

## Balanced Bowl Recipe



The 60:40 ratio is the foundation of this **Balance Bowl**. There are four base components to the bowl: grains, legumes, an augmenting vegetable and an extractive vegetable.

To get you started, here is a sample recipe for the Balanced bowl:

*Serves 4*

*Preparation time 45 mins - 1 hour*

### WHOLE MUNG BEANS (Extractive)

#### *Ingredients you'll need*

- 1 cup whole mung beans, soaked overnight in plenty of water
- 2 Tbsp. ghee
- 1/4 cup fresh herbs (choice of basil, cilantro, parsley, mint or all)
- 2 tsp. fennel powder
- 1/8 tsp. black pepper
- 1/2 tsp. mineral salt
- 2 tsp. fresh squeezed lime juice



*Mung Beans also known as Green Gram can be found at any grocery store*



### *Here's how to prepare:*

Drain the soak water from the beans. Warm the oil in a pressure cooker over medium heat and add the spices, cooking 1 to 2 minutes until the aroma comes up. Add the whole mung beans, salt and kombu (if using) and add water to cover the beans by 1/2 inch. Close the lid on the pressure cooker and bring to pressure. Turn the heat to low and cook for 24 minutes. Allow the pressure to come down naturally and add lime juice five minutes before serving.

## CARDAMOM RICE (Augmenting)

### *Ingredients you'll need*

- 1 cup white basmati rice 2 cups water
- 2 tsp. ghee
- 1/4 tsp. salt
- 4 cardamom pods



### *Here's how to prepare:*

Add all ingredients into a rice cooker and press start. If you are using a pot, bring all ingredients to a boil and turn to very low for 15 minutes. Allow the rice to rest for five minutes before serving. You can remove the pods, or chew the seeds inside for a lovely cooling experience.



## SPICED CARROTS (Augmenting)

### *Ingredients you'll need*

- 2 cups chopped carrots
- 1 Tbsp. ghee
- 1/2 tsp. cumin seed
- 1 tsp. fresh grated ginger 1/4 tsp. cinnamon
- 1/4 tsp. mineral salt

### *Here's how to prepare:*

Warm the ghee in a saucepan. Add the spices and cook until the aroma comes up. Add salt and carrots and stir to coat well. Add water to 1/4 of the height of the carrots. Cover and cook until a knife pierces them easily (about 5 to 7 minutes, depending on your cooktop and pan).



## COOLING KALE (Extractive)

### *Ingredients you'll need*

- 2 cups chopped kale
- 1 1/2 Tbsp. coconut oil
- 2 tsp. dried mint (or 1/2 Tbsp. fresh)
- 2 tsp. freshly grated turmeric or 1/2 tsp. powder
- 1/4 tsp. mineral salt



### *Here's how to prepare:*

Warm the coconut oil in a shallow pan. Add the mint and turmeric and cook until the aroma comes up (about 1 minute). Add the salt and kale and stir well. Add water to 1/4 the height of the greens. Cover and cook until the kale is bright green and tender (about 5 minutes).

**Serve all of these beautiful combinations together to create a **Balanced Bowl.****

