



Sweet

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BABA'S BLISS BITES

ONE-BITE COOKIES

RAW BEET CAKE

MANGO STICKY RICE

'ON-A-DATE' ENERGY BARS

BABA-NANA BITES

INGREDIENTS

450g ORGANIC PEANUT BUTTER
 5 TBSP CACAO POWDER
 2 TBSP COCONUT OIL
 4 TBSP SESAME SEEDS
 1 SMALL MATURE COCONUT (FLESH)
 100 ML FILTERED WATER
 OR COCONUT WATER

OPTIONAL:
 160mg CBD OIL
 3 TBSP AGAVE NECTAR

ENJOY ME WITHIN 4 DAYS!



baba's bliss

bites



10mg CBD PER SERVING

AUTUMN, EARLY WINTER

20 minutes MAKES 16

METHOD

1 CRACK THE COCONUT AND CAREFULLY REMOVE THE FLESH. CHOP THE FLESH INTO 2CM PIECES AND ADD THEM, ALONG WITH THE WATER/COCONUT WATER, TO A BLENDER OR FOOD PROCESSOR. BLEND FOR 2 MINUTES UNTIL THE MIX RESEMBLES A THICK PASTE.

2 ONCE BLENDED, STRAIN THE FLESH THROUGH A SIEVE, OVER A BOWL TO COLLECT THE COCONUT CREAM. USE A SPOON TO PRESS IT DRY.

3 NEXT, ADD THE PEANUT BUTTER, CACAO POWDER, SESAME SEEDS, COCONUT OIL, OPTIONAL CBD AND AGAVE NECTAR, WITH HALF OF THE BLENDED COCONUT FLESH AND ALL OF THE COCONUT CREAM INTO A LARGE MIXING BOWL. MIX WELL WITH A SPOON UNTIL THE MIXTURE IS A DENSE, STICKY CONSISTENCY.

4 USING CLEAN HANDS, SHAPE THE MIXTURE INTO GOLF-BALL SIZE BALLS. ROLL THEM INDIVIDUALLY INTO THE REMAINING SHREDDED COCONUT FLESH BEFORE PLACING ON A PLATE.

5 WHEN FINISHED, REFRIGERATE FOR AT LEAST 2 HOURS, THEN ENJOY!

FOR THOSE WHO WANT TO BE NAUGHTY WITHOUT THE NASTIES!



CACAO

CACAO IS HIGH IN MAGNESIUM, ANTI-OXIDANTS AND FLAVONOIDS

AS IT IS A RAJASIC FOOD, IT STIMULATES BRAIN ACTIVITY AND ELEVATES THE MOOD.

WATCH OUT THOUGH - IN EXCESS THESE CAN UNBALANCE VATA AND PITTA TYPES!

FRESHLY MADE DATE SYRUP IS THE IDEAL ALTERNATIVE TO SUGAR OR HONEY WHEN BAKING. HONEY BECOMES A HOMOGENOUS TOXIC MASS AND IS INDIGESTIBLE FOR THE BODY WHEN HEATED.

IN AYURVEDA, FRESH HONEY IS A MIRACLE MEDICINE, HEATED HONEY IS POISON!

11/23



40-45 MINUTES

MAKES AROUND 20 COOKIES

ONE-BITTE

COOKIES

VP-K+

SUMMER,

AUTUMN

& EARLY

WINTER

INGREDIENTS

10	MERJOL DATES
200ML	FILTERED WATER
4 TBSP	ORGANIC COCONUT OIL
250g	GLUTEN FREE OATS
70g	DESICCATED COCONUT
30g	RAISINS
40g	CRUSHED WALNUTS
30g	SUNFLOWER SEEDS
1 TSP	MIXED SPICE
1.5 TSP	CINNAMON
4 TBSP	CRUNCHY PEANUT BUTTER



METHOD

1 PRE-HEAT THE OVEN TO 180°C AND LINE 2 BAKING TRAYS WITH BAKING PAPER.

2 PIT AND BLEND THE DATES WITH THE COCONUT OIL AND FILTERED WATER FOR 2 MINUTES IN A BLENDER TO CREATE A SYRUP.

3 COMBINE THE OATS, DESICCATED COCONUT, RAISINS, WALNUTS, SUNFLOWER SEEDS, MIXED SPICE AND CINNAMON IN A LARGE MIXING BOWL AND MIX TOGETHER WELL.

4 ADD THE DATE SYRUP TO THE MIXING BOWL AND USE YOUR CLEAN HANDS TO MASSAGE THE MIX THOROUGHLY TOGETHER.

5 USING YOUR HANDS, MOLD THE MIXTURE INTO INDIVIDUAL GOLF-BALL SIZED BALLS, THEN USING THE PALMS OF YOUR HANDS TO FLATTEN THEM TO A THICKNESS OF 1.5CM. PLACE THEM ONTO THE TRAYS.

6 PLACE THE TRAYS INTO THE OVEN FOR 18-21 MINUTES, OR UNTIL THE COOKIES ARE A LIGHT - MEDIUM GLAZED BROWN. LEAVE THEM TO STAND FOR 10 MINUTES BEFORE TAKING A SWEET BITE AND GOING TO COOKIE HEAVEN...

ON SOMEONE'S SPECIAL DAY.

VPK+
(IN EXCESS)

SERVES 8-10

2 HOURS

GF R S V

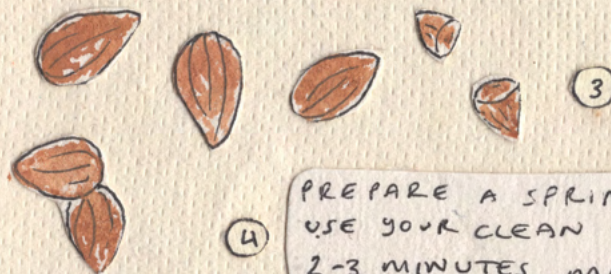
RAW BEET CAKE



BASE INGREDIENTS

- 200g WALNUTS
- 70g GROUND ALMONDS OR RAW ALMONDS
- 220g GRATED CARROTS
- 280g GRATED BEETROOT
- 80g GRATED GINGER ROOT
- 380g PITTED MEDJOL DATES
- 4 TBSP GROUND FLAXSEED
- 2 TSP CINNAMON POWDER

* SOAK THE CASHEWS IN WARM WATER FOR 30 MINUTES FOR THE FROSTING *



PIT AND FINELY CHOP THE DATES UNTIL THEY RESEMBLE A DENSE PASTE. ADD THESE TO THE MIXING BOWL ALONG WITH THE GROUND FLAXSEED AND CINNAMON POWDER.

PREPARE A SPRINGFORM PAN (WE USE A 20CM DIAMETER x 4.5CM DEPTH PAN). USE YOUR CLEAN HANDS TO MASSAGE THE MIXTURE TOGETHER FOR AROUND 2-3 MINUTES, MAKING SURE THE INGREDIENTS ARE WELL COMBINED.

POP THE MIX INTO THE SPRINGFORM PAN AND USE THE BOTTOM OF A GLASS TO PRESS IT DOWN EVENLY AND FIRMLY TO FLATTEN THE BASE. LEAVE 1.5-2CM OF SPACE FOR THE FROSTING ON TOP OF THE BASE.

TURN ME OVER FOR THE FROSTING!

BASE METHOD

ADD THE WALNUTS, AND THE ALMONDS IF YOU AREN'T USING GROUND ALMONDS, TO A FOOD PROCESSOR OR BLENDER AND PROCESS THE NUTS FOR 1-2 MINUTES UNTIL THE NUTS RESEMBLE A THICK POWDER. IF YOU ARE USING A BLENDER YOU MAY NEED TO GIVE THE MIX A STIR OCCASIONALLY IF THE MIX BECOMES STUCK. ADD THIS POWDER INTO A MIXING BOWL WITH THE GROUND ALMONDS (IF USING).

PEEL AND FINELY GRATE THE CARROTS, BEETROOT AND GINGER. ADD THESE TO THE BLENDER OR FOOD PROCESSOR AND PROLESS FOR 1 MINUTE. THE MIXTURE SHOULD BE CHUNKY AND NOT PASTE-LIKE. AGAIN, STIR, IF NEEDED. POP THESE INTO THE MIXING BOWL.

PIT AND FINELY CHOP THE DATES UNTIL THEY RESEMBLE A DENSE PASTE. ADD THESE TO THE MIXING BOWL ALONG WITH THE GROUND FLAXSEED AND CINNAMON POWDER.

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POP THE MIX INTO THE SPRINGFORM PAN AND USE THE BOTTOM OF A GLASS TO PRESS IT DOWN EVENLY AND FIRMLY TO FLATTEN THE BASE. LEAVE 1.5-2CM OF SPACE FOR THE FROSTING ON TOP OF THE BASE.

TURN ME OVER FOR THE FROSTING!

FROSTING INGREDIENTS

- 250g RAW CASHEWS
- 100g MATURE COCONUT FLESH
- 0.5 CANS ORGANIC COCONUT MILK
- 0.25 LEMON (JUICE)
- 50ML FILTERED WATER
- 0.25 POMEGRANATE (SEEDS)
- 0.25 TSP CINNAMON POWDER

FROSTING METHOD

1 CAREFULLY REMOVE THE COCONUT FLESH FROM THE SHELL AND CUT INTO 2CM CHUNKS. IN A BLENDER OR A FOOD PROCESSOR, DRAIN AND COMBINE THE SOAKED CASHEWS, COCONUT CHUNKS, COCONUT MILK, LEMON JUICE AND WATER. PROCESS FOR 2-3 MINUTES, UNTIL IT IS SMOOTH WITHOUT LUMPS.

2 POUR THE MIX EVENLY OVER THE BASE IN THE SPRINGFORM TIN. USE A SPOON OR SPATULA TO EVENLY SPREAD OUT THE FROSTING.

3 REMOVE THE POMEGRANATE SEEDS FROM THE FRUIT AND SPRINKLE THEM OVER THE FROSTING. LIGHTLY DUST THE CINNAMON OVER THE TOP.

4 COVER AND POP THE CAKE IN THE FREEZER OVERNIGHT. REMOVE FROM THE FREEZER AROUND 4 HOURS BEFORE SERVING TO ALLOW IT TO THAW PROPERLY!

CASHEW NUTS ARE FAIRLY HEAVY AND GROUNDING IN NATURE SO THEY CAN HELP TO STABILISE THE NERVOUS-SYSTEM, ESPECIALLY IN AUTUMN, WHEN VATA (NERVOUSNESS) TENDS TO BE AGGRAVATED!

FYI!



CASHEWS ALSO BUILD TISSUE, STRENGTH AND STAMINA BUT BE AWARE THAT THEY ARE 'RAJASIC' IN NATURE (STIMULATES MOVEMENT) SO IT IS BEST TO SNACK ON SOMETHING ELSE IF ONE INTENDS TO BE STILL OR RESTED.



MANGO



INGREDIENTS

RICE

- 350g BROWN RICE
- 2L FILTERED WATER
- 75g MATURE COCONUT FLESH
- OR 1 YOUNG COCONUT FLESH
- 1 CAN ORGANIC COCONUT MILK
- 1-2 TBSP FRESH HONEY
- OR AGAVE NECTAR (IF VEGAN)

SAUCE

- 2 LARGE MANGOES
- 1 TSP LEMON (JUICE)



SERVES 4-5

2 HOUR
(+1 HOUR SETTING-TIME)

VP ~ K+

SUMMER, AUTUMN,
EARLY WINTER



METHOD



COVER THE RICE WITH WATER AND SOAK FOR 30 MINUTES. STRAIN AND ADD THE RICE TO A MEDIUM POT. BOIL 1L OF WATER SEPARATELY, THEN USE IT TO COVER THE RICE. (THE WATER SHOULD BE 6CM ABOVE THE RICE LEVEL).

①

BRING THE POT TO BOIL ON A MEDIUM-HIGH HEAT. COOK THE RICE FOR 20 MINUTES, OR UNTIL THE WATER IS COMPLETELY ABSORBED AND THE RICE IS SOFT. STIR OCCASIONALLY TO ENSURE THE RICE DOESN'T STICK TO THE POT.

②

WHILE THE RICE IS COOKING, CAREFULLY CHOP THE MATURE COCONUT FLESH, OR SCOOP OUT THE YOUNG COCONUT AND ADD THIS TO A BLENDER, ALONG WITH THE COCONUT MILK AND HONEY/AGAVE NECTAR. BLEND FOR 2 MINUTES UNTIL SMOOTH.

③

WHEN THE RICE IS COOKED, TURN OFF THE HEAT AND POUR THE BLENDED MIX OVER THE RICE, STIRRING TO COAT THE RICE WELL. SET THIS MIXTURE INTO A RECTANGULAR DISH (WE USED A 24cm x 16cm BAKING DISH). USE A LARGE SPOON TO TIGHTLY PRESS THE RICE TO THE BOTTOM OF THE DISH. LEAVE TO STAND AT ROOM TEMPERATURE FOR AT LEAST 1 HOUR.

④

TO MAKE THE SAUCE, ADD THE FLESH OF 1 MANGO, WITH THE LEMON JUICE TO A BLENDER AND BLEND FOR 1 MINUTE, UNTIL SMOOTH. ADD TO A POURING JUG FOR SERVING. PEEL AND JUICE THE REMAINING MANGO TO YOUR LIKING.

⑤

TO SERVE, SCOOP THE RICE INTO BOWLS, POURING THE SAUCE OVER THE RICE AND GARNISHING WITH THE FRESH CUT MANGO!

⑥

Wild

THESE BITES ARE FOR THE LOVERS...
NATURALLY APHRODISIACS, DATES
IMPROVE SPERM QUANTITY AND
QUALITY IN MEN.



A LITTLE NOTE OF CAUTION -
AS THESE BARS ARE FULL
PACKED WITH ENERGY WE
RECOMMEND ONLY EATING
THEM IF YOU PLAN TO BE
ACTIVE, IF YOU GET WHAT WE
MEAN :)

MAKES ~ 30-40 BITES

ALL YEAR ROUND

20 MINUTES
(+ 2 HOURS)

VPK ~



ON DATE ENERGY BARS

METHOD

INGREDIENTS

- 400g PITTED MEDJOOOL DATES
- 100g GRATED GINGER
- 100g CHIA SEEDS
- 100g GLUTEN-FREE OATS
- 200ml FILTERED WATER
- 50g HEMP SEEDS
- 50g CACAO POWDER
- 1.5 TSP CRUSHED CHILIS
- 1 TSP CINNAMON
- 0.25 TSP HIMALAYAN SALT

1 PIT AND CHOP THE DATES USING A
LARGE KNIFE UNTIL THEY RESEMBLE
A LARGE PULP. PEEL AND GRATE THE
GINGER AND ADD THESE INGREDIENTS
ALONG WITH THE CHIA SEEDS, OATS, WATER,
HEMP SEEDS, CACAO POWDER, CRUSHED CHILIS,
CINNAMON AND SALT TO A MIXING BOWL.

2 USE YOUR CLEAN HANDS TO MASSAGE THE
INGREDIENTS TOGETHER; MAKE SURE TO
MIX THE MIXTURE WELL TOGETHER INTO A
HOMOGENEOUS MASS.

3 LINE A RECTANGULAR VESSEL (WE USE A
24CM x 16CM BAKING DISH) WITH BAKING PAPER
AND SCOOP THE MIXTURE INTO THE DISH. USE
THE BOTTOM OF A GLASS TO PRESS THE MIX
FIRMLY TO EVENLY COVER THE BOTTOM OF
THE DISH.

4 REFRIGERATE FOR AT LEAST 2 HOURS AND
THEN CUT INTO SMALL 3CM x 1CM BITES.
REFRIGERATE THE BITES FOR UP TO 4 WEEKS
AND ENJOY WHEN NEEDED :)

V

K

A

GF

GF



FYI!

OUR TWIST ON THE CLASSIC BANANA BREAD. VERY EASY TO MAKE AND EVEN EASIER TO EAT!



HAVE ME AS A SNACK OR DESERT

CACAO NIBS ARE PACKED WITH ANTIOXIDANTS, BUT, JUST LIKE ANY OTHER CHOCOLATE, SHOULD BE ENJOYED IN MODERATION AS IT CAN AGGRAVATE VATA AND PITTA IN EXCESS.

baboo nibs

BITES

VPWK+
(IN EXCESS)

MAKES 16 BALLS

SUMMER, AUTUMN, EARLY WINTER

20 MINUTES

INGREDIENTS

- 200g GLUTEN FREE ROLLED OATS
- 1.5 TSP GROUND CINNAMON
- 60g WALNUTS
- 70g CACAO NIBS
- 3 BANANAS (VERY RIFE)
- 5-8 MEDJOL DATES



EAT ME WITHIN 2-3 DAYS!

METHOD

POP THE OATS AND CINNAMON IN A DRY BLENDER OR FOOD PROCESSOR. BLEND FOR 30 SECONDS UNTIL THE MIX RESEMBLES A POWDER. POUR THE MIX INTO A MIXING BOWL.

USE THE BACK OF A KNIFE TO CRUSH THE WALNUTS AND THEN CHOP THEM FINELY. ADD THESE, ALONG WITH 20g OF CACAO NIBS TO THE MIXING BOWL.

PIT AND CHOP THE DATES FINELY. PEEL AND BREAK UP THE BANANAS INTO SMALL PIECES AND ADD THESE AND THE DATES TO THE BLENDER OR FOOD PROCESSOR. PULSE FOR 2 MINUTES OR UNTIL THE MIX RESEMBLES A THICK PASTE. IF YOU ARE USING A BLENDER, YOU MAY NEED TO GIVE IT A STIR TO AVOID JUCKING. ADD THIS MIX TO THE MIXING BOWL.

USE A WOODEN SPOON TO STIR THE MIXTURE TOGETHER FOR A COUPLE OF MINUTES UNTIL THE INGREDIENTS ARE WELL-COMBINED AND THICK.

SCATTER THE REMAINING CACAO NIBS ON A PLATE. WET YOUR HANDS SLIGHTLY (TO PREVENT STICKING) AND BEGIN TO FORM THE MIX INTO GOLF-SIZED BALLS. ROLL THEM GENTLY IN THE CACAO NIBS BEFORE PLACING THEM ON ANOTHER PLATE.

WHEN COMPLETE, REFRIGERATE FOR 2+ HOURS OR ENJOY FRESHLY ROLLED.

1

2

3

4

5

6



SIPS

TEJAS
GOLDEN MYLK
LIQUORICE & GINGER TEA
ROSE & FENNEL TEA
THE OJAS
HIBISCUS

The page features several hand-drawn illustrations of flowers and herbs. At the top, there are two small, simple sketches of flowers. Below the title 'SIPS', there are several larger, more detailed drawings. One is a large yellow flower with a dark center and long, thin petals. Another is a smaller yellow flower with a dark center. There are also several purple flowers with yellow centers, some of which are shown in cross-section or as individual petals. The drawings are done in a simple, illustrative style with flat colors and black outlines.



TEJAS

A SANSKRIT NAME MEANING POWER, BRILLIANCE, ENERGY OR A NAME FOR THE ELEMENT OF FIRE.

IF YOU LIVE IN THE TROPICS AND HAVE EVEN A SMALL BIT OF SOIL TO GROW PLANTS THEN MAKE A SPECIAL PLACE TO GROW TURMERIC AND GINGER ROOT.

THEY GROW BEAUTIFUL FLOWERS... AND THEY DON'T NEED TOO MUCH DEATH OR EFFORT... TO FLOURISH!

PLUS... THEY TASTE AMAZING!

AUTUMN, WINTER, 5 MINUTES SPRING. VPK-P+ 1 MUG

VPK ~ ALL YEAR ROUND 1 MUG 10 MINUTES

TEJAS

INGREDIENTS

- 0.25 TSP TURMERIC POWDER
- 1 TSP FRESH GINGER
- 1 PINCH CAYENNE PEPPER
- 1 PINCH BLACK PEPPER
- 300 ml FILTERED WATER

METHOD

1 BOIL THE WATER AND PEEL AND GRATE THE GINGER.

2 ADD ALL THE INGREDIENTS WITH THE BOILING WATER INTO YOUR FAVOURITE MUG! GIVE IT A STIR TO MIX THE TEA TOGETHER.

* YOU MAY WISH TO REFILL YOUR MUG WITH HOT WATER FOR ROUND 2 AS THE SPICES TEND TO SETTLE AT THE BOTTOM OF THE MUG.

Golden MYLK

INGREDIENTS

- 300 ml ORGANIC ALMOND MILK
- 0.5 TSP TURMERIC POWDER
- 2 PINCHES BLACK PEPPER
- 0.25 TSP GINGER POWDER
- 0.25 TSP ASHWAGANDHA
- 0.5 TSP CINNAMON
- 1 TSP AGAVE NECTAR (OPTIONAL)

METHOD

1 IN A POT, ON A LOW-MEDIUM HEAT, COMBINE THE INGREDIENTS TOGETHER AND STIR WELL FOR AROUND 10 MINUTES.

2 WHEN THE MYLK BEGINS TO BOIL, TURN OFF THE HEAT AND USING A HAND BLENDER, BLEND THE MIXTURE CAREFULLY. MAKE SURE IT DOESN'T SPLASH EVERYWHERE AND GIVE YOUR KITCHEN YELLOW POLKA-DOTS!

3 POUR INTO YOUR FAVOURITE MUG AND ENJOY (PARTICULARLY IN THE MORNING OR LATE EVENING!)