may menu

clear + cool // watch the heat
stay stoked // heavy over light
hydrate + nourish // carry the momentum

breakfast

Necessary Overnight Buckwheat Porridge w/Strawberry Compote
A light + nourishing power breakfast.

Skillet Baked Eggs w/Greens, Fresh Cheese + Lime
A big green salad in a skillet!

My Essential Chia Pudding
Drop the yogurt and add some fresh ginger to this one!

Roasted Strawberry + Chamomile Muffins
Simple, light and lovely.

lunches + dinners

Kitchari Burgers
Add spinach, peas and spring greens!

Pea Cakes
A savory, make ahead spring meal for pockets or plates!

Spring Veggie Pho
Add chicken or broiled tofu to boost the protein in this bowl.

15-Minute Chickpea Socca
For lunch, breakfast or even a fast dinner!

snacks + treats

Strawberry-Buckwheat Chia Jam Bars
A grounding sweet treat

Cardamom-Rose Cookies
A perfect spring nibble!

Tahini-Honey Ladoos
Raw honey working it's kapha magic!

Minty-Chocolate Big Energy Bars
Big no-bake energy.

drinks

Takra (Ayurvedic Buttermilk)
Traveler's Tea
Tulsi, Rose + Cardamom Tea

find the recipes at lentinealexis.com