

TRILOGY

HOLISTIC JOURNEY

To find our happiness at home



Fruits and nuts were a favorite healthy food
used as a snack in olden times

The most precious legacy we can leave for our loving children
is how much we care for their flourishing health and true
happiness.

It is essential and more important than ever to spend quality time with our children.

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Heart Healthy Pomegranate Smoothie

Pomegranate has gained enormous popularity worldwide. A ripe pomegranate has numerous edible seeds and is high in vitamin C. This super food is one of the richest sources of antioxidant.

Serves 4

- ½ cup pomegranate juice
- ½ cup orange juice, freshly squeezed (about 2 oranges)
- 2 medium frozen bananas, peeled, sliced
- 2 cups strawberries, thinly sliced
- 2 teaspoons honey OR to taste
- 1 dash sea salt

Garnish: 4 strawberries OR cranberries

Blend all ingredients (pomegranate and orange juice, bananas, strawberries, honey, and salt) together in a power blender to make smoothie. Garnish with strawberries.

Pomegranate:



Holistic Journey: Harvesting perfect fruit is only attainable through faithful loving labors.

Blueberries and Pears Smoothies

Serves 2

- ½ cup spring water OR 2-3 ice cube, crushed
- 1 cup blueberries
- 1 pear, peeled, cored, cut into small pieces
- 1 banana, peeled, cut into small pieces (about 1 cup)
- ½ cup kale, green leaves, cleaned, cut into small pieces
- 1 teaspoon ginger root, peeled, grated
- 1 dash flax seeds, ground
- 1 dash chia seeds, ground
- 1 dash sea salt
- 1 teaspoon rose water OR 8 culinary dried rose petals

Garnish (optional): with rose petal

Place all ingredients (water, blueberries, banana, kale, ginger, flax seeds, chia seeds and rose water) in power blender. Blend for until smooth. Chill and serve.



Holistic Journey: To glimpse the gleaming treetops of success, you will need planning, persistence, and sheer willpower.

Zucchini Walnut Bread

(The zucchini adds a lovely color and texture)

Serves 10 Grease generously and lightly flour 9 x 5 x 3-inch loaf-pan.

Preheat oven to 350-degree F.

- 4 tablespoons turbinado raw sugar powder, divided
- 1 tablespoon cinnamon, divided
- 2 large eggs, slightly beaten
- 2 tablespoons olive oil
- ¾ cup Greek yogurt
- 1 ½ teaspoons baking soda
(mixed with above yogurt for 10 minutes)
- ½ teaspoon vanilla extract
- 1 ½ cups shredded zucchini (trim off the ends,
brush the skin and rinse under water, pat-dry, shred)
- 2 cups all-purpose flour
- 1 teaspoon sea salt
- ½ cup walnut, coarsely chopped



Combine 1 tablespoon sugar and ½ tablespoon cinnamon, sprinkle half of this mixture over the greased bottom of loaf-pan; tap to remove any excess. Save remaining sugar-cinnamon mixture to sprinkle on top of batter.

In a medium mixing bowl combine and mix wet ingredients (eggs, olive oil, Greek yogurt mixture, vanilla, and zucchini), set aside. In a large mixing bowl, sift dry ingredients (flour, sea salt, remaining 3 tablespoons sugar and ½ tablespoon cinnamon. Gradually stir dry ingredients into wet ingredients. Fold in walnuts. Spoon batter into loaf-pan and sprinkle the top with remaining sugar-cinnamon mixture. Place on the middle rack of preheated oven and bake for 40-45 minutes or until a toothpick inserted in the center comes out clean. Let cool in the loaf pan for 10 minutes before removing. Cool completely on cooling rack prior to slicing. Take this beautiful bread to your neighbor and friend.

Holistic Journey: A whole foods diet not only improves our health but also enhances our behavior by inducing feelings of well-being.

Cranberry-Orange Nut Muffins

(A lovely muffin for breakfast/snack)

Serves 6-8 Preparation Time: 12 minutes

Preheat oven to 350-degree F. Grease and lightly flour 12 muffin cups or line with paper cups

- 1 cup whole wheat flour
- 1 cup unbleached all-purpose flour plus 1 tablespoon extra for dusting cranberries
- 1 ¾ tablespoons baking powder (aluminum-free)
- ¾ teaspoon sea salt
- ½ cup milk, at room temperature
- Juice of 1 large orange (½ cup)
- Zest of 1 orange (1 tablespoon, freshly made)
- 1 red apple, peeled, cored, grated
- 1 cup dark brown sugar, packed
- 2 eggs, slightly beaten
- ¼ cup olive oil
- 1 cup fresh cranberries, crushed and dusted with 1 tablespoon flour
- ½ cup walnuts, shelled, coarsely chopped*



In a large-sized mixing bowl, combine and sift all dry ingredients (flours, baking powder, and salt). Set aside.

Add wet ingredients except cranberries (milk, orange juice and orange zest, apple, brown sugar, eggs, olive oil) into blender. Run blender for 30 seconds or until thoroughly mixed. Pour this wet mixture gradually into dry ingredients and gently mix by hands until ingredients are just combined (do not over mix). With a spatula, gently fold in cranberries and walnuts.

Spoon into muffin cups and place cups on tray/cookie sheet on lower rack of oven. Bake for 25-30 minutes or until tester from the center comes out clean and muffins are slightly golden brown. Remove from oven immediately and allow to cool for a few minutes. Enjoy the orange flavor of warm muffins.

*You can chop walnuts in food processor for a few seconds, add dusted cranberries with flour, and pulse the processor (on and off) 4 times.

Holistic Journey: The fruits of success can only be harvested with daily perseverance. No amount of wishing can bring us the sealed-in sweetness of success.

Old-Fashioned Baked Oatmeal

(For good Sunday brunch)

Serves 8-9 Preparation time 4 minutes

Grease generously an 8-inch square baking-pan Preheat oven to 350-degree F.

- 2 large eggs, lightly beaten
- 6 tablespoons olive oil
- 6 tablespoons granulated sugar
- 1 cup milk
- 3 cups old-fashioned rolled oats
- 2 teaspoons baking powder, sifted with salt two times
- 1 dash sea salt
- 1 dash cinnamon OR to taste

Garnish:

- 2 teaspoons honey
- 1 teaspoon soft butter
- 2 tablespoons rolled oats
- 2 tablespoons raisins



In a mixing bowl, mix and beat together for a few minutes, eggs, olive oil, sugar, and milk, and set aside.

In another mixing bowl, mix 3 cups rolled oats, baking powder, salt, and cinnamon. Add this to egg-mixture; stir for 2 minutes or until all ingredients are incorporated. Pour the mixture into the prepared baking-pan and level it. Let it set for one minute.

Drizzle with honey and top with mixture made with butter, 2 tablespoons rolled oats and raisins. Bake for 30 minutes or until toothpick inserted into center comes out clean. Cut into 8-9 squares and serve.

Holistic Journey: The preexistent elements in organically grown foods are originally a gift from God, bringing all nutrients together in well-balanced harmony, more acceptable to our body and soul.

Fragrant Peach Oat Cookies

(It is excellent for dessert)

Serves 20 Preheat oven to 350-degree F.

- 1 cup all-purpose flour
- ½ cup oat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt OR to taste
- ¾ cup sweetened butter, cut into small pieces, softened
- ½ cup dark brown sugar, packed
- 2 eggs, separately, slightly beaten 1 teaspoon high quality vanilla extract
- 1 teaspoon high quality vanilla extract
- ½ cup oat bran
- ½ cup rolled oats (old fashioned oats)
- 1½ cups, peaches, peeled, pitted, chopped
- ½ cup raisins



In a large bowl, combine and sift (all-purpose flour, oat flour, baking powder, baking soda and salt together). Set aside.

To food processor, gradually add butter and brown sugar, pulse a few times and run for 30 seconds until mixture is light. Add eggs, one at a time and pulse after each addition until fluffy and there are no lumps. Stir in vanilla.

Gradually add sifted flour mixture into eggs mixture pulse after each addition until thoroughly mixed. Lightly stir in oat bran, rolled oats, peaches and raisins. Run processor for 30 second until just combined.

Drop by rounded tablespoon onto cookie sheet, 2-inch apart and bake on lower-middle oven rack for 10-12 minutes until slightly browned color. Remove from oven and place on wire-rack to cool.

Note: You may use a “heavy duty stand mixer” instead of “food processor.”

Holistic Journey: Laughter leaves an indelible mark upon the senses and immerses us in an inexhaustible well for the renewal of body and soul.

Granola Energy Cookies

(Non-baked)

Serves 12 +

- 24 soft medjool dates, pitted, cut into small pieces
- 4 oz. coconuts, slivered
- 4 oz. almonds, slivered
- 4 oz. pistachio nuts, slivered
- 4 oz. pine nuts
- 4 oz. cashews, roughly chopped
- 4 oz. walnuts, roughly chopped
- ¼ teaspoon cardamom, ground
- ½ oz. rose petals, dried, crushed
- 4 oz. cranberries, dried



In food processor, mix all ingredients except cranberries (dates, coconuts, almonds, pistachios, pine nuts, cashews, walnuts, cardamom, and rose petals). Pulse processor for 1 minute on and off; add cranberries and run for 30 seconds until all ingredients resemble fine crumbs. Transfer the mixture into sterilized mixing bowl. Each time take ¾ cup of the mixture, place on clear plastic food-wrap, press and carefully roll into cylinder, one inch in diameter; wrap tightly and place in freezer.

Remove from freezer, unwrapped the tube and slice with a small knife about ¼-inch thick. Enjoy.

Holistic Journey: Creativity and uniqueness are running streams that gather the energy of life.

The more you surround yourself with this lustrous energy the more your sphere of influence grows.

Honey-Glazed Asparagus

Serves 4 Preparation Time: 8 minutes

Glaze:

- ½ tablespoon freshly grated orange zest
- 1 cup spring water
- ½ cup fresh orange juice
- ½ tablespoon honey OR raw sugar
- 2 tablespoons seasoned rice vinegar
- ½ teaspoon sea salt
- 1 dash freshly ground black pepper
- **Asparagus:**
- 2 tablespoons olive oil
- 2 pounds asparagus



To Make the Glaze:

Let orange zest steep in spring water for 5 minutes. Strain and discard the liquid.

In a medium-size pot bring orange juice, honey, and vinegar to a boil. Add salt and pepper. Add orange zest and cook slowly until the liquid thickens and the mixture has reduced to half its original volume, turn off the heat, but keep warm.

To Cook Asparagus (Asparagus shines when it is lightly cooked):

Heat olive oil slightly in a skillet. Add the asparagus and cook for 6 minutes with lid on over medium heat, stirring occasionally to prevent burning. Transfer the asparagus to a serving plate. Pour honey glaze over asparagus. Serve as a *side dish* with stir fried eggs and brown rice.

Variation: First, break off a piece from the bottom of each asparagus's stalk, at the place where it breaks most easily. Throw away the bottom part and scrape off the scales from the top section. Wash completely and collect asparagus stems into a bundle. Cook asparagus in a small amount of boiling water with a dash of salt, a few drops of lemon juice and a few drops of olive oil. Simmer for 5-8 minutes. Drain and immediately plunge cooked asparagus into ice water flavored with a few drops of lemon juice and drain.

Holistic Journey: In order to optimize our total health, nourishing a hungry spirit is as important as feeding our body and mind. From this profound nourishment emerges an overwhelmingly healthy society.

A Fabulous Vegetarian Omelet

(Persian style “Kuku Sabzi”)

Humble fresh herbs and spices deliver a world of flavor to exotic and traditional dishes.

Serves 6-8

- 1 ½ cups Italian parsley, green leaves, chopped
- ½ cup cilantro (Chinese parsley), chopped
- ¼ cup chive, chopped
- ¼ cup sweet red pepper, chopped
- 1 tablespoon dill, chopped
- 1 teaspoon mint, dried
- 2 cloves garlic, chopped
- 1 teaspoon ginger root, peeled, chopped
- 1 teaspoon mixed spices “advie-poloye” (available in Persian market)
- ½ teaspoon sea salt OR to taste
- ¼ teaspoon black pepper, freshly ground
- 1 tablespoon flour
- 6 eggs, beat eggs slightly
- 2 cups white onion, chopped
- ½ cup olive oil



All vegetables need to be carefully washed, pat-dried, and finely chopped. Combine all chopped vegetables in food processor (parsley, cilantro, chive, red pepper, dill, mint, garlic, and ginger), along with mixed spices, salt and black pepper, flour, and eggs. Pulse processor a few times and run for a minute until mixed well. Set aside.

In a skillet (10-inch round heavy-bottom), stir-fry chopped onion in heated olive oil for 3 minutes. Spread and level the onion at the bottom of skillet; add vegetables-eggs mixture and level again. Lower the heat to medium-low and cook omelet for 5-6 minutes in covered skillet. As soon as the omelet sets and the edge gets lightly brown, cut into 8 sections, turn over each section with wide spatula and continue to cook for 4-5 minutes or until done.

Note: *Pizza with Herbs:* Lightly fry 1 large grated russet potato (squeeze the juice out and discard) in 3 tablespoons heated olive oil to make a round “*potato-pizza-crust*” in the bottom of skillet. Add a layer of stir-fried onion on top of potato-pizza-crust and add vegetables egg omelet ingredients mixture on top of fried-onions following above omelet direction. Garnish with ¼ cup shredded Mozzarella cheese (optional.)

Holistic Journey: Knowledge, health and a good spirit mold the clay of your character with confidence and peace.

Lahvash Spinach Rolls

Serves 4 Preheat oven to 350 degrees F.

- 1 large sheet lahvash bread
- ¼ cup green onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 tablespoons extra virgin olive oil
- ¼ cup fresh tomatoes, finely chopped
- ¼ cup dry mung beans, soak, overnight, cook and mash
- ½ teaspoon sea salt OR to taste
- 1 dash black pepper, freshly ground
- 1½ cups baby spinach, washed, pat-dried, thick stems be removed, chopped
- 1 cup mozzarella cheese, shredded
- 1 tablespoon paprika



Garnish: 12 green onions (scallions) and radish for decoration

Cut the large sheet of lahvash bread into 12 equal portions (5 x 5-inch square) and set aside.

In a sauté pan, sauté onion and garlic in heated olive oil for 1 minute. Add tomatoes, mung beans, salt, and pepper. Stir twice, cover the pan. Bring to a simmer and simmer for 4 minutes. Add spinach and simmer for 2 minutes while stirring. Remove mixture from heat.

Make straight line with 2 teaspoons mozzarella cheese on one end of each lahvash and cover the cheese with 1 tablespoon onion-spinach mixture. Roll up gently each piece. Sprinkle top with paprika.

On a cookie sheet, place rolled lahvash, and transfer into the oven. Bake for 4-6 minutes until rolls turn slightly golden brown. Garnish with onions and radishes. Serve warm for appetizer or lunch.

Holistic Journey: Do not condemn yourself or others for being less than perfect.

Savory Potato Gratin

Gratin can be any dish topped with grated cheese or bread's crumbs in a shallow oven-proof dish and baked in hot oven. The top browned crust that forms is called gratin. You can make gratin dishes with various vegetables such as potatoes, yam, cauliflower, and broccoli. *Gratin is well-suited for side dishes.* Try to assemble all ingredients in advance and bake just before serving for best flavor and appearance.

Serves 4-5

Preheat oven to 350-degree F. and you need a shallow oven-proof baking dish

- 2 large white onions, thinly sliced
- 3 cloves garlic, chopped
- 1 small sweet red pepper, seeded, chopped
- ¼ cup extra virgin olive oil
- 4 medium golden potatoes, peeled, sliced 1/2-inch thick
- 1 teaspoon sea salt
- 1 dash black pepper, freshly ground
- 1 dash mace
- ½ teaspoon thyme, dried
- 1½ cups mozzarella cheese, shredded



Garnish: 1 sage sprig

In a large-sized sauté pan, stir-fry onion, garlic, and red pepper in heated olive oil for a few minutes until onions are slightly golden brown.

In a shallow baking dish, arrange a layer of sliced potatoes, sprinkle with half of the seasoning mixture (salt, black pepper, mace, and thyme) and top with sautéed onion-garlic. Add a second layer of sliced potatoes, sprinkle with remaining seasonings.

Place in oven and bake uncovered for about 40 minutes. Remove from oven, sprinkle top with cheese and return to the oven. Increase oven temperature to 400-degree F. and continue to cook for another 10 minutes or until potatoes are soft and fork-tender and cheese slightly golden brown. Garnish with sage sprig.

Holistic Journey: We open ourselves to the delicious aroma of success when we begin by visualizing our dream in detail, and then we must follow a systematic plan of action.

Butternut Squash Soup

(A flavorful vegetable soup)

Serves 8 Preheat oven to 350-degree F.

- 2 pounds butternut squash
- 6 tablespoons olive oil
- 2 medium onions, chopped
- 6 cloves of garlic, chopped
- 2 small golden potatoes, peeled, diced
- 2 carrots, peeled, sliced
- 2 small leeks, cleansed, sliced, diced
- 1 small fennel bulb, chopped
- 4 cup boiling water
- $\frac{3}{4}$ teaspoon sea salt OR to taste
- $\frac{1}{4}$ teaspoon black pepper, freshly ground
- $\frac{1}{4}$ teaspoon black cumin seeds, ground
- 2 zucchinis, sliced, diced
- 2 tablespoons Italian parsley, cleaned, chopped
- 2 cups chicken broth
- Juice of 1 lemon, freshly squeezed



Garnish: With parsley sprig

Cut butternut squash in halves lengthwise and remove seeds. Place the halves cut side down in baking dish. Bake uncovered in a preheated oven for 20 minutes or until the thin skin can be easily removed with a knife. Remove skin and cut squash into 2-inch cubes.

In a large wok, heat olive oil, add onions and stir-fry until slightly golden-brown color. Add garlic and stir for 30 seconds. Add butternut squash, potatoes, and carrots. Continue to stir-fry for 4 minutes. Add leeks, fennel, water, salt, pepper, and cumin seeds. Mix gently. Let the mixture come to a simmer and simmer in covered wok, at medium-low heat for 15 minutes. Place the mixture in food processor and add zucchini and parsley. Pulse 5 times and return to the wok. Add chicken broth and lemon juice to the mixture. Bring to simmer, stirring frequently to avoid burning. Simmer for 5 minutes. Garnish with parsley and serve.

Holistic Journey: If you labor according to your highest ideals, then the results will reveal the fine seeds that you have sown.

Never become selfish when you are on the high thrones of self-esteem.

Magnificent Cutlet with Sweet Potato

Serves 8 Preheat oven to 300-degree F.

- 2 cups organic “tomato basil-garlic sauce”, puree
- 1 medium size sweet potato, baked (under cooked), grated
- 2 medium onions (grate onion, squeeze out the juice and discard)
- ¼ teaspoon of each following ground spices (cinnamon, cardamom, coriander, turmeric, cumin seeds & black pepper)
- 2 tablespoons mint, dried
- ½ pound ground meat (chicken OR fish)
- 2 eggs, slightly beaten
- ½ cup rolled oats
- ½ teaspoon sea salt OR to taste
- ½ cup olive oil
- 4 cups breadcrumbs (use food processor to make breadcrumbs) **Garnish:** Bed of shredded romaine lettuce and orange wedges



In a saucepan over low heat simmer pureed tomato sauce for 10 minutes or until 1 ½ cups remain. Set aside and keep warm in covered saucepan.

In a medium bowl, combine remaining ingredients except breadcrumbs and olive oil (sweet potato, onions, mixture of cinnamon, cardamom, coriander, turmeric, cumin seeds, black pepper, mint, chicken, eggs, rolled oats and salt). Refrigerate for a few hours or overnight. When you are ready to prepare, take 3 tablespoons of refrigerated sweet potato mixture and form into cutlets.

Spread breadcrumbs on a rimmed tray and add the cutlets, covering each side with crumbs. In a large ovenproof skillet, fry each cutlet in heated olive oil for 3 minutes on each side or until you can easily lift without breaking it (cutlets are almost ½ cooked).

Transfer skillet into oven and cook for 8-10 minutes or until top is golden-brown.

On a platter, arrange cutlets on bed of lettuce, and decorate the perimeter with orange wedges. Drizzle the top with warmed tomato sauce.

Note: You may use food processor for chopping/grating sweet potato and onion.

Holistic Journey: Take time, celebrate the gift of nature in all its grandeur as it nurtures the soul.

Brown and Wild Rice with Mushrooms

Wild and brown rice are whole grains*, which retain highly nutritious bran, germ and natural fiber.

Serves 8 Preheat oven to 350-degree F. To prepare, you need a large oven-proof, 4-quart pot with tight fitted lid

- 2 ½ cups basmati long grain brown rice, rinsed
- ½ cup wild rice, rinsed
- 4 cups sprinkle water
- 2 cups clear chicken broth
- 1 cup drinking white wine
- 1 teaspoon sea salt
- 1/8 teaspoon of each assorted ground spices (cinnamon, cardamom., coriander, allspices, cumin seeds and saffron) *
- 8 ounces crimini brown mushrooms, rinsed, pat-dried, stemmed and sliced
- 2 cups green onion, rinsed, pat-dry, chopped
- ½ cup slivered almonds (optional)
- ¼ cup red bell pepper, peeled, chopped
- ¼ cup olive oil



In a large mixing bowl, combine brown and wild rice; add water and refrigerate overnight. Next day drain and discard liquid. In a stovetop and oven proof pot, combine the drained brown-wild rice mixture, chicken broth, wine, and salt. Place on stovetop over low-medium heat and bring to a boil; reduce the heat, and simmer with partially covered lid, for 45 minutes until almost all liquid is absorbed; stirring occasionally to prevent burning and sprinkle rice with mixture of spices.

Meanwhile, combine mushrooms, green onions, almonds, and bell pepper in mixing bowl. Spread this in single layer on a cookie sheet lined with baking parchment paper. Place in the oven for 5 minutes. Stir mushroom-mixture into rice-mixture; sprinkle with olive oil and toss gently with spatula. Reduce the oven temperature to 300-degree F. Cover pot with tight-fitting lid and place in the oven. Cook it for 2 hours or until rice is tender and fluffy.

Serve this rice with vegetables and yogurt on side. Enjoy cooked rice with superb taste and delicate aroma of spices and seasonal mushrooms.

*The blended spices are called "*advie-poloyee*", is master seasoning in Persian cooking.

Holistic Journey: Benefiting a society or nation begins at home by raising children with whole-food, love, and tolerance. Only in this way can we build a solid foundation for improving the world beyond our doorsteps.

Champion Fruit and Berry Bowl

Serves 2 +

- ¼ cup raspberry, frozen
- ¼ cup blueberries, frozen
- ½ cup apple, grated OR ¼ cup apple cider
- ½ cup banana, peeled, sliced, frozen
- ¼ cup almond meal/flour
- 1 tablespoon acai berries powder*
- 1 tablespoon brown sugar OR to taste
- 1 teaspoon rosewater (optional)

Topping:

- ½ cup baked French granola-mixture (mixture of rolled oats, almond, vanilla, cardamom, and nutmeg)
- ½ cup banana, peeled, sliced
- ½ cup fresh strawberries, cleaned, cut into halves

Garnish:

- 1 teaspoon slivered almonds
- 1 teaspoon goji berries**
- 1 teaspoon liquid honey, drizzle on top of sliced fruits (optional)

To the blender add, all sherbet ingredients (raspberry, blueberries, apple, banana, almond meal, acai berry powder, brown sugar, and rosewater). Run blender for 30 seconds or until all ingredient's consistency is formed. Add this to the bottom of serving bowl. Spread granola on top of sherbet mixture. Arrange one layer of sliced banana around perimeter and sliced strawberries in center of bowl.

Garnish top with almonds, goji berries and drizzled honey.

*Acai berry, a dark purple color, native to South America and grown wild in the depths of the Amazon rainforest. It is called wonder super food, because it is extremely rich in nutrients and antioxidants (please check the expiration date prior to use). This nutrient-dense fruit, in a small amount, can be ideal for any blended smoothies.

**Goji berry, a bright purple color, known as wolfberry, a popular fruit in China, used in traditional Asian medicine for centuries. It is rich in nutrients, antioxidants, and a known source of beta-carotene; usually it is called superpower berry. Dried gojis resemble raisins with a slightly sweet and sour taste.

Note: Instead of using frozen fruits, you may use fresh fruits and crushed ice, in blender, blend to make sherbet.



Holistic Journey: Compassion for nature is medicine to make the soul youthful. A river of healing flows through a state of serenity.

Eggplant Vegetable Dish

Serves 6 Preparation time 15 minutes

Preheat Oven to 400 degrees F.

- 4 narrow eggplants/or 3 regular eggplants
- 1 red bell pepper
- 4 Tablespoons of olive oil
- 4 white onions, finely chopped
- 4 cloves garlic, finely chopped
- 2 inches of ginger root, finely chopped
- ¼ teaspoon of salt, or to taste
- 1 dash black pepper
- 1 dash turmeric or saffron
- 1 dash cinnamon
- 1 cup thinly sliced fresh tomatoes
- ½ cup chicken broth
- ¼ cup tart grape juice or regular grape juice
- few drops lemon juice
- Garnish: 4 tablespoons of chopped basil and a few grapes



Use a swivel-bladed vegetable peeler to remove skin as thinly as possible from the eggplants. Cut each eggplant lengthwise into four slices. Brush a shallow oven-proof baking dish with olive oil and arrange eggplant slices in dish. Sprinkle eggplant with a few teaspoonfuls of olive oil. Cover with foil and bake with bell pepper.

To prepare red bell pepper, place whole bell pepper in a small baking dish. Bake eggplant and bell pepper at the same time and the same temperature for 45 minutes. After 45 minutes remove the bell pepper and place under a dome bowl for 15 minutes, to allow the pepper to steam in its moisture so it will be easier to peel. Slice peeled and seeded pepper into strips to be used for garnish.

In a frying pan, heat 4 tablespoons olive oil, sauté onion, garlic and ginger. Add salt, pepper, turmeric or saffron, and cinnamon. While stirring, add tomatoes, chicken broth, and grape juice. Simmer for 4 minutes.

Arrange baked eggplant slices in a heavy frying pan. Spoon onion-tomato mixture over the eggplants. Cook over medium heat for 10 minutes.

Garnish with red bell pepper strips, basil and grapes (optional). Serve with plain long grain rice.

Holistic Journey: Unity and Harmony- Live according to the treasured depths of your ability, and fulfill your own potential by making the most of every moment. Let your relationship with the universe flow harmoniously, and do not compete with others.

Delightful Peach Salad with Fennel

Serves 3-4 Preheat oven to 400-degree F.

1. 2 peaches, peeled, cut in half, pitted, thinly sliced
2. 1 baby fennel bulb, trim the ends, cut in half, and thinly slice
3. 1 teaspoon olive oil
4. 2 Persian cucumbers, thinly sliced
5. 2 red radishes, thinly sliced
6. 6 cherry tomatoes, cut in half
7. 2 cups baby arugula, cleaned, pat dried

Brush peaches, and fennel bulb lightly with olive oil. Place on ovenproof griddle and transfer to middle rack of oven for 10 minutes or until the edges of peaches and fennel turn golden brown (an alternative is to grill for a short time). Let cool. Combine peaches, fennel, cucumbers, radishes, and tomatoes. Place a bed of arugula leaves on serving plate and top with salad mixture. Drizzle with “Simple Salad Dressing” and gently mix prior to serving.

Simple Salad Dressing:

1. ¼ cup olive oil
2. 2 tablespoons balsamic vinegar
3. ½ teaspoon sea salt OR to taste
4. ¼ teaspoon black pepper, freshly ground
5. ¼ teaspoon European thyme



Combine and thoroughly mix salad dressing ingredients (olive oil, vinegar, salt and pepper and thyme). Note: A variety of stone fruit such as plums/apricots or nectarines can be used in the above recipe to replace peaches.

Holistic Journey:

Roll in the manifold pastures of genuine self-Love and give of this love to others. With this love arrives limitless power and energy.

The love and beauty of nature brings a brilliant majestic world closer to us.
Nature can renew our good spirit by helping to loosen deep unconscious stress.



The root of our liberty and peace is the grace of devoted parents and valuable teachers.

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