“A JOYFULL DAY“ TIPS & RECIPES



MEDITATION TIPS

Create a sacred space
Engage all your senses
• Touch: beads
• Sound: mantra, music, or nature sounds
• Sight: nature or temple space
• Taste: speaking mantras
• Smell: incense or candles
Meditate early in the morning

CCF TEA

Single cup:
1 tsp coriander seeds
1 tsp cumin seeds
1 tsp fennel seeds

Batch:
1 cup coriander seeds
1 cup cumin seeds
1 cup fennel seeds

METHOD
Add seed mixture to 1 cup boiling water
Strain water into mug enjoy!



BUTTERBEAN & CRUNCHY VEGGIES WITH CRISPY TOFU & TAHINI DILL DRESSING



INGREDIENTS

Salad:
1 medium bell pepper
10-12 pepperoncini
3 persian cucumbers
10 cherry tomatoes
1 can of butter beans
2 cups of arugula½ cup feta crumbles
½ cup olives

Tofu:
1 block firm tofu
½ tsp salt or ½ tsp soy sauce/liquid aminos
1 tbsp cornstarch or tapioca starch
1 tbsp zaatar
1 tsp paprika

Dressing:
½ cup fresh dill
¼ cup tahini1 tsp dijon mustard
1 tsp salt
⅛ of 1 fresh jalapeno
Juice of 2 lemons
¼ cup water

METHOD

Salad:
Chop up all veggies and add into a bowl with arugula
Tofu: Press tofu & cut into cubes
Toss tofu with cornstarch, salt, zaatar, & paprika
Pan fry in oil until crispy
Dressing:Add all dressing ingredients into a blender
Blend until smooth
Add tofu to bowl with veggies
Drizzle with dressing & toss
Say a prayer of gratitude, & enjoy!