



INNER SANCTUM YOGA

Spring Yoga Retreat Daylesford - September 2016

RECIPES

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TURMERIC BROTH DETOX SOUP

A healing broth made with turmeric, ginger and spices that be used as a jumping off point for your own creations. (Onion has been left out of this recipe but can be added at the beginning).

Recipe type: Vegan & Gluten Free Optional

Serves: 6

INGREDIENTS

- 1-2 tablespoons oil
- 1- 2 tablespoons fresh ginger, grated or finely minced
- 2 teaspoon turmeric powder (or 3 teaspoons fresh turmeric, finely grated)
- ¼ teaspoon mustard seed (optional)
- 1 teaspoon cumin
- 1 teaspoon coriander
- ¾ - 1 teaspoon salt
- 4 cups water
- 4 cups veggie or chicken stock
- ⅛ teaspoon cayenne, or to taste
- 1-3 teaspoons apple cider vinegar - or lime or lemon juice (to taste)
- spiralised vegetables (optional)
- Spinach to garnish



INSTRUCTIONS

- 1 In a large heavy bottom pot or dutch oven, saute onion in 1-2 T olive oil over medium heat for 2-3 minutes. (Onion, and this step, optional)
- 2 Add ginger. Lower heat to medium low and saute 5 minutes until it begins to brown, stirring often.
- 3 Add all the spices and cook 1 more minute.
- 4 Add water, stock and salt.
- 5 Bring to a simmer.
- 6 Add vinegar or citrus.
- 7 Taste. Adjust salt, acid and spice level to your liking. At this point you will have a flavorful base to add what you like. You can also refrigerate or freeze this in batches for later use.
- 8 Remember uncooked pasta and beans will double or triple in size, so add moderately.
- 9 NOTES: If you are cooking the broth for any length of time, uncovered, remember it will reduce –intensifying the flavor and salt –so you will need to add more water, or it may be too salty. So be sure to dilute the broth to your taste.

CURRIED VEGETABLE SOUP

This flavoursome, aromatic soup provides a great range of nutrients. Lentils make a delicious addition. Leek is usually added. I have taken it out of this recipe to appeal to the widest possible audience.

INGREDIENTS

- 1-2 tablespoons oil
- 2 teaspoon curry powder
- 1 teaspoon garam masala
- 1 teaspoon cumin
- 1 fresh bay leaf
- 400g can diced tomatoes
- 4 cups veggie or chicken stock
- 2 cups water
- 450g butternut pumpkin
- 2 carrots
- 300g sweet potato
- Spinach to garnish



Recipe type: Vegan & Gluten Free Optional
Serves: 6

INSTRUCTIONS

- 1 In a large heavy bottom pot or dutch oven, saute leek in 1-2 T olive oil over medium heat for 2-3 minutes. (Leek, and this step, optional)
- 2 Add curry powder, cumin, garam masala and cook for 1 minute.
- 3 Add stock, bay leaf, pumpkin, sweet potato (and lentils if using). Bring to the boil, then reduce the heat and simmer for 10-15 minutes.
- 4 Add the tomatoes, carrots and any other vegetable you choose and 2 cups of water. Simmer for 10 minutes or until the vegetables are tender.
- 5 Add spinach a few minutes before serving.

PUMPKIN, TOFU and RICE NOODLE RAMEN

This recipe makes one delicious, super hearty serving for one, and of course is easily multiplied with the right math skills and an extra bowl or two!

INGREDIENTS

- 1 cup veggie stock (pre-made or store-bought is fine)
- 1.5 cups pumpkin soup, without a nut or dairy base
- 1/4 tsp salt (or to taste)
- 1/4 tsp soy sauce
- 1 strand of thick rice noodles (about the size of the circle between your index finger & thumb)
- 1/4 cup medium soft tofu, rinsed and cubed
- 1 spring onion, sliced diagonally, greens only
- 1/4 tsp Sambal Oelek
- 1/2 tsp toasted sesame oil
- fresh spinach
- Black sesame seeds for garnish



Recipe type: Vegan & Gluten Free

INSTRUCTIONS

- 1 Start by combining the soup and the broth in a medium pot, and stirring to mix well.
- 2 Add the salt & soy sauce and heat gently until bubbling and hot (basically to a light boil), about 3-4 minutes.
- 3 While the broth is heating up, cube the fresh tofu into one inch pieces or a little smaller, as per your preference. Slice the green onion.
- 4 Take the strand of dry rice noodles (about a finger round or golf ball diameter), and with your hands, snap them in half to shorten to noodle strands, and place them in a generously sized serving bowl of your choice.
- 5 When the broth has reached a bubbling boil, remove it from the heat and pour all of it over the rice noodles directly into the serving bowl. Using a fork and a quick, firm hand, push any errant noodle strands under the broth to submerge any loose pieces. Cover the bowl immediately with a small plate, and set your timer for 6 minutes.
- 6 When the 6 minutes is up, remove the plate from the bowl and stir the noodles to break them up a little.
- 7 To serve, push the noodles over to the side a little, making room for the tofu, spring onions & spinach which can be arranged directly into the broth as you like.
- 8 Place a little Sambal Oelek in the centre of the bowl, and finish by pouring the toasted sesame oil into the bowl along with the black sesame seeds to garnish.
- 9 Serve right away with chopsticks or a spoon and fork

SIMPLE KITCHARI

Author: Krissy Ruddy (www.krissyruddy.com)

Serves: 6

INGREDIENTS

- ¼ cup split mung beans
- ½ cup organic basmati rice
- 1 3x2 inch strip of kombu, cut into small pieces
- 6-8 cups of filtered water
- 3-4 cups fresh, organic and seasonal veggies (use at least one green veggie such as spinach or kale and one orange or root vegetable such as carrot, sweet potato or squash)
- 1-2 Tbsp of CCF blend (made by grinding equal parts of cumin, coriander and fennel seed or by mixing the pre-ground spices)
- ⅛ tsp asafoetida
- ½ - 1 tsp turmeric powder
- 1 Tbsp chopped fresh ginger root
- ¼ - ½ cup shredded coconut
- 1 cup loosely packed chopped, fresh organic cilantro
- 2-3 Tbsp ghee
- 1 tsp rock salt



INSTRUCTIONS

(Note re mung beans: these can be found at most natural food stores or online. They can also be found whole rather than split, you can use these but be sure to increase your cooking time to break them down fully)

1. Rinse the rice and split mung beans (I don't really measure I just do a 2:1 ratio of rice to beans) then put them in a pressure cooker with the kombu and water enough to cover by at least an inch or 2 (about 3 cups of water depending on your pot).
2. Boil until soft, 10-15 minutes (longer if not using pressure cooker). Chop veggies and cilantro and grind spices (if using whole spices) as the rice and beans cook.
3. Add the veggies (keep kale or quick-cooking veggies out for now), add 2 more cups of water and cover. Cook 3-5 minutes or so until the water boils veggies are starting to soften. Add more water and adjust temperature as needed.
4. Once veggies start to soften, add the diced ginger, coconut and spices (cumin, coriander, fennel, asafoetida and turmeric). When making a warming kitchari in the fall or winter I'll add a little black pepper and a dash of cinnamon too, maybe some raisins.
5. Add the kale, spinach or other quick-cooking veggies and the fresh cilantro. Stir.
6. Then add ghee and rock salt.
7. Turn off heat, and serve with fresh coriander and coconut garnish and a wedge of lime if you like.

TOFU and SPINACH CURRY

This Vegan Palak Tofu Paneer is the easiest and the tastiest. dairy-free, gluten-free. Can be made soy-free with chickpea tofu.

Author: Vegan Richa

INGREDIENTS

Spiced Tofu

- 2 teaspoons oil
- half of a 14 oz firm tofu block
- ¼ tsp salt or to taste
- ½ tsp cumin powder and ½ tsp garam masala
- a generous pinch of kala namak (optional)
- ½ tsp cayenne(to taste)

Spinach curry

- 2 cups packed Spinach, washed, chopped if large
- ¼ cup water
- ¼ cup almond milk or coconut milk
- 2 Tablespoons soaked cashews, soaked for 15 minutes or use ground raw cashew (less or more for creamy consistency to preference)
- an inch cube of ginger
- 1 Serano chili pepper or to taste
- 1 medium tomato chopped
- 1 teaspoon raw sugar or maple syrup
- ¼ teaspoon garam masala
- cashew cream, pepper flakes to garnish



INSTRUCTIONS

1. In a pan, add oil and heat on medium heat. Chop up the tofu and add to the oil. Mix to coat and cook for 2-3 minutes. Add all the spices under Spiced Tofu and mix to coat. Continue to cook for 8-10 minutes, partially covered on low-medium heat.
2. Meanwhile, wash the spinach and add it and all the other ingredients under Spinach curry except garam masala to the blender. Blend into a smooth puree. Add the puree to the sizzling tofu. Mix well. Add garam masala to taste. Cook covered on low-medium heat for 10-15 minutes or until the raw garlic smell is not detectable and desired gravy consistency is achieved. Taste and adjust salt and spice.
3. Drizzle some cashew cream and Serve hot with Naan, roti or other flat breads, or with quinoa or rice. Add pepper flakes for added heat. Sprinkle a pinch of cinnamon powder for variation.

Notes: To make it nut-free, use coconut milk instead of almond milk and drizzle with coconut cream. You can also use Tempeh to make this. Cook the tempeh with oil for 3 minutes, then add spices under spiced tofu and a ½ cup water. Cook covered on low-medium, for 15-20 minutes or until all liquid is absorbed. To make soy-free, use potatoes and/or cauliflower, and follow steps under spiced tofu. Cook at low heat for 6-8 minutes, then add spinach puree. If you don't have garam masala spice blend, use curry powder, or use cumin, coriander, cardamom, cinnamon powders and a bay leaf.

ALL WRAPPED UP FOR LUNCH

BLACK BEAN ENCHILAS (enough for about 8 wraps)

INGREDIENTS:

- 3 cups of cooked black beans
- 1 onion cut up small
- 2 Capsicums cut up small
- 1 small can of organic tomato paste
- 4 large tomatoes cut up (or 400g can of diced tomatoes)
- 2 cups of corn kernels

Cook together and flavour with oregano, cumin, salt, smoky paprika, chili

Serve with various goodies, eg.: spinach, avocado, grated cheese, lettuce



SWEET POTATO, BUTTER BEAN and KALE CHIPS WRAPS

(enough for about 8 wraps)

INGREDIENTS:

- 2 sweet potatoes, cut up in cubes, pan fried with 1:1 parts cumin and sea salt
- 2 bunches of kale roasted and chipped
- 2 x 400g cans of butter beans cooked and smashed with a little olive oil, fresh lemon juice and sea salt and pepper to taste
- dukkah to sprinkle over the top

Serve with spinach and or coriander



QUINOA and ROASTED VEGETABLE SALAD

This fresh quinoa salad features amazing Mediterranean flavors, including summer squash, tomatoes, eggplant, basil and mint! Light, healthy and delicious. Serves 4

<http://cookieandkate.com/2015/mediterranean-quinoa-salad-recipe/>

Ingredients

- 1/3 cup uncooked quinoa, rinsed (or 1 cup cooked quinoa)
- 1 small eggplant (about 3/4 pound), diced
- 1 small zucchini, diced
- 1 small yellow squash (or another zucchini), diced
- 3 to 4 tablespoons olive oil, divided
- Salt and freshly ground black pepper
- 1 1/2 to 2 tablespoons lemon juice, to taste
- 1/2 cup halved grape tomatoes
- 2 tablespoons chopped fresh basil leaves
- 2 tablespoons chopped fresh mint leaves
- 2 tablespoons pine nuts, toasted
- For garnish: crumbled feta, optional



Instructions

- Preheat oven to 425 degrees Fahrenheit with racks in the upper and lower thirds of the oven. Line two large, rimmed baking sheets with parchment paper.
- Divide the eggplant, zucchini and yellow squash between the two baking sheets. Drizzle with 1 tablespoon olive oil and toss. Add a little more if necessary; you want enough to lightly coat the vegetables. Sprinkle with salt and pepper. Roast until the veggies are softened and beginning to brown, about 20 to 30 minutes. Set the roasted vegetables aside to cool.
- To cook the quinoa, combine the uncooked quinoa with 2/3 cup water in a small saucepan. Bring to boil over medium-high heat, then cover and reduce heat to low. Simmer until the water is absorbed, about 15 minutes, then remove from heat and let the quinoa steam with the lid on for 5 minutes. Remove lid, fluff the quinoa with a fork and set aside.
- To toast the pine nuts, cook them in a small skillet over medium heat, stirring frequently, until they're turning lightly golden and fragrant, about 5 to 10 minutes. Be sure to keep an eye on them so they don't burn. Transfer to a bowl to cool.
- In a large serving bowl, whisk together the lemon juice and garlic. Slowly pour in the remaining 2 tablespoons of olive oil while whisking constantly to emulsify the mixture. Add the tomatoes, quinoa, basil, mint, roasted vegetables and pine nuts, and gently stir to combine. Season generously with salt, pepper and maybe another squeeze of lemon, to taste. Garnish with crumbled feta, if you'd like. Serve at room temperature.
- Store in an airtight container in the refrigerator for up to 3 days.

Make it dairy free/vegan: Skip the feta. You might like to add some sliced, pitted Kalamata olives to make up for feta's salty punch.

CRUNCHY WOMBOK and NOODLE SALAD

Serves: 8

INGREDIENTS

- ½ wombok (chinese cabbage), finely shredded
- 1 large carrot, coarsely grated
- 1 red capsicum, seeded and finely sliced
- ½ cup sliced shallots
- 1 cup torn fresh coriander leaves
- ¾ cup unsalted roasted peanuts
- 100g packet Chang's fried noodles

Dressing

- ¼ cup lime juice
- 1/3 cup canola oil
- 2 teaspoons sesame oil
- ¼ cup Bundaberg Caster Sugar
- 1 tablespoon finely grated fresh ginger
- salt, to taste

INSTRUCTIONS

1. Place all dressing ingredients in a screw-top jar and shake well. Set aside.
2. Place wombok, carrot, capsicum, shallots, coriander leaves and peanuts in a large bowl and stir to combine.
3. Just before serving, shake dressing and pour over salad. Mix well. Add fried noodles and stir to combine.



BLISS BALLS

Strawberry, Date & Cashew

Serves: About 26

INGREDIENTS

- 2 cups raw cashew nuts
- 10 fresh dates, pitted
- 250g strawberries, hulled
- 1 tbs coconut oil
- 2 tbs Macro White Chia Seeds
- ¼ cup desiccated coconut



INSTRUCTIONS

1. Process cashews in a food processor until finely chopped. Transfer to a bowl. Add dates to processor and pulse until finely chopped. Add strawberries and pulse until chopped. Return cashews to the processor with oil and seeds. Process until combined.
2. Line a tray with baking paper. Place coconut in a bowl. With slightly damp hands, roll tablespoons of mixture into balls. Toss in coconut to coat. Place on tray and repeat with remaining mixture. Chill for 1-2 hours before serving.

Tips: Store bliss balls in an airtight container in the fridge for up to 1 week.

MINERAL PROTEIN BALLS

Black bean brownies that are vegan, gluten free, and require just one bowl and about 30 minutes to prepare! Healthy, easy and delicious - the best kind of dessert.

For more bliss ball recipes:

<http://www.womenshealthmag.co.uk/nutrition/healthy-snacks/2993/12-homemade-protein-balls-ideas-recipes/>

INGREDIENTS

- 2 cups Mineral mix (ground up mix of linseeds, sunflower seeds, sesame seeds, black seeds, chia seeds, pumpkin seeds and walnuts)
- 1 cup raisins (or any other dried fruit like apricots or prunes, dates, any fruit mix)
- 1 cup vegetable protein powder (chocolate flavoured)



INSTRUCTIONS

1. Mix everything in the blender with enough water to make a gooey mix you can roll into balls.
2. Refrigerate the mixture for about ½ hour so that it's firm enough to work with.
3. Line a tray with baking paper. With slightly damp hands, roll tablespoons of mixture into balls.
4. Place on tray and repeat with remaining mixture. Chill for 1-2 hours before serving.

Store in an airtight container for up to a few days. Refrigerate to keep longer.

DELICIOUS GLUTEN FREE BLACK BEAN BROWNIES

Black bean brownies that are vegan, gluten free, and require just one bowl and about 30 minutes to prepare! Healthy, easy and delicious - the best kind of dessert.

INGREDIENTS

- 1 can of black beans (rinsed)
- 2 heaped tbsp cocoa powder
- ½ cup coconut oil
- 1 tsp instant coffee
- 1 tsp vanilla extract
- ½ cup maple syrup
- 1 cup walnuts
- 3 eggs
- ½ cup choc chips or chopped up dark chocolate
- ¼ tsp Himalayan pink salt
- 2 tbsp coconut sugar (optional)



INSTRUCTIONS

1. Preheat your oven to 175 C.
2. Melt coconut oil and mix with cocoa powder, coffee powder, vanilla and salt.
3. Blend black beans in a food processor with the oil mixture and maple syrup.
4. Beat in a separate bowl the 3 eggs until they are white and fluffy (adding a little sugar will aid the texture, but not necessary).
5. Finally add bean mixture, walnuts and choc chips to the beaten eggs and place in a brownie tin or slice tray. Optional toppings are choc chips or chocolate icing, sprinkled with desiccated coconut.
6. Bake for about 20-25 minutes.

Store in an airtight container for up to a few days. Refrigerate to keep longer.

Note: Using black beans, makes this recipe not only gluten free, but also high in protein and iron.

SMOOTHIES:

Smoothies are a fantastic way to feed your body all the nutrients it needs.

The portions and ingredients below are a guide only. They were the ingredients used for the smoothies at the yoga retreat but you can use just about anything you want.

GREEN SMOOTHIE: (make about 4 serves)

INGREDIENTS:

- 1 Pear
- 10cm piece of cucumber
- 2 cm piece of ginger – roughly chopped
- 1 cup coconut water
- 1 cup water
- Handful of spinach/kale
- ½ tsp Natif Desert Lime powder



INSTRUCTIONS:

Put all the ingredients in a blender and blend

RED SMOOTHIE: (makes about 4 serves)

INGREDIENTS:

- 1 banana
- ½ cup of frozen blueberries
- ½ cup of frozen raspberries
- 2/3 cup of pomegranate juice
- 2/3 cup of coconut water
- Fresh mint leaves
- ½ tsp Natif Kakadu plum powder



INSTRUCTIONS:

Put all the ingredients in a blender and blend

WHY CHIA SEED DRINKS?

They are not only packed with nutrition but they're fun to drink!

Because chia seeds add healthy fat, protein and fiber to beverages, these recipes will fill you up, stabilize blood sugar, and boost your omega 3 consumption. Chia seeds are also high in antioxidants, and minerals like calcium, phosphorus, and magnesium. In fact, each recipe will give you nearly 15% of your RDA of calcium! Great for those with dairy intolerances or vegans.

Supplies: You want to purchase the freshest chia seeds possible and, of course, organic. You can find them [here](#).

Serving sizes: All recipes serve two. Pint jars (where to buy) with these fun, reusable tops (where to buy) and straws (where to buy) work best for storing and sipping your chia drinks.

Multiply recipe ingredients to serve larger groups or have leftovers

As a reference, TB = tablespoon.



1. Coconut Orange Cooler

Taste profile: This refreshing will remind you of the tropics. High in electrolytes and vitamin C, this is the perfect way to refuel after a long day outside or strenuous workout.

Ingredients:

- 1 cup of coconut water ([a yummy brand](#))
- 1 cup fresh organic orange juice
- 3 TB [chia seeds](#)

Directions: Soak your chia seeds in the coconut water overnight. In the morning, mix with 1 cup of orange juice. Stir well and serve chilled.

2. Lavender Lemonade Chia

Taste profile: Have you ever tried lavender lemonade? YUM! It's a herbal and sweet delight! Add in chia seeds and you've got a tasty and nutritious combination.

Ingredients:

- 2 cups water (divided)
- 2 TB lemon juice (about 1 lemon)
- 3 TB [chia seeds](#)
- 1 TB of raw honey
- 2-3 drops [Lavender essential oil](#)

Directions: Soak your chia seeds in 1 cup of water overnight in fridge. The next day, squeeze enough lemons for 2 tablespoons of lemon juice (usually 1 lemon). Mix with 1 cup of filtered water. Next, mix 2 drops of Lavender essential oil into your honey (should be a thinner honey). Then mix into your water/lemon mixture. Stir well and then add in your chia gel. If you have a thicker/harder honey, it would be best to use maple syrup which will mix better.

3. Tart Cherry Brew

Taste profile: If you like a tarter taste, this drink is for you! It's high in vitamin C and tart cherry juice has the highest level of melatonin of any food on the planet. Drinking daily may help you sleep like a baby.

Ingredients:

- 1 tea bag of rosehip and hibiscus tea ([where to buy](#))
- 1 cup hot water
- 3 TB [chia seeds](#)
- 2 TB [tart cherry juice concentrate](#) with 1 cup water or 1 cup of tart cherry juice
- Stevia to taste

Directions: Make 1 cup of strong rosehip and hibiscus tea. Remove tea bag and soak your chia seeds in this tea overnight. In the morning, mix with 1 cup of mango juice. Stir well and serve chilled

4. Mango Madness

Taste profile: Mango is the most popular fruit in the world... and for good reason! It is super sweet and high in vitamins A, C and folate. This chia seed combination ROCKS!

Ingredients:

- 1 cup of water
- 3 TB chia seeds
- 1 cup organic mango juice ([where to buy](#))

Directions: Soak your chia seeds in water overnight. In the morning, mix with 1 cup of mango juice. Stir well and serve chilled.

5. Belly Love Juice

Taste profile: Chia contains fiber that can feed the good bacteria in our guts. Add in some water kefir or kombucha and now you're doubling the belly-loving benefits!

Ingredients:

- 1 cup of kombucha or water kefir
- 3 TB [chia seeds](#)
- 1 cup of fresh juice of your choice

Directions: Soak your chia seeds in kombucha or water kefir overnight. In the morning, mix your chia gel with 1 cup of fresh juice. Stir well and serve chilled.

6. Coconut Chai Chia Tea

Taste profile: A fun and unique way to have your morning or afternoon tea! A delicious, nutritious and satisfying blend of spices, coconut and seeds.

Ingredients:

- 1 cup of water
- 1 organic chai tea bag ([where to buy](#))
- 3 TB [chia seeds](#)
- 1 cup of light coconut milk ([where to buy](#))
- 1 TB maple syrup or sweeten to taste

Directions: Make 1 cup of strong chai tea. Remove tea bag and soak your chia seeds in this tea overnight. In the morning, mix with 1 cup of chilled coconut milk and maple syrup. Top with a sprinkle of cinnamon and enjoy!

7. Green Machine

Taste profile: For the health nuts out there who prefer nutrition over a sweet taste, this is a fantastic and alkalizing drink. You will need a juicer for this recipe ([where to buy](#)).

Ingredients:

- 1 cup of water
- 3 TB [chia seeds](#)
- 1 cup of green juice (mix romaine lettuce, celery, cucumber, green apple and lemon)

Directions: Soak your chia seeds in water overnight. In the morning, mix with 1 cup of fresh green juice. Stir well and drink immediately for maximum nutrition.

8. Cacao Chia Milk

Taste profile: Chocolate lovers rejoice! Here's a healthy cacao milk recipe that will feed your taste buds while nourishing your body.

Ingredients:

- 1 cup of water
- 3 TB [chia seeds](#)
- 1 cup of raw milk, or any other nut/seed milk like almond or coconut
- 1 TB of raw cacao ([where to buy](#))
- 1 TB of coconut nectar or maple syrup to taste

Directions: Soak your chia seeds in water overnight. In the morning, mix your one cup of milk with maple syrup and raw cacao in blender. Mix this chocolate liquid with your chia gel. Stir well and drink immediately for maximum nutrition. Can top with a dash of sea salt.

9. Chia Power House

Taste profile: We all know antioxidants are good for us. So why not take it up a notch? Here's a triple blast of these life-giving phytonutrients.

Ingredients:

1 cup of water
3 TB [chia seeds](#)
1 cup of organic pomegranate juice
2 TBs of dried goji berries, rehydrated in 1 cup of water
Stevia or honey to taste (optional)

Directions: Soak 3 tablespoons of chia seeds in 1 cup water overnight. Also, soak your 2 tablespoons of goji berries in 1 cup of water overnight. In the morning, blend your goji berry mix in the blender. Strain into a pint jar or pitcher. Add in your soaked chia seeds and mix well by hand. Then, add your 1 cup of pomegranate juice and mix well. Served chill and sweeten with stevia or honey if desired.

10. Strawberry Lemonade Chia

Taste profile: Strawberry lemonade is a classic summertime treat. Add in chias for more nutrients and longer staying power!

Ingredients:

2 cups water (divided)
1 cup of organic strawberries
2 TB lemon juice (about 1 lemon)
3 TB [chia seeds](#)
1-2 TB of raw honey, depending on how sweet you like

Directions: Soak your chia seeds in 1 cup of water overnight in fridge. The next day, squeeze enough lemons for 2 tablespoons of lemon juice (usually 1 lemon). Pour lemon juice in blender with 1 cup of organic strawberries without stems, 1 cup of filtered water and 1 tablespoon of honey. Blend well and strain liquid into pint jar. Add your chia gel and mix well. Add more honey if needed. Serve chilled and enjoy!