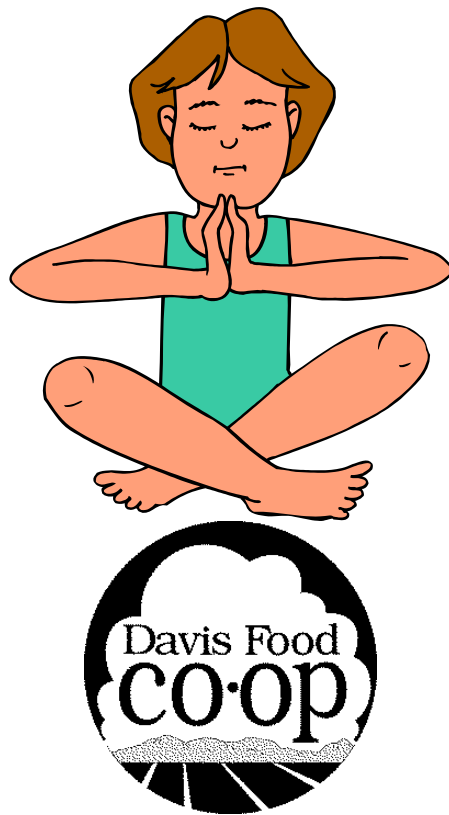


DFC Publications

# Good Food for Yogis



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## Wakeup Tea

*A nice alternative to coffee when you need some internal stimulation. Ginger awakens the digestive body, and does a good job of preparing the body to sweat.*

1 stalk fresh lemongrass (cut into short lengths and crushed with the flat side of a knife)

8 slices fresh ginger

4 bags green tea

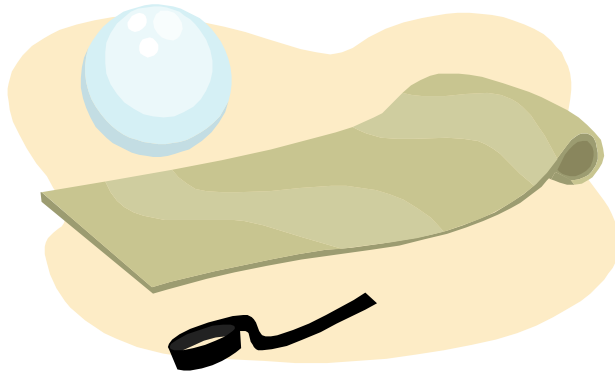
4 cups water

honey to taste

Bring lemongrass, ginger, and water to a boil. Take off the heat and add tea bags; let

steep until tea is as strong as you'd like. Remove tea bags; let tea cool. Pour through

strainer to remove lemongrass and ginger, and refrigerate. Serve cool, with honey if desired.



## Rae's Açai

*A great way to get some fiber and antioxidants before class. Makes two smoothies.*

One packet frozen açai juice

Two cups fresh or frozen blackberries, raspberries, strawberries, blueberries, and/or cherries

Water, pomegranate juice, or cranberry juice

One Emergen-C packet, if you're feeling under the weather (may sweeten the smoothie, depending on the flavor you like)

Blend all ingredients on high, adding water or juice as necessary to reach desired thickness. I like to let this one sit for a few minutes before serving to take the edge off the iciness.

## Easy Quinoa Salad

*There are a thousand wonderful ways to enjoy quinoa, that complete protein superhero of the plant world. This is just one of them.*

3-4 cups cooked quinoa (either white or red – just rinse well and simmer in two parts water to cook)

1 handful toasted walnut pieces

some cooked chick peas or fresh green peas

1 cucumber, chopped

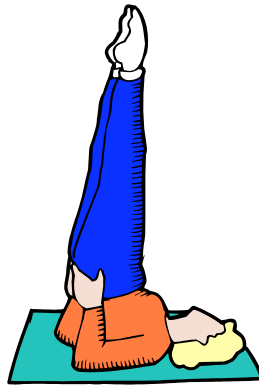
1-2 green onions, sliced thin

olive oil

lime juice

salt and pepper

Combine quinoa with nuts, peas, cucumber, and green onions. Mix equal parts olive oil and lime juice in a small bowl; season with salt and pepper, and toss thoroughly into the salad. Serve while still warm, at room temperature, or chilled.



## Miso with Daikon

*Both miso and daikon are excellent for your digestion, and the latter strengthens the liver. Don't ever boil miso – it kills the enzymes. This one is great both before and after classes.*

One daikon radish, peeled and cut into rounds

About 2 spoonfuls white miso paste

1 green onion, chopped

2-3 cups water

Shichimi togarashi (Japanese spice blend) to taste

Bring water to a boil in a saucepan. Add daikon, and cook uncovered for a few minutes until daikon is tender. Reduce heat to a gentle simmer, and add miso and green onions plus a couple shakes of the togarashi, stirring occasionally to break up miso. Serve.

## Seasonal Nori Wraps

*These are perfect on days when your body calls out for high-fiber, raw vegan fare – they make a great meal after class.*

Nori sheets

Simple pesto\* (hummus or baba ganoush would also work, if you prefer)

Any or all of your favorite raw seasonal vegetables, chopped into matchsticks or grated fine (swiss chard, tomatoes, cucumbers, carrots, jicama, lettuce, sprouts, avocado, daikon, celery, cabbage, mushrooms, asparagus spears, green beans, squash... the possibilities are endless)

Lay out a sheet of nori widthwise (so it will make a shorter roll) and spread a spoonful of pesto over the left-hand side of the sheet. Build a heaping line of veggies in this zone, and roll closed from left to right, dipping your fingers in water to seal the wrap closed at the right. To serve, slice in half (or cut into medallions, like sushi).

\*I like to blend basil, toasted pine nuts, olive oil, and salt, omitting the cheese and garlic. If you're in a hurry, we carry a good packaged vegan pesto from Rising Moon.

## Yogurt and Figs with Walnuts

*What would we do without yogurt? This is a standby – it works at any time of day, and satisfies both before and after class. Figs offer one of the most notable nutritional profiles on the planet; the flaxseed adds anti-inflammatory omega-3 fatty acids.*

One serving of your favorite yogurt (I like plain Brown Cow, though kefir is a nice treat)

A couple large, ripe figs, washed, ends removed, cut into wedges

2 tablespoons crushed walnuts

1 tablespoon ground flaxseed

Optional maple syrup or honey to taste

Combine everything and eat with your favorite spoon.

## About the Author

Rae Gouirand is a Davis writer and writing instructor who also teaches cooking classes at the Davis Food Co-op. She is completing the 2008 Yoga Teachers' training at The Bo Tree, and has developed the following recipes to share with the DFC community to help support healthy yoga both on and off the mat.