laws, you will be able to repair any health concerns from the root, as the gut is usually related with the majority of our health issues, and attain the maximum potential of this human body.

what is the outcome ?

- **Sedentism is a major contributor to gut disorders, which can lead to other health difficulties.**
- **It is crucial to note that medicines are not always the solution; they are only a temporary fix, and our food is the first medicine to repair any health problems.**
- **Recognising that our food is our medicine and that our kitchen is the best pharmacy.**

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01 why is this important?

Nowadays, the majority of us are living a sedentary lifestyle, Research has shown that a sedentary lifestyle is strongly associated with cardiovascular disease, diabetes, cancer, and premature mortality

1) Extended periods of sedentary behavior result in low energy, weight gain and negative health effects, including gut issues.

2) Sitting for too long can lead to decreased blood flow and increased pressure on the digestive tract, negatively impacting gut health

3) Inflammatory bowel disease and constipation are among the digestive problems linked to a sedentary lifestyle

4)so, it is crucial to be aware of the risks associated with a sedentary lifestyle and make efforts to incorporate at least an hour of physical activity into our daily routines, most importantly knowing what to eat to maintain a healthy gut

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Lesson 01

understanding food philosophy

The food we eat can be divided into three categories, according to the Bhagavad Gita:

- the modes of goodness,
- the mode of passion, and
- the mode of ignorance.



"In order to maintain a healthy mind and body, it is crucial to prioritise foods that are high in goodness when making meal choices."



SATVIC FOOD

Foods that are fresh, wholesome (unprocessed, unrefined), juicy (water-rich), freshly cooked & lightly seasoned are Satvic in nature



RAJASIK FOOD

Foods that are excessively sour, salty, spicy, dry, bitter, bitter, and hot are Rajasik in nature.



TAMASIK FOOD

Foods that have gone sour (poor-smelling), rotten (meat and fish), or stale (eaten after 3 to 5 hours of cooking) are Tamasik in nature.

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- **Satvic food has life force and is hence alive.**
- **It is unadulterated food that has had little to no human intervention.**

- **Rajasik cuisine contains dishes that have been overly spiced and seasoned.**

- **Tamasik Food has expired.**
- **When we consume dead food, the same death is absorbed by our body and manifests as illness.**

"All the theories in the world is on one side, your observations, your understanding shape what's right for you. Listen to your body; it knows what suits you best."-- AnitaHan.

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Lesson 02

Examples

"Foods in the mode of goodness increase the duration of life, purify one's existence, and give strength, health, happiness, and satisfaction"



Examples of Satvic Food



Examples of Rajasik Food



Examples of Tamasik Food

- **All Fresh Fruits**

melons, oranges, papaya, apple, pear, berries, grapes, etc.

- **All Vegetables**

bottle-gourd, ridge-gourd, bell peppers, carrots, spinach, coriander, all leafy greens, etc. whole fats,whole grains

- **Sharp Flavors**

excess of salt, red chili, burning spices, asafoetida vinegars, etc

Hot Drinks
very hot water, very hot herbal tea etc.

- **Stale Food**

everything packaged, bottled, tinned, or canned

- **Meat, Fish & Eggs**

- **Stimulants**

onion, garlic, tea, coffee, alcohol, cigarettes, betel nut, betel leaf

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Lesson 03

Effects of different foods

""The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." - Ann Wigmore"

EFFECTS OF HEALING FOOD

Healing food is satvic food. Because it is simple to digest, eating it allows our bodies to focus more time on mending and less time on digestion.

Without using any medications, we can completely treat any chronic disease by adopting a Satvic diet and lifestyle.

It brings mental clarity, calmness and humility. We elevate to a higher consciousness of fearlessness. We become closer to Mother Nature and God.

EFFECTS OF RAJSIK,DEAD FOOD

Our mental and physical health are both ruined by eating Rajasik and Tamasik meals.

If we consume these meals on a regular basis, we eventually develop a number of ailments, including diabetes, obesity, high blood pressure, PCOD, high cholesterol, joint pains, etc.

They significantly influence our ideas on a more subtle way. We develop haughtiness, restlessness, anxiety, and impatience. We lose our ability to concentrate and are dull and sluggish.

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Detoxify The Body: Unlocking the Healing Power Within



In "Detoxify Your Body: Unlocking the Healing Power Within," we'll explore cleansing, rejuvenation, and effective detoxification for weight loss, clearer skin, increased energy, and mental clarity. Understanding digestion's impact on our bodies sets the foundation for practical strategies to eliminate toxins. Get ready to unleash your body's healing power and transform your life. Let's begin!

"Healing is like a sunrise, bringing light to our darkest moments."

Understanding the Digestive Process: we will take a deep dive into the intricate journey of our food from the moment it leaves our hand to its ultimate exit from our body. Learn about the crucial role played by the stomach, small intestine, and large intestine in breaking down and processing nutrients. Discover how fruits, vegetables, and grains take varying amounts of time to complete this cycle, shedding light on the importance of choosing foods that promote smooth digestion.

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Unravelling the Impact of Undigested Waste

We explore how certain foods, such as processed snacks, fast food, and sugary treats, can form a stubborn coating on the intestinal walls, hindering nutrient absorption. Dive into the world of intestinal villi and understand how undigested waste interferes with their vital function, leading to potential health issues.

Intermittent Fasting for Detoxification

Step 1 of our detoxification journey introduces the powerful practice of intermittent fasting. Discover how giving our stomach a 14 to 16-hour break each night can unlock our body's innate healing power. Learn about the rejuvenating effects of intermittent fasting on your cells, tissues, and organs, promoting natural detoxification and repair.

The Path to Nourishing Your Body Right

Having explored the importance of removing waste, Let us shift the focus to Step 2, providing our body with the right nourishment. Learn about nutrient-dense, whole foods sourced from Mother Nature that can support your detoxification journey. Discover the power of vibrant fruits, vegetables, and plant-based proteins in enhancing overall well-being. Eat Living, plant-based, wholesome and water rich foods.



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As we celebrate the end of this journey, let's cherish the revitalized and detoxified you. Reflect on the progress and positive changes you've experienced, feeling the newfound energy, clarity, and vitality that detoxification has brought. This is just the beginning of a lifelong commitment to your health and well-being. Embrace your transformed self with love and grace, knowing you have the power to inspire and touch hearts wherever you go.

Keep shining bright!



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01

pre-breakfast ideas

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Lesson 01

pre-breakfast foods



Pre-breakfast essentially serves as your morning **detox beverage.** This can be consumed one to two hours after awakening. Pre-breakfast and breakfast should be separated by at least **two hours**. When you drink a detox juice, your body begins to clean itself on the inside as it begins to do its job. The cleaning process is disrupted if you eat something right after drinking the detox juice.

"Cleanse your body and mind with the power of juice"

- **you can have any vegetable juice:**
- **Best option is Ashgourd juice.**
- **or you can go with coconut water or simply any juice of your favourite vegetables.**





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02

Breakfast recipes

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Lesson 01

Breakfast foods



You should have a light breakfast with water-rich fruits or a simple salad if you want to have the most energy possible throughout the day. Given the way we live, the philosophy of eating a big breakfast is seriously incorrect. Food corporations that wanted to sell cereal boxes gave rise to this culture. Our stomach is still working hard in the morning to digest the last of our dinner. A big breakfast causes the body to redirect its energies to the new food. The food that wasn't digested causes the body to produce waste or poisons.

NOTE: "Have 1,2 or 3 mixed fruits. DO NOT MIX CITRUS AND SWEET FRUITS TOGETHER"

Have a salad for dinner if you had fruit for breakfast. You might have fruits for dinner if you eat a salad for breakfast. The consumption of both fruits and vegetables must be balanced.



- YOU CAN HAVE SMOOTHIES ONCE A WEEK

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03

Lunch recipes

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Lesson 01

lunch foods



It is recommended that we have our **grain meal**—the heaviest meal of the day—around noon because this is when our **digestive power is at its peak.**

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need." - Ayurvedic Proverb

"

Consume just one variety of grain at a time. Never combine **more than one grain in a single serving**. Therefore, it is not permissible to combine rice with wheat, lentils with rice, quinoa with lentils, or rice and lentils in the manner described above.



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Lesson 02



Eat more vegetables and less grains. Eat three bowls of vegetables for every bowl of grain you consume.

"After your lunch, take rest for 20 minutes, so that your energy gets fully diverted to digesting your food. "

If you wish you can also eat your grain meal for dinner and soup/salad meal for lunch.



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Important points to remember

01 Eat only one type of grain at a time.

02 Avoid Lentils during the first 21 days or in the healing stage if it causes bloating or stomach problems

03 you can swap your dinner and lunch based on your convenience.

04 No dairy products, No oily,bottled, tinned, canned ,processed food to be consumed.

05 **Never eat too full. Eat only half full of the stomach rest half is used for combining the food, digestive acids**

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04

Mid-meal recipes

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Lesson 01

Mid-meals



- you can have a juice of your choice.
- you can repeat the juice form the morning.
- if you are starving can have home made cookies made from all-natural ingredients.
- can have any mono fruit bowl.

"Take care of your body. It's the only place you have to live-Jim Rohn"

- you can also prepare a **medium-thick smoothie** using any plant-based milk of your choice.
- if you are preparing nut milk please **soak them** at least for 4-6 hrs.



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05

Dinner recipes

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Lesson 01



Have a **light dinner**, such as soup or a salad, for dinner. Depending on your preference, you can either order both (salad and soup) or just one (salad or soup). If you had a breakfast salad meal, you may eat fruits for dinner. If you ate your salad meal for lunch, you may eat your grain meal for dinner.

"Healthy eating is a way of life, so it's important to establish routines that are simple, realistically, and ultimately livable." - Horace





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"Savoring Goodness: The Power of Slow Cooking"



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Next steps includes



slow cooking food

Flavors Blossom Slowly: Slow cooking takes its time to let flavors mix and mingle, creating richer and more delicious tastes.

Tender and Tasty: Tough ingredients become soft and juicy as they cook slowly, making every bite delightful.

Vitamins Stay Put: Slow cooking keeps more of the good stuff, like vitamins and minerals, in your food, making it healthier to eat.

Old Meets New: Slow cooking brings back old-fashioned cooking techniques, connecting us with the past while enjoying modern flavors.

"Like the cycles of nature, where balance is key, slow-cooked meals offer a balanced blend of flavors, nutrients, and textures. This resonance between slow cooking and nature's patterns promotes a harmonious connection between *what we eat and the way our bodies thrive.*"

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Water-rich foods.



70-30 Rule

Reflecting Our Internal Balance:

- Our bodies are made up of about 70% water, a fundamental building block of life.
- Just like a river nourishes the land, water nourishes our cells and systems.

Embracing the 70-30 Rule:

- To maintain harmony, our diet should mimic this internal balance: **70% water-rich foods and 30% water-poor foods.**
- Water-rich foods include fruits, vegetables, soups, and hydrating snacks like cucumber and watermelon.
- Water-poor foods include Nuts and Seeds, Whole Grains, Legumes, Root Vegetables, Dried Fruits etc.,

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Refer to

NatureGutNourished-Revised Ebook for more than 20+ my personal recipes

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Lesson 02

Intermittent Fasting

"Fasting is the single greatest natural healing therapy. It is nature's ancient, universal 'remedy' for many problems." – Elson Haas, M.D



When you eat inside an 8-hour window and fast for 16 hours every night, you are following intermittent fasting, also known as 16-hour fasting or starting with 14-hour fasting. This would give your digestive system enough time to complete the cycles and enough time to recover thereafter.

For instance, if dinnertime is at 8 p.m., wait until 12 p.m. the next day to eat anything substantial. Eat your first substantial meal of the day at noon. Eat nothing solid after dinner at 6 o'clock until 10 a.m. the following morning. During your fasting period, water and juices (such as coconut water and ash gourd juice) are permitted.

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Intermittent Fasting

Fasting is a natural way to help the body heal itself.



Depending on the quality of your food, your body will digest and absorb food when you practise intermittent fasting within 5 to 6 hours. What begins to happen once digestion is finished? It begins to heal. In the healing condition, it regenerates damaged tissue, breaks down fat cells, lightens scars, and heals your illness.

"Fasting is the first principle of medicine; fast and see the strength of the spirit reveal itself." – Rumi

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Food combining

Our digestion can greatly benefit from the proper food pairing. Inappropriate food pairings can overwhelm the digestive system and result in indigestion, fermentation, gas, bloating, and the production of toxins. This can happen even with fresh, healthy foods. This is why it's crucial to combine foods properly.

Six Laws of Food Combining

- Restrict to eating grain only once a day
- Eat only one grain at a time
- When eating grains, mix them with 3 times the vegetables
- Do not eat fruits & cooked food in the same meal
- Don’t mix sweet fruits with citric fruits
- Don’t drink too much while you eat.

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How you eat is more important than what you are eating

We need more than just recipes. Here are a few basic life skills that can make living and eating more enjoyable.

- [ ] Eat 70% raw, 30% cooked
- [ ] Always rest after a grain meal
- [ ] Eat neither too cold, nor too hot
- [ ] Never overeat
- [ ] Eat Seasonal, Regional and Reasonable
- [ ] Always eat in a relaxed state
- [ ] Eat only when you're hungry
- [ ] Eat a light breakfast

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Next steps includes



SUNBATHING

The practise of lying down or sitting in the sun is known as sunbathing. increases vitamin D levels, promotes bone health, boosts mood and sleep quality, lowers stress, boosts the immune system, fights depression, and much more.

Keep in mind that we require the sun's light, not its damaging heat..



PRANAYAM EXERCISE

Pranayama, the practice of controlling the breath, has numerous benefits for both the body and the brain



EXERCISE

When compared to wearing polyester clothing when exercising, wearing breathable clothing has various advantages.

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TO REST

Next steps includes

- We require three different sorts of rest to function correctly: physical rest, cerebral rest, and sensory rest.
- **Physical relaxation** can be passive or active and includes resting, stretching, and massages.
- Turning off your phone and practising meditation are two examples of taking a break from continual brain stimulation.
- Taking a break from constant sensory input is known as sensory rest, which can be achieved by engaging in activities like reading quietly or putting away the phone.

We may recover our energies and balance our lives by comprehending and adopting these rest into our everyday routines.

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7**. My Secret Recipes

1. All-Natural Quinoa Dessert Recipe:

Ingredients:

- Soaked quinoa (as needed)
- Jaggery (as per sweetness required)
- Pinch of salt
- 2-3 cardamom podsSoaked nuts (1/2 cup) - almonds or peanuts (skin removed for almonds)

Instructions:

1. **Cook the Quinoa:** Rinse the quinoa thoroughly under cold water to remove any bitter taste. Then, soak the quinoa in water for at least 30 minutes to soften it. Drain the soaked quinoa and cook it in a saucepan following the cooking method you prefer. Once cooked, allow it to cool.
2. **Prepare the Dessert Base:** Take the soaked nuts (almonds or peanuts with the skin removed, as needed) and pressure cook them until they become soft and tender. For almonds, you can remove the skin before adding them to the jar.
3. **Blend the Nuts with Jaggery:** In a blender or food processor, add the cooked and softened nuts. Next, add jaggery as per your desired level of sweetness. You can adjust the amount of jaggery according to your taste preference. Also, add the cardamom pods and a pinch of salt to enhance the flavor.
4. **Add Water and Grind:** Pour a suitable amount of water into the jar to achieve the desired consistency. It should be light and thick but still pourable. Grind all the ingredients together until you get a smooth and creamy mixture.
5. **Refrigerate the Mixture:** Transfer the ground mixture to a bowl or container and refrigerate it for about 5 minutes. This will help to chill and slightly set the dessert base.
6. **Combine with Quinoa:** Once the dessert base is chilled, take it out from the refrigerator and add the previously cooked and cooled quinoa to it. Mix everything together quickly and thoroughly. The quinoa will blend with the dessert base to create a delicious and healthy dessert.
7. **Serve:** Your all-natural Quinoa dessert is now ready to be served! Spoon it into serving bowls or glasses and enjoy it as a nutritious and tasty treat.

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7**. My Secret Recipes

2.Instant Finger Millet Cake Recipe:

Ingredients:

- 4 tsp finger millet flour (ragi flour)
- 1.5 tsp jaggery (or adjust to your preferred sweetness)
- 1 tsp cacao powder (or cocoa powder for chocolate flavour)
- Pinch of salt
- Pinch of baking soda
- Pinch of baking powder
- Any chopped nuts (e.g., almonds, walnuts) - a small amount for added texture (optional)
- Plant-based milk (e.g., almond milk, soy milk) - as needed

Instructions:

1. **Prepare the Batter:** In a mixing bowl, combine the finger millet flour, jaggery, cacao powder, a pinch of salt, a pinch of baking soda, and a pinch of baking powder. Mix everything together until well combined. You can adjust the amount of jaggery and cacao powder according to your desired sweetness and chocolate flavor.
2. **Add Nuts (Optional):** If you prefer, add a small amount of chopped nuts to the batter. This will add a nice crunch and nutty flavor to the cake.

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3. Adjust Consistency: Slowly add plant-based milk to the batter while stirring continuously. Add enough milk to achieve a smooth and pourable cake batter consistency. The amount of milk needed may vary, so add it gradually until you reach the desired consistency.

4.**Preheat the Gas Stove:** Place a flat pan or tawa on the gas stove and turn the heat to low. Make sure the pan is large enough to hold your cake tin or any heat-resistant container you're using to bake the cake.

5. **Prepare the Cake Tin:** Grease a small cake tin or any heat-resistant container that fits inside the pan on the gas stove. You can also use silicone molds for easy removal.

6 **Pour the Batter:** Pour the prepared cake batter into the greased cake tin or molds. Fill only about half or two-thirds of the container to allow room for the cake to rise during baking.

7 **Baking on Gas Stove:** Place the cake tin or molds carefully on the pan or tawa on the gas stove. Cover the pan with a lid and let the cake bake on low heat for 10 to 15 minutes.

8. **Check for Doneness:** Check the cake after 10 minutes using a toothpick or skewer. Insert it into the center of the cake; if it comes out clean, the cake is ready. If not, continue baking for a few more minutes.

Serve: Once the cake is done, carefully remove it from the pan or moulds. Allow it to cool slightly before serving. Enjoy your instant Finger Millet Cake as a healthy and tasty treat!

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3.Instant Cashew Cheese Recipe:

Ingredients:

- 1/2 cup soaked cashews (soaked for at least 4 hours)
- 1/4 cup steamed and lightly tossed cauliflower florets
- 2 tsp lemon juice
- Salt (as per taste)
- 1/2 green chilli (adjust to your spice preference)
- 1/4 tsp roasted cumin powder
- 1/4 tsp jaggery
- A dash of water (as needed for desired consistency)

1. Blend the Ingredients: In a blender or food processor, add the soaked and drained cashews, steamed cauliflower florets, lemon juice, salt, green chilli, roasted cumin powder, and jaggery. Blend until Creamy:

USE AS A DIP, SPREAD OR SALAD DRESSING AS YOU PLEASE...ENJOY.

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4. COCONUT BUTTER

INGREDIENT

- 1 dry coconut

METHOD

1. Scrape off the external brown layer of the dry coconut and cut it into small pieces.
2. Transfer the pieces to a blender and blend for 5-7 minutes. Ensure that you only blend for 15-20 seconds at a time, or your blender will overheat.
3. First, your coconut will convert into a powder. You will get a feel that it will never turn into butter, but soon the powder will turn into a buttery substance.
4. Transfer butter into a jar. Can store for 5-7 days.

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Hot Chocolate Vegan

Preparation:

- Soak 20-25 almonds and 6-10 cashews in water for 6 hours.

Ingredients:

- 20-25 soaked almonds
- 6-10 soaked cashews
- 1½ cups water
- 2 tablespoons cacao powder
- 2 tablespoons jaggery
- ½ teaspoon cinnamon powder
- ⅛ teaspoon rock salt
- vanilla essence - optional.

Method:

1. Blend the soaked almonds and cashews with ½ cup of water until you get a smooth paste. Then add 1 more cup of water and blend again. Strain the mixture using a muslin cloth.
2. Add cacao powder, jaggery, vanilla essence a drop or two and cinnamon to the nut milk and blend until smooth.
3. Pour the blended mixture into a pot and heat it on low flame for 5 minutes. Turn off the heat, add the salt, and cover for 2-3 minutes. Serve it warm.

Enjoy your delicious and nutritious Vegan Hot Chocolate with cacao flavour!

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