

ENERGIZING SWEET POTATO AND CHIA SEED SMOOTHIE

Vata ↓, Pitta ↓, Kapha ↑

Makes 5 cups / Prep Time: 10 to 15 minutes / Cook Time: 10 to 15 minutes

INGREDIENTS

- 2 cups of raw coconut water
- 1 medium sweet potato, un-peeled and chopped
- 2 tablespoons chia seeds, soaked
- 1/4 cup of walnuts (substitute with hemp seeds or peeled and soaked almonds)
- 2 teaspoons cacao nibs or 1 teaspoon cacao powder (optional, omit for Vata)
- 2 pitted medjool dates, soaked
- 1 teaspoon cinnamon powder*
- 1/4 teaspoon cardamon powder*
- 1/4 teaspoon turmeric powder*
- Fresh ginger (1 inch cube), chopped (substitute with 1/2 teaspoon dry ginger)
- 1 tablespoon of shredded coconut
- 1 teaspoon of ghee (substitute with coconut oil)
- 2 to 3 stigmas of saffron

*These spices can be replaced with 1 to 2 teaspoons of the Ayurvedic Breakfast Spices.

DIRECTIONS

Soaking instructions:

1. Soak the chia seeds in 1 cup of water and mix thoroughly.
2. Add the pitted dates to the same mixture.
3. Place the walnuts in a separate bowl and add water until they are completely covered.
4. Soak both of these mixtures overnight or for at least 1 hour prior to blending.
5. When ready, strain the walnuts and discard the water. Keep the water for the chia and dates however, as the entire mixture will be added to the smoothie.

Steaming the sweet potato:

1. Chop up the sweet potato into small, even cubes. Keep the skins on to preserve all of the nutrients.

2. In a medium sauce pan add an inch or two of water and then place in the steam basket. Add the sweet potatoes into the steam basket and cover with a lid. Cook over medium heat for 12 to 15 minutes or until the sweet potato is completely soft and steamed all the way through.

Preparing the smoothie:

1. In the blender, place the steamed sweet potato, soaked chia seeds and date mixture (water included), walnuts (without the soaking water), spices, ghee, shredded coconut, cacao nibs (if used), and coconut water.
2. Blend on high for 2 to 3 minutes or until a completely smooth and creamy texture has been reached.
3. Pour into a glass or mug and serve warm. Sprinkle with a dash of cinnamon and some shredded coconut.