



# EATING & CLEANSING WITH THE MOON

Embracing the Natural Cycles for Health, Vitality & Wellbeing

## Autumn Eating

For Autumn eating there is an abundance of yummy goodies to choose from the field and garden, including squash, apples and blackberries, brussel sprouts, kale and leeks. This is definitely the time to start warming up what we eat.

Here are some ideas of how you can do that:

- Cook food on a lower heat for longer, for example casseroles and trays of mixed roasted vegetables.
- Use warming spices, such as: chilli; ginger; turmeric, garlic and black pepper
- Eat less raw food and salads – substitute with hearty vegetable soups. When you do eat salads warm them with spicy leaves and sprouts such as mustard seed.
- Eat more root vegetables which are abundant, being rich in carbohydrates they will help to nourish and warm the body for the cooler weather
- Gather apples and blackberries for tasty, sweet crumbles – spiced up with a generous spoonful of cinnamon!

### Autumn Spice Advice

This time of year is linked to the Metal element and the Lung and Large Intestine meridian in Five element theory. The end of the Large Intestine meridian is just by our nostrils so odour and our sense of smell is very linked to this colourful time of year. Also the flavour associated with the Autumn Metal element is pungent so now is a perfect time to experiment with herbs and spices.

To get started with spices here's some herby/spicy advice.

- If you want a particular or distinct flavour add herbs near the end, for a more blended flavour add at the beginning of cooking.
- Make the most of ground spices and herbs by adding them towards the end of the cooking time.
- For dishes that take a long time to cook use whole spices and bay leaves, you could tie a bundle together so they are easy to remove at the end, just before serving.
- For dressing and marinades allow a few hours of steeping so the flavours can meld together yummiily.

Now try some of these Autumnal spicy recipes

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## Autumn Recipes



### PUMPKIN SPICE MIX

Mix together:

3 tablespoons ground cinnamon,  
2 teaspoons ground ginger  
2 teaspoons ground nutmeg  
1 ½ teaspoons ground allspice  
1 ½ teaspoons ground cloves  
Store in a glass jar. .

For a spice mix for meat and roasting vegetables you could leave out the cloves, nutmeg, and allspice, then add additional 1 tsp, cumin, 1tsp coriander, 2 tsp turmeric and 1/2 tsp cardamom, 1 tsp garlic powder, 1 tsp onion powder to this blend.

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### SPICY BUCKWHEAT PORRIDGE

This grain-like seed is comparable to oats for carbohydrates and general nutrients but is really high in selenium, a much neglected mineral. Selenium is needed for the proper functioning of the thyroid and also it supports the activity of antioxidants which help with detoxification.

1/2 cup of raw buckwheat groats  
1 pear or apple

1 -2 tbsp of tinned coconut milk

Add some ground cinnamon, ground ginger or even cardamom to taste to make it really yummy and warming.

Cover with water and simmer for about 20 minutes, until the groats are soft but still a bit chewy and the pear is 'mushy', you can speed this process up by soaking the groats overnight.

Serve as it is or with goat yogurt and ground nuts and seeds.

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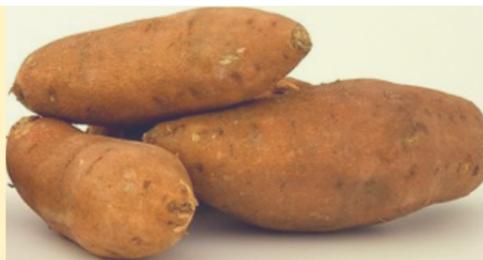
### SPICY SWEET POTATO & RED PEPPER SOUP

Serves 4-6

- 1 tsp. coconut oil
- 1 white onion
- 1 red onion
- 2 large sweet potatoes, peeled
- 2 red peppers
- 3 tins of tomatoes
- 1/2 cup of red lentils
- 1/2 tsp. chilli powder and 1/2 fresh chilli pepper
- 1/2 litre of water

- Chop the onions and fry in a little coconut oil.
- Add spice and continue frying
- Chop potatoes and peppers and add into the pan, give a good stir.
- Add in the tomatoes, water and red lentils, add more water if necessary
- Simmer for an hour and then blend and ENJOY!

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### CHOCOLATE CHIA BLISS BALLS

This is a great recipe with NO dried fruit!

- 1/2 cup nut or seed butter, or tahini
- 1/2 cup sunflower seeds
- 1 1/2 cups shredded coconut
- 1/4 cup protein powder like hemp
- 3 tbsp coconut oil
- 1/2 cup chia seeds
- 2 tsp cinnamon
- 1 tsp vanilla extract
- 1/2 tbsp ginger powder (or freshly grated ginger to taste)
- 1/4 cup raw cacao powder
- Pinch of salt

Blend all ingredients to the food processor, except 2 tbsp of the raw cacao powder (for dusting) until the mixture has a dough-like consistency.

With a small spoon, scoop the mixture and roll into balls. Optional: dust with the extra cacao powder or shredded coconut. Place the rolled balls onto a plate or baking sheet then place into the refrigerator to set. Store in an airtight container in the refrigerator

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