



Yogic Diet

Green diet

Green soup

- 2 double handfuls green lentils, soaked or sprouted
- 7 celery sticks sliced
- 2 spring onions chopped
- 7 broccoli florets chopped
- 6 Green tomatoes
- 2 small green chillies chopped
- 1 handful fresh coriander
- Cumin
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- Cardamom
- Crushed bay leaves
- Green olive oil – optional

If using non sprouted lentils then soak them first for a few hours.

Fry celery and spring onions in a heated saucepan, add broccoli and stir (you can lightly steam in water if preferred).

Add tomatoes finely chopped.

Add drained lentils, chopped chillies and 1 mudra pinch of each spice and herb (try your own combinations).

Add green vegetable stock (made from the stalks and leaves, cook, blend and put in ice cube trays in freezer).

Cover and cook over low heat (takes about 40 minutes, less for sprouted lentils).

Serve soup with chopped coriander and a swirl of olive oil – it can be blended, personally I prefer it this way.