



Taste of Happiness

**3 Simple Recipes for
Tasting Pure Happiness.**





The Secret to Living is Giving.

*“Love has nothing to take yet
everything to give.”* - Swami BV Narayana



Stack gratitude in your heart and suffering will disappear.

Gratitude heals.



Change expectation for appreciation.

Feel the difference.



Yummy Smoothie

Cherry Chocolate Green Smoothie

- 2 handfuls/cups spinach
- 2 bananas
- 1 pear
- 1 cup pitted cherries (mine were organic & frozen)
- 2 cups almond milk
- 1 teaspoon or dash of cinnamon
- 3 tablespoons cacao powder
- 1 teaspoon cacao nibs
- 1 tablespoon of powdered wheatgrass
- 1 pitted date

1. Clean veggies & fruit & cut into pieces to be blended.
2. Blend spinach and liquids first until smooth then blend in rest of ingredients.



Tropical Salad

Spicy Mango & Bean-sprout Salad - serves 4 within 15 minutes

Salad

- bunch of chopped coriander
- 250 g (8.8 oz) beansprouts
- 75 g (3 oz) cashew nuts
- 1-2 tbsp agave nectar
- 1 ripe mango julienne sliced
- 1 long red sweet pepper
- 1 fresh red chili seeded and thinly sliced



Dressing

- 1 tbsp oil (olive or other mild)
- 1 tbsp Bragg's Liquid Aminos or (soy sauce or tamari)
- ½ tsp sesame oil
- fresh lemon or lime juice

1. Slice mango & chili and put in a bowl with washed sprouts.
2. Mix oil, soy sauce & sesame oil in a cup & put aside to dress salad.
3. Dry pan-roast cashew nuts until slightly toasted and take off of the heat.
4. Drizzle nectar over them until fully coated & sticky.
5. Fold in with mango & sprouts & drizzle the dressing over salad with chopped coriander.
6. Squeeze a little lemon or lime juice on top.



Sweet for You

Bliss Balls 15-20 balls depending on size, made within 15 minutes

- 1 cup of medjool dates, pitted
- ¾ cup of almonds
- ¾ cup of walnuts or any other nut
- 2 tablespoons of chia seeds
- 1 tablespoon of ground flax seed
- 1 tablespoon of coconut oil
- 1 tablespoon of raw cacao powder
- ½ teaspoon cinnamon

1. Place almonds, walnuts, ground flaxseed and chia seeds in your food processor. Blend for 1 minute, until a flour forms & nuts have crumbled.
2. Then add the remaining ingredients, pitting the dates before adding those. Blend for another minute until a sticky dough forms. Adjust ingredients according to stickiness as dates may vary in moisture.
3. Use your hands to roll the mixture into little balls, place in a bowl and store in the fridge.



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