

AYURVEDA RECIPES FOR FEMIMINE RELEASE & RAGE

You can use these recipes any time, or keep them special for your own release and rage night. Feel free to tag me when you try them!

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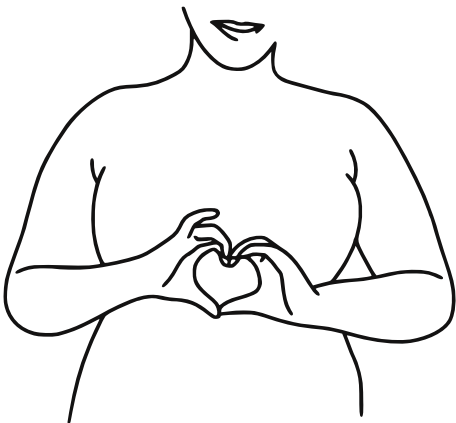
Tahini-Date Salted Caramel Slices

This is such a nutritious dessert and you wouldn't even know it... it is full of amazing minerals and vitamins like magnesium and potassium.... They are perfect for tonight because they can give you some energy and also flush out toxins which can be so beneficial when releasing energy and also because releasing emotions for the first time in this way can leave you feeling a bit tired and chocolate



Rose Cardamon Latte

The rose cardamon latte you can think of as a potion if you wish or just a lovely drink. In Ayurveda it can be known as Shakti-which is divine feminine or feminine life force. You can think of this as the energy that moves through us making us feel alive, luminous, and vibrant which is wonderful to have after a release. Like bringing that energy back into us..... Shakti also creates, she is the process of intention to formulation of expression, without her there would be no life, this rose cardamon brings all the qualities out to dance.



TAHINI-DATE SALTED CARAMEL SLICES

RECIPE

FOR THE CARAMEL

1 cup pitted Medjool dates, soaked
1 hour and drained
½ cup tahini
2 tbsp coconut oil
½ tsp cinnamon
½ tsp ground cardamom (optional)
½ tsp ground vanilla bean (optional)
¼ tsp ashwagandha powder (optional)
⅞ tsp sea salt or other finishing salt

FOR THE CHOCOLATE COATING

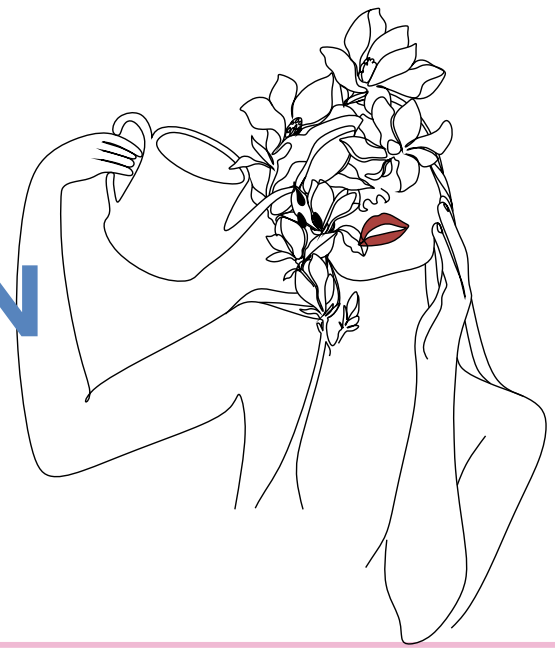
3 tbsp coconut oil
3 tbsp cacao powder
8–12 drops liquid monk fruit sweetener

1. To make the caramel, combine all ingredients in a food processor or high-powered blender. Blend until a smooth, creamy paste forms, scraping down the sides as needed.
2. Line a 6 x 6in container with parchment paper. Transfer the paste to the container and press it down evenly. Place in freezer while you prepare the chocolate coating.

3. To make the chocolate coating, in a small saucepan over low heat, melt the coconut oil. Stir in the cacao powder and monk fruit sweetener until well combined.
4. Drizzle the cacao mixture over the caramel and sprinkle with salt. Freeze until firm, about 1 hour. Remove from the pan and cut into slices with a sharp knife.



ROSE CARDAMON LATTE



WHAT YOU'LL NEED

- 1 cup non-dairy milk
- 4 cardamom pods, lightly crushed
- ½ tsp rose water
- ½ tsp alcohol-free vanilla extract
- ¼ tsp natural beet-derived pink food coloring (optional, for color)
- dried rose petals, to garnish

1. In a small saucepan, stir together non-dairy milk, cardamom, rose water, vanilla, and food coloring, if using. Bring to a simmer over medium-low heat for 3–5 minutes.
2. Remove from heat and strain through a fine mesh sieve. Froth using an electric frother, and serve sprinkled with rose petals.

