

Adapt Recipes: **Use Ayurveda with ease in your daily life with food** **Autumn – Winter**

with Amadea Morningstar, MA, RPE, RYT

Introductions

Opening with grounding and centering marmani.



Group Guidelines

- Body: present, grounded, relaxing into your body, Breath as support, Movement as support
- Speech: speak from your heart with honesty & kindness
- Mind: open to all views, without judgment, while respecting boundaries
- Engage in deep listening
- Respect differences and confidentiality
- Check your privilege; think of the others
- You are welcome to laugh at yourself
- Clarifying questions can go in the chat or feel free to ask
- Abiding by the Group Guidelines confirms your membership in this group

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The Step-by-Step process – Part 1

Honoring our paths and traditions, the Gunas

Chikitsa: bringing consciousness to: food (Powerpoint of the Gunas and their Attributes)

The Gunas in Recipes Worksheet

Gunatas/Attributes	Positive Effects	Effect on Doshas	Effect on Agni	Adverse Effects	Food Examples	Recipe	Recipe
Guru (heavy)	grounding	-V, -P, +K	Subdues agni	slows digestion & metabolism	meat, cheese, nuts		
Laghu (light)	increases alertness	-K, +V, +P	Enhances agni	spacy, ungrounded	rice, popcorn, sprouts		
Manda (slow/dull)	calm, quiet	-V, -P, +K	Inhibits agni	sluggishness	rich, fatty foods		
Tikshna (sharp)	increases learning	-K, +P, +V	Increases agni	ulcers restlessness	pungent, spicy foods		
Shita (cold)	wakes you up	-P, +V, +K	Inhibits agni	numbing, chill	frozen foods		
Ushna (hot)	warmth when needed	-V, -K, +P	Enhances agni	irritability	hot (temp) foods		
Snigda (oily, unctuous)	relaxation satiating	-V, +P, +K	Inhibits agni	greasy	oils, cheese		
Ruksha (dry)	stimulate fire	-K, -P, +V	Enhances agni	dehydration	millet, rye		
Shlakshna (slimy/smooth)	lubricates	-V, +K, +P	Inhibits agni	in excess increases mobility	okra, flax seeds		
Khara (rough)	increases absorption	-P, -K, +V	Enhances agni	increases dryness make changes	raw veds hi- fiber foo		

The Gunas in Recipes Worksheet (cont)

Drava (liquid)	dissolves	-V, +P, +K	Inhibits agni	water retention	fluids		
Mrudu (soft)	relaxation, love	-V, +K, +P	Inhibits agni	increases mucus	ghee		
Kkathina (hard)	strength	-P, -K (initially) +V, +K (later)	Inhibits agni	rigidity	almonds		
Ssthira (static, stable)	stability, support	-V, -P, +K	Inhibits agni	inertia	ghee, grains		
Chala (mobile)	ease of motion	-K, +V, +P	Enhances agni	restlessness	fast food, eating on the run		
Sukshma (subtle)	penetrating	-K, +V, +P -K, -V, -P	Enhances agni	destabilizing	alcohol, drugs, essential oils		
Sthula (gross)	comfort	-V, -P, +K	Inhibits agni	obstruction	meat, cheese		
Vishada (clear)	pacifies, offers space	-K, +V, +P	Enhances agni	too empty	fasting		
Picchila (sticky)	cohesiveness, connection	-V, -P, +K	Inhibits agni	attachment	urud dal, PB		
Avila (cloudy)	rest oasis	-V, - P, +K	Inhibits agni	lack of clarity	creamy, polluted foods		

Key: - = calms, + = Increases

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Utilizing the 21 gunas to assess a recipe and the meal that surrounds it

RECIPE #1 (Original) QUINOA CHOWDER WITH SPINACH, FETA, AND SCALLIONS

From Vegetarian Cooking for Everyone (1997)

Deborah Madison

Serves 4

Deborah Madison says, “Light, utterly delicious, pretty, and fresh looking, this recipe stems from one in Chef Felipe Rojas-Lombardi’s *The Art of South American Cooking*, that I was drawn to because I simply couldn’t imagine it. Now, one of my favorite dishes in any category, it makes a quick, wholesome meal.”

¾ cup quinoa, rinsed well in a fine sieve

2 Tablespoons olive oil

1 garlic clove, finely chopped

1 jalapeno chile, seeded and finely diced

1 teaspoon ground cumin or to taste

Salt and freshly milled pepper

½ pound boiling potatoes, peeled and cut into

¼ inch cubes 1 bunch scallions, including an inch of the greens, thinly sliced into rounds

3 cups finely sliced spinach leaves

¼ pound feta cheese, finely diced

½ cup chopped cilantro

1 hard-cooked egg

Put the quinoa and 2 quarts of water in a pot, bring to a boil, then lower the heat and simmer for 10 minutes.

While it’s cooking, dice the vegetables and cheese. Drain, saving the liquid. Measure the liquid and add water to make 6 cups if needed.

Heat the oil in a soup pot over medium heat. Add the garlic and chile. Cook for about 30 seconds, giving it a quick stir. Add the cumin, 1 teaspoon salt, and the potatoes and cook for a few minutes, stirring frequently. Don’t let the garlic brown.

Add the quinoa water and half the scallions and simmer until the potatoes are tender, about 15 minutes. Add the quinoa, spinach, and remaining scallions and simmer for 3 minutes more. Turn off the heat and stir in the feta and cilantro.

Season the soup with pepper and garnish with the chopped egg.

STEP BY STEP AYURVEDA ADAPTATION WORKSHEET - GUNAS

If you'd like to bring forward your own creativity and needs immediately, I'd invite you as a distance participant to pause and answer these questions first on your own, then listen to what was said on the video and in the handout adaptation. Based on what was said, would you stick with your initial adaptation or change some?

Recipe #1: QUINOA CHOWDER WITH SPINACH, FETA AND SCALLIONS

1. Is there any way you could make this recipe simpler and easier for you?
2. Assess the gunas in this recipe with The Gunas in Recipes Worksheet . Feel free to check yourself with trusted resources.
3. Are there any proportions you'd shift to make the gunas within this recipe more balanced for you? For example, making a recipe lighter or heavier, oilier or drier?
4. Are there any ingredients you'd shift to suit you better? For example in terms of: sugar, fat, individual sensitivities. Circle these, write in possible options.
5. Is there any food preparation methods you'd shift to make this dish more digestible for you?
6. Are there any ingredients you'd change to create a more sustainable/affordable recipe? Eg. the packaging an ingredient has, how far away it comes from, or, substituting any local ingredients that could work as well or better and/or be less expensive?
7. Within the context of a whole meal , what gunas/attributes could you add to make a well-balanced meal that includes this dish?

Taking this further, what dish or dishes with these gunas would you suggest serving with this original recipe to make a whole meal?

RECIPE #1 (Adapted) QUINOA CHOWDER WITH SPINACH, FETA, AND SCALLIONS

From *Vegetarian Cooking for Everyone* (1997), Deborah Madison

Serves 4

$\frac{3}{4}$ cup quinoa, rinsed well in a fine sieve

use quinoa already made, and add a little to soup for lunch

2 Tablespoons olive oil

Or skip until the end

~~1 garlic clove, finely chopped~~

if yearning for garlic, add whole unpeeled garlic for a short time

~~1 jalapeno chile, seeded and finely diced~~

= chipotle, just a pinch, or mild green chili or red chili flakes

1 teaspoon ground cumin or to taste

Salt and freshly milled pepper

pippali, can substitute salt with low sodium bouillon cube

$\frac{1}{2}$ pound boiling potatoes, peeled and cut into $\frac{1}{4}$ inch cubes

carrots, sweet potato

1 bunch scallions, including an inch of the greens, thinly sliced into rounds

equivalent amt of red onion, chives, leeks

3 cups finely sliced spinach leaves, *add at the end*

options: kale, broccoli (more protein), Swiss chard Double the greens

quelites, lambs quarters, spring greens

$\frac{1}{4}$ pound feta cheese, finely diced (*nice for Vata*),

gouda (cool, nice for Pitta), Swiss is lighter (better for Kapha), ricotta, lighter, tolerated by all,

Mozzarella for low sodium, Vegan options: nutritional yeast, tofu well-spiced, pumfu

$\frac{1}{2}$ cup chopped cilantro

1 Tbsp. ground coriander or more

1 hard-cooked egg

more density, protein, Option: avocado, cubes, roasted sesame or sunflower or pumpkin seed chutney

RECIPE #2 (Original) CHICKEN KARAHI

from The Kitchen Without Borders (2020), Chef Bashir from Afghanistan

Serves 4 to 6 as a main dish

Situated between the Middle East and South Asia, Afghanistan's cuisine is influenced by all of Asia. Here, you may be reminded of India with garam masala and turmeric, but this curry is less intense spice-wise than, say, a curry from Punjab.

3 Tablespoons vegetable oil
1 ½ cups chopped yellow onions
2 Tablespoons minced garlic
1 teaspoon kosher salt
1 teaspoon cumin seeds
1 teaspoon ground coriander
1 teaspoon ground turmeric
½ teaspoon garam masala
½ teaspoon freshly ground black pepper
1 pound skinless, boneless, chicken thighs, cut into 1-inch cubes
4 teaspoons finely chopped fresh ginger
4 plum tomatoes, quartered
Cooked basmati rice, for serving
Cilantro sprigs, for garnish (optional)

1. Place the vegetable oil in a 4-quart saucepan over medium heat. When the oil is hot, add the onions. Cook, stirring frequently, until the onions are translucent and tender, about 10 minutes.
2. Stir in the garlic and cook until fragrant, about 1 minute. Slowly stir in ½ teaspoon of the salt, the cumin seeds, coriander, turmeric, garam masala, and black pepper. Thoroughly coat the onions and garlic with the spices and cook until fragrant, about 2 minutes.
3. Add the chicken, ginger, and the remaining ½ teaspoon of salt and cook for 15 minutes, stirring frequently.
4. Add the tomatoes and 1 cup of water. Stir and cook until the chicken is cooked through, about 10 minutes. Remove from the heat. 5. Serve with rice, garnished with cilantro, if desired

STEP BY STEP AYURVEDA ADAPTATION WORKSHEET - GUNAS

As before, If you'd like to bring forward your own creativity and needs, I'd invite you to pause and answer these questions first on your own, then listen to what was said on the video and in the handout adaptation. Based on what was said, would you stick with your initial adaptation or change some?

Recipe #2: CHICKEN KARAHI

1. Is there any way you could make this recipe simpler and easier for you?
2. Assess the gunas in this recipe with The Gunas in Recipes Worksheet. Feel free to check yourself with trusted resources.
3. Are there any proportions you'd shift to make the gunas within this recipe more balanced for you? For example, making a recipe lighter or heavier, oilier or drier?
4. Are there any ingredients you'd shift to suit you better? For example in terms of: sugar, fat, individual sensitivities. Circle these, write in possible options.
5. Is there any food preparation methods you'd shift to make this dish more digestible for you?
6. Are there any ingredients you'd change to create a more sustainable/affordable recipe? Eg. the packaging an ingredient has, how far away it comes from, or, substituting any local ingredients that could work as well or better and/or be less expensive?
7. Within the context of a whole meal , what gunas/attributes could you add to make a well-balanced meal that includes this dish?

Taking this further, what dish or dishes with these gunas would you suggest serving with this original recipe to make a whole meal?

RECIPE #2 (Adapted) – CHICKEN KARAHI

from *The Kitchen Without Borders (2020)*, Chef Bashir from Afghanistan

Serves 4 to 6 as a main dish

3 Tablespoons vegetable oil *minimize, possibly simmer in water rather than sautee, or simmer in water and add oil at the end*

1 ½ cups chopped yellow onions *½ a cup, or use less, red onions or scallions*

2 Tablespoons minced garlic *or use less*

1 teaspoon kosher salt

1 teaspoon cumin seeds

1 teaspoon ground coriander

1 teaspoon ground turmeric

½ teaspoon garam masala

½ teaspoon freshly ground black pepper *pippali*

1 pound skinless, boneless, chicken thighs, cut into 1-inch cubes *veggie option = chickpeas, cooler option = turkey, white chicken breast lighter than legs/darker meat*

4 teaspoons finely chopped fresh ginger *use less*

4 plum tomatoes, quartered *cut out completely or use cumin which helps the digestion of tomato or use 1 teaspoon to 1 Tablespoon rose petals fresh or dried and/or or use steam and blended or use 1 Tablespoon to ½ cup of pomegranate juice instead of tomato*

Cooked basmati rice, for serving

Cilantro sprigs, for garnish (optional)

Group discussion.

BREAK 5 minutes

RECIPE #3 (Original) MIXED VEGETABLE SUBJI

From *Ayurvedic Cooking for Self-Healing*, second edition (2002), Usha Lad & Dr. Vasant Lad

Calms Vata, Pitta, Kapha

Serves 4

The authors say, "This *subji* has *tridoshic* energetics. It balances *agni* and is laxative. A good food for bones and joints."

4 cups cut vegetables (green pepper, green beans, zucchini, yellow squash, etc.) 2

Tablespoons ghee or safflower oil

½ teaspoon cumin seeds

½ teaspoon black mustard seeds

¼ teaspoon ajwan seeds

½ teaspoon masala powder or cayenne

¼ teaspoon turmeric

¼ teaspoon salt

Wash, trim and cut the vegetables into bite-sized pieces. Try cutting each vegetable into a different shape for a nice visual effect.

Heat a deep frying-pan on medium heat and add the oil or ghee, then the cumin seeds, mustard seeds, ajwan and hing.

When the seeds pop, add the masala or cayenne and turmeric. Stir briefly, then put in the vegetables and salt. Stir to coat them thoroughly with the spices.

Turn down the heat to low and cover. Stir after 5 minutes.

Continue cooking on low for another 15 minutes or until the vegetables are just tender.

STEP BY STEP AYURVEDA ADAPTATION WORKSHEET - GUNAS

As before, If you'd like to bring forward your own creativity and needs, I'd invite you to pause and answer these questions first on your own, then listen to what was said on the video and in the handout adaptation. Based on what was said, would you stick with your initial adaptation or change some?

Recipe #3: MIXED VEGETABLE SUBJI

1. Is there any way you could make this recipe simpler and easier for you?
2. Assess the gunas in this recipe with The Gunas in Recipes Worksheet. Feel free to check yourself with trusted resources.
3. Are there any proportions you'd shift to make the gunas within this recipe more balanced for you? For example, making a recipe lighter or heavier, oilier or drier?
4. Are there any ingredients you'd shift to suit you better? For example in terms of: sugar, fat, individual sensitivities. Circle these, write in possible options.
5. Is there any food preparation methods you'd shift to make this dish more digestible for you?
6. Are there any ingredients you'd change to create a more sustainable/affordable recipe? Eg. the packaging an ingredient has, how far away it comes from, or, substituting any local ingredients that could work as well or better and/or be less expensive?
7. Within the context of a whole meal , what gunas/attributes could you add to make a well-balanced meal that includes this dish?

Taking this further, what dish or dishes with these gunas would you suggest serving with this original recipe to make a whole meal?

RECIPE #3 (Adapted) MIXED VEGETABLE SUBJI

From *Ayurvedic Cooking for Self-Healing*, second edition (2002), Usha Lad & Dr. Vasant Lad

Calms Vata, Pitta, Kapha

Serves 4

4 cups cut vegetables (green pepper, green beans, zucchini, yellow squash, etc.) *green peppers or use any local vegetables in season*

2 Tablespoons ghee or safflower oil *can hold off on the ghee, can add the oil/ghee at the end and steam/simmer the vegetables instead*

½ teaspoon cumin seeds

½ teaspoon black mustard seeds

¼ teaspoon ajwan seeds

½ teaspoon masala powder or cayenne

¼ teaspoon turmeric *can increase*

instead of sauteeing spices you can dry roast the spices and add to simmering veg or dry roast the spices and mix them with some ghee and drizzle over the dish at the end

Using colourful veggies and cutting them in different shapes makes this a fun dish

¼ teaspoon salt

Group discussion

Self-Journaling Process

Homework

1. Create one Healing question for yourself that you'd like to explore in the coming week.
2. You can also work with 1 recipe you'd like to adapt for yourself, your needs, your locale, the people you share food with and the current season. Adapt it. Think about what dishes you might have with it.

Use the STEP BY STEP AYURVEDA ADAPTATION - GUNAS Worksheet and The Gunas in Recipes Worksheet to support you.

Closing Marma sequence Day 1.



Closing

Note: I encourage you to take a break between the first and the second sessions of this course, to digest and metabolize this first session before you go on to the material in the second session. Amadea

The Step by Step Process - Part 2

Honoring our paths and traditions, the Tastes and Agni

Opening with grounding and centering digestive marmani



2. DIGESTION & MAJJA DHATU
Nervous System

Sira Matrika
(middle of
throat,
both sides)

Griva
(middle of neck,
lateral to
C3, C4, C5)

Jatru
(manubrium)

Kakshadhara
(both sides)

ONE FLOW

Right — Left

Jatru — Nabhi

Sphij (both sides)

Kakshadhara — Sphij

Sphij — Kakshadhara

Sira Matrika & Griva — Sphij

Nabhi
(navel)

Sphij
(sit bones,
both sides)

Checking in on what has come up since first session

Notes:

Chikitsa: bringing consciousness to – food Powerpoint.

The Gunas and the Doshas

(these can also be found in The Gunas in Recipes Worksheet pages 3 – 4)

KAPHA:

PITTA:

VATA:

The Tastes in Recipes Worksheet

Rasa/Taste, Elements	Gunas in this taste	Effect on Doshas	Effect on Agni	Recipe	Recipe
Madhura Sweet Earth & Water	heaviest, most moist, cool, oily	-V -P +K	Inhibits <i>agni</i>		
Amla Sour Earth & Fire	warm, liquid, oily, light, sharp	-V +P +K	Enhances <i>agni</i>		
Lavana Salty Water & Fire	moist, warm, heavy, oily	-V +P +K	Enhances <i>agni</i>		
Katu Pungent Fire & Air	hottest, light, driest	-K +P +V	Enhances <i>agni</i>		
Tikta Bitter Air Ether	cold, lightest, dry	-P -K +V	Enhances <i>agni</i> via <i>samana vayu</i>		
Kashaya Astringent Air Earth	cool, dry, heavy	-P -K +V	Inhibits <i>agni</i>		

See Sharma, *Introduction to Dravyaguna*, also Morningstar & Lynn, *Easy Healing Drinks from the Wisdom of Ayurveda*

Needs what tastes:

Ideas:

Imagining the Tastes

Sweet:

Sour:

Salty:

Pungent:

Bitter:

Astringent:

Sustainability:

Questions that you might ask yourself, Areas you would like to focus on

Questions / Group Discussion:

BREAK 5 minutes

Applying the 6 tastes to assess a recipe and the meal that surrounds it

REMEMBER ABOUT THE SIX TASTES

Vata is calmed by sweet, sour and salty tastes (= all moistening and heavy).

Kapha is balanced by pungent, bitter and astringent tastes (= all light).

Pitta is most supported by sweet, bitter and astringent tastes (= all cooling).

Since we have all three doshas, we need all six tastes – yet in different proportions depending on our make-up...

RECIPE #4 (Original) BLUE CORN BREAD

From Ayurvedic Cooking for Westerners (1995), Amadea Morningstar

Neutral Vata, + Pitta, calms Kapha *

Serves 4

“This can range in color from blueberry blue to purple to steely gray, depending on your cornmeal. It’s very good with ghee and fruit-sweetened strawberry jam. I use the sesame tahini rather than the oil when I want to add extra calcium, iron and protein.”

Preheat oven to 400 degrees F.

In a medium-sized bowl beat: 1 egg

Stir into the beaten egg:

3 Tablespoons sesame oil or sesame tahini

1 ½ Tablespoons date sugar, fructose, or coconut sugar

1 ¼ cup hot water

Add:

1 cup blue cornmeal

½ cup buckwheat flour

¾ teaspoon salt

1 ½ teaspoons baking powder

Stir lightly. The batter is a thin one. Spoon into a well-greased 9” x 9”pan. Bake for 20 – 25 minutes or until a toothpick inserted in to the middle of the cornbread comes out cleanly.

* “For this to be neutral Vata, you need to serve this with goodly amounts of ghee. Otherwise it can be too dry for this constitution.”

STEP BY STEP AYURVEDA ADAPTATION WORKSHEET - TASTES

using The Gunas in Recipes Worksheet (p...) and The Tastes in Recipes Worksheet (...)

As before, If you'd like to bring forward your own creativity and needs, I'd invite you to pause and answer these questions first on your own, then listen to what was said on the video and in the handout adaptation. Based on what was said, would you stick with your initial adaptation or change some?

Recipe #4: BLUE CORN BREAD

1. Cruise through the STEP BY STEP AYURVEDA ADAPTATION WORKSHEET with the GUNAS
2. Assess the tastes in this recipe with The Tastes in Recipes Worksheet Feel free to check yourself with trusted resources.
3. Is there anything you'd shift to make the tastes within this recipe more balanced for you, your doshas, and your digestive tract?
4. Optional: Looking at the balance of protein, carbs, and fats, is this dish giving you what you need? Anything you want to shift? Note: Sources of protein: beans, peas, nuts, seeds, eggs, dairy (goat, sheep, cow, water buffalo), tofu, tempeh, miso, pumfu original, fish, poultry, four-legged animal meat
5. Optional: In terms of enhancing immunity, are you getting the beta- carotene rich foods (golden and dark leafies) and Omega 3s you need?
6. Within the context of a whole meal , what tastes might you add to make a well-balanced meal that includes this dish?

Taking this further, what dish or dishes with these tastes would you suggest serving with this original recipe to make a whole meal?

RECIPE #4 (Adapted) **BLUE CORN BREAD**

From Ayurvedic Cooking for Westerners (1995), Amadea Morningstar

Neutral Vata, + Pitta, calms Kapha *

Serves 4

In a medium-sized bowl beat: 1 egg, *plant based: flax egg = 1 Tbs of Flax seeds whipped in a blender for 2 mins with 3 Tbs water*

Stir into the beaten egg:

3 Tablespoons sesame oil or sesame tahini

1 ½ Tablespoons date sugar, ~~fructose~~, or coconut sugar *or stevia or molasses(iron-rich)*

1 ¼ cup hot water *almond milk, oat milk, goat or cow milk, yoghurt:water 1:1*

Add:

1 cup blue cornmeal *or yellow cornmeal (warmer than blue) and/or lower the proportion*

½ cup buckwheat flour

¾ teaspoon salt

1 ½ teaspoons baking powder

FLOURS IN BAKED GOODS: EFFECTS ON CONSTITUTION

Type of Flour	Effect on Doshas	Other Info
# Almond	Calms V & P, increases K	GF, sweet/cool/sweet
Amaranth	Calms all doshas	GF, sweet, astringent/cool/pungt, light
Barley	Increases V, calms P & K	G, sweet/cool/sweet, light, diuretic
Buckwheat	Calms all doshas, st inc. V	GF, ast, sweet, pungt,/hot/sweet
	heavy	
# Chickpea/garbanzo	Increases V, calms P & K	GF, dry, rough, heavy
# Coconut	Calms V & P, inc. K	GF, sweet/cool/sweet
Corn, blue	Inc. V, mildly inc P, calms K	GF, sweet/not as warm/sweet
Corn, yellow	Inc. V & P, calms K	GF, sweet/warm/sweet, dry, light
Millet	Increases V & P, calms K	GF, sweet/warm/sweet, dry, light
Oat, bran	Inc. V, neutral P, calms K	G, ast, sweet/cool/sweet, rough, dry, light
Oat, flour	Inc. V, calms P & K	G*, sweet/cool/sweet, dry, rough
# Potato	Inc. V & P, calms K	GF, Ast/cool/sweet, dry, light, rough
Quinoa	Calms all doshas	GF**sweet, ast/cool/sweet, grounds
Rice, bran	Calms V, inc. P & K	GF, sweet/hot/sweet, heavy
Rice flour, brown	Calms V, inc. P & K	GF, sweet/hot/sweet, heavy
Rice flour, white	Calms V & P, inc. K	GF, sweet/cool/sweet, soft
Rye	Inc. V & P, calms K	G, astringent/hot/pungt, dry, light
Sorghum	Calms V & P, inc. K	GF, sweet/cool/pungt, bitter, astr
Soy	Inc. V, calms P, inc. K	GF, ast, sour/cool/pungent
Spelt	Inc. v, calms P, inc. K	G, pungt, ast/hot/pungent, light, dry
# Tapioca	Inc. V, calms P & K	GF, ast, sweet/cool/sweet
Teff	Calms V & P, inc. K ***	GF, sweet/warm/sweet, heavy, dry
# Urud	Calms V, inc. P & K	GF, sweet.hot/sweet, heavy
Wheat, bran	Inc. V, calms P, inc K	G ** sweet/cool/sweet, rough, dry, light
Whole wheat flour	Calms V & P, inc. K	G **, sweet/cool/sweet, heavy
Wheat, white flour	Calms V & P, inc.++ K	G **, sweet/cool/sweet, heavy

KEY

= Not a grain at all G= gluten GF = gluten free

* Some strains of oats are being raised GF. if you blend/grind up your own flour from GF oats, then oat flour can be GF.

** If well-tolerated.

*** JoyfulBelly.com says the opposite, calms K, inc. V & P

Expanded from *Ayurvedic Cooking for Westerners*, Morningstar, p. 180 with additions from *Ayurvedic Cooking for Self-Healing*, the Lads, appendix

RECIPE #5 (Original) PESTO PIZZA

From *Ayurvedic Cooking for Westerners*, Morningstar (1995)

Calms Vata, can increase Pitta & Kapha, depends on your choice of ingredients * Serves 2 – 3

Time start to finish: 45 minutes to 1 hour - Preheat oven to 425 degrees F.

Make up: **Pizza Crust** Makes one 12" crust Time: 20 minutes

CRUST: * Calms Vata & Pitta, increases Kapha with whole wheat flour and cow's milk

* Neutral Vata, calms Pitta & Kapha with barley flour and soy milk

Combine in a mixing bowl:

2 cups barley or whole wheat flour

3/4 teaspoon salt

1 teaspoon aluminum-free baking powder

With a fork stir in:

2/3 cup soy or freshly boiled raw cow's milk 1/4 cup sunflower oil

The mixture will begin to hold together in a ball. Turn the dough out onto a floured surface (like your clean kitchen counter) and knead it lightly a dozen times. Lightly oil a 12-inch round stainless steel pizza pan and press the dough into the pan, making an edge for the rim with your fingers. Put it in the oven to bake for 15 – 20 minutes.

While the crust is cooking, the sauce can be blended together:

Pesto Sauce Makes 2 cups, Time: 10 minutes

Steam in a steamer in a small saucepan for about five minutes:

1 large clove garlic, unpeeled (optional)

Grind until finely powdered in a blender

1/2 cup pine nuts or walnuts

Add to the ground nuts in the blender:

2 cups loosely packed fresh basil leaves, then chopped 1 cup fresh Italian parsley, chopped

1/8 cup extra-virgin olive oil

2 teaspoons miso

3 Tablespoons raw sesame tahini

1/2 cup water or a little more (enough to blend the sauce smoothly)

Blend until the sauce is creamy smooth. Blend the garlic into the sauce, peeled and minced. Set aside and prepare the **Topping**

Wash and chop: **2 cups tender zucchini, thin-sliced in rounds 1/2 red bell pepper, thin sliced (optional)**

When the crust is done, reduce oven heat to 350 degrees F. Thinly spread the pesto sauce onto the entire crust. Arrange the zucchini rounds and pepper slices on top. Put back in the oven to bake for another 15 – 20 minutes. Serve hot.

About the Pesto Sauce: "The original inspiration for this began with a recipe from Biba Caggiano's *Northern Italian Cooking* (HP Books, 1981), which I warmly recommend. While many of the recipes contain meat, her sense of Italian cooking is delightful, and the recipes are well-illustrated with full color photographs." "This is a very tasty dish."

STEP BY STEP AYURVEDA ADAPTATION WORKSHEET - TASTES

using The Gunas in Recipes Worksheet (p...) and The Tastes in Recipes Worksheet (...)

As before, If you'd like to bring forward your own creativity and needs, I'd invite you to pause and answer these questions first on your own, then listen to what was said on the video and in the handout adaptation. Based on what was said, would you stick with your initial adaptation or change some?

Recipe #5: PIZZA PESTO

1. Cruise through the STEP BY STEP AYURVEDA ADAPTATION WORKSHEET with the GUNAS
2. Assess the tastes in this recipe with The Tastes in Recipes Worksheet Feel free to check yourself with trusted resources.
3. Is there anything you'd shift to make the tastes within this recipe more balanced for you, your doshas, and your digestive tract?
4. Optional: Looking at the balance of protein, carbs, and fats, is this dish giving you what you need? Anything you want to shift? Note: Sources of protein: beans, peas, nuts, seeds, eggs, dairy (goat, sheep, cow, water buffalo), tofu, tempeh, miso, pumfu original, fish, poultry, four-legged animal meat
5. Optional: In terms of enhancing immunity, are you getting the beta- carotene rich foods (golden and dark leafies) and Omega 3s you need?
6. Within the context of a whole meal , what tastes might you add to make a well-balanced meal that includes this dish?

Taking this further, what dish or dishes with these tastes would you suggest serving with this original recipe to make a whole meal?

RECIPE #5 (Adapted) PESTO PIZZA

From *Ayurvedic Cooking for Westerners*, Morningstar (1995)

Calms Vata, can increase Pitta & Kapha, depends on your choice of ingredients *

Serves 2 – 3

Time start to finish: 45 minutes to 1 hour

Preheat oven to 425 degrees F.

Pizza Crust Makes one 12" crust Time: 20 minutes

- Calms Vata & Pitta, increases Kapha with whole wheat flour and cow's milk
- Neutral Vata, calms Pitta & Kapha with barley flour and soy milk
- Options that suit you better at this time:

Combine in a mixing bowl:

2 cups barley or whole wheat flour, *any of the flours on list that suit you plus 1 tsp of xanthan gum*

3/4 teaspoon salt

1 teaspoon aluminum-free baking powder

With a fork stir in:

2/3 cup soy or freshly boiled raw cow's milk *or almond milk, anything milky*

1/4 cup sunflower oil *or extra virgin olive oil*

Notes

The mixture will begin to hold together in a ball. Turn the dough out onto a floured surface (like your clean kitchen counter) and knead it lightly a dozen times. Lightly oil a 12-inch round stainless steel pizza pan and press the dough into the pan, making an edge for the rim with your fingers. Put it in the oven to bake for 15 – 20 minutes.

While the crust is cooking, the sauce can be blended together:

Pesto Sauce Makes 2 cups, Time: 10 minutes

~~1 large clove garlic, unpeeled (optional)~~: Steam in a steamer in a small saucepan for 5 mins
1/2 cup pine nuts or walnuts Grind until finely powdered in a blender *you can use whatever nut or seed speaks to you*

Add to the ground nuts in the blender:

2 cups loosely packed fresh basil leaves, then chopped

1 cup fresh Italian parsley, chopped

1/8 cup extra-virgin olive oil, *can skip oil*

2 teaspoons miso *cut miso to 1/2 tsp or less if on sodium restriction or coconut aminos (90mg sodium per tsp of coconut aminos)*

3 Tablespoons raw sesame tahini less *or can use other nut butter*

1/2 cup water or a little more (enough to blend the sauce smoothly)

Blend until the sauce is creamy smooth. Blend the garlic into the sauce, peeled and minced. Set aside and prepare the topping

Topping

Wash and chop:

2 cups tender zucchini, thin-sliced in rounds

1/2 red bell pepper, thin sliced (optional)

When the crust is done, reduce oven heat to 350 degrees F. Thinly spread the pesto sauce onto the entire crust. Arrange the zucchini rounds and pepper slices on top. Put back in the oven to bake for another 15 – 20 minutes. Serve hot.

“This is a very tasty dish.”

About the Pesto Sauce: “The original inspiration for this began with a recipe from Biba Caggiano’s *Northern Italian Cooking* (HP Books, 1981), which I warmly recommend. While many of the recipes contain meat, her sense of Italian cooking is delightful, and the recipes are well-illustrated with full color photographs.”

Notes - Questions

Self-journaling process

Self Check-in: One-day Spontaneous Food Recall

Please write down everything you have eaten or drank in this day:

Now please explore these questions for yourself:

What tastes did you use more of this day?

Are there Gunas you gravitate more towards in this day?

Is there anything you would change to suit you better?

Did this day of nourishment suit your constitution & digestive power?

Group discussion, including Preferences vs. Needs.

What kind of support would I like to invite into my life to support nourishment and change?

Is there a supportive question I would like to carry with me today?

Are there ways we can all support each other in this journey?

Do you have favorite healing foods or recipes you'd like to incorporate?

What did you notice, exploring your food recall?

Group discussion

The role of Ayurvedic Herbal formulas on a daily basis as specific supports for digestive fire. These can be either culinary and/or medicinal/therapeutic.

Leftovers. How leftover?

Closing Marma sequence

Right hand on the Forehead, Left hand on the belly (nabhi)

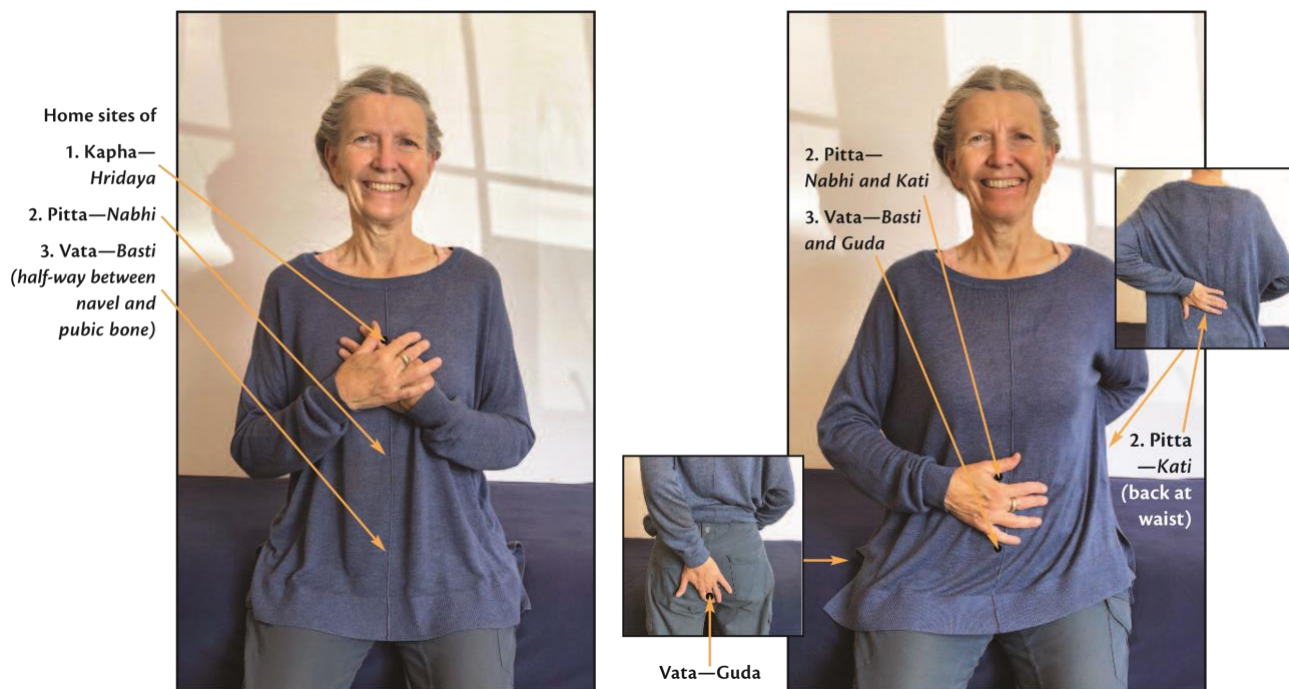
Inviting the Doshas Home with Mantras

Kapha : OM, OM, OM

Pitta : SHRI, SHIM, SHRIM

Vata : Ram(a) Ram(a) Ram(a) x3

6. INVITING THE DOSHAS HOME, Days 1 & 2



Closing for the course
Thank you so much for joining us in this journey

Homework for PACE participants

Choose one of the recipes you adapted last week, for yourself, your needs, and the current season. Or choose a new one if you like for either yourself or for a client.

Weave in the 6 tastes as well as the gunas as you:

Give a copy of the original recipe.

1. Do the gunas and the tastes assessments with this recipe. Feel free to check yourself with trusted resources.

2. Are there any ingredients you'd shift to suit you better? For example in terms of: sugar, fat, individual sensitivities.

3. Are there any ingredients you'd change to create a more sustainable recipe? For example, the kind of packaging an ingredient has, how far away it comes from, or, any ingredients available locally that could substitute well?

4. Within the context of a whole meal, what attributes and tastes would you ADD, serve with this dish to make it a well-balanced meal?

5. What dishes with these gunas and tastes would you suggest trying with this original recipe, for a whole meal? Take into account who will be eating this meal.

6. Are there other observations you'd make for yourself, around giving yourself enough time, space, ease, breath?

Summarize your adapted recipe with its suggested meal.

To receive PACE credits:

Turn this 2 –page Recipe Adaptation paper into amadea@newmexico.com

Send your evaluation to amorningstarcommunications@gmail.com

Once these are received, your PACE certificate will be emailed to you. Thanks for joining u

APPENDICES: Additional Resources

DARK LEAFY GREENS

All are rich in magnesium, calcium, iron, beta-carotenes, and folic acid.
Cooking them usually makes them easier for Vata to handle. Raw is fine for Pitta & Kapha.
Some have other qualities:

Food	Taste	Effect on Dosha	Other Info
arugula	pungent	-V, +P, -K	
asian greens	astringent, bitter	+V, -P, -K	
beet greens	astringent, sweet	+V, -P, -K	oxalic acid binds calcium
bok choy	astringent	+V, -P, -K	
cilantro	sweet, astringent	tridoshic	may help detoxify mercury
collards	bitter, astringent	+V, -P, -K	
comfrey leaf	sweet, astringent	+V, -P, -K	
dandelion greens	bitter	+V, -P, -K	supports liver
kale	bitter, astringent	+V, -P, -K	
lettuce	astringent, sweet	+V, -P, -K (sometimes bitter)	nervine
mache	sweet, astringent	0V, -P, -K	
mustard greens	pungent	-V, +P, -K	
nettles	astringent	+V, -P, -K	tonifying to kidneys & adrenals
parsley	pungent	-V, +P, -K	potent diuretic
sorrel	sour	-V, +P, +K (in excess)	oxalic acid
spinach (raw)	astringent, pungent	-V, -P, -K	
spinach (cooked)	astringent, sour	-V, +P, -K	oxalic acid binds calcium
swiss chard	astringent, sweet	+V, -P, -K	oxalic acid binds calcium
turnip greens	bitter, astringent	+V, -P, -K	

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BETA-CAROTENE-RICH FOODS

Note: ORGANIC always preferred

(For support and healing, let yourself indulge in 2 – 3 servings or more per day.)

1/4 cup baby carrots

1 cup fresh carrot juice 1 cup fresh carrot, parsley, spinach juice

1 small sweet potato

1 heaping tablespoon wheat grass or barley grass powder over grains

1/2 teaspoon Spirulina, wild blue-green algae, or Chlorella powder in smoothies or over grains (start slowly with just a pinch, and increase as well-tolerated)

1/2 cup steamed fresh dark leafy greens: kale, collards, turnip greens (try chopping them finely at first and adding just a handful to soups or stews)

1 cup fresh raw watercress or arugula, chopped in salads

1/2 cup steamed fresh dark leafy greens (Note: eat these three no more than once a week to avoid stress on calcium metabolism: spinach, beet greens, swiss chard)

1/2 cup fresh green onions, finely chopped in foods like miso soup 2 sheets of nori, up to 10/week: in sushi, in soups, as a snack on its own

1/2 cup fresh non-dairy pesto made with parsley, basil 1/2 cup fresh steamed broccoli

1/2 cup or more Chinese cabbage, in stir fries, coleslaws, raw unsalted sauerkraut 1 cup or more Romaine lettuce, fresh in salads

2 fresh apricots 6 dried apricots, unsulfured

1/2 fresh mango 1/4 dried mango

1 nectarine 1 cup of papaya juice (concentration varies)

1 persimmon 1/2 cantaloupe

SOURCES OF OMEGA 3

Non-Fish Sources			Good Fish sources	
NUTS and SEEDS			To make things simple, the following is a guide to the amount of oily fish and other foods that will provide at least your optimum daily 1g of omega 3:	
Chia seeds	13	3		
Walnuts	25	2.6		
Pumkin seeds	25	2		
Flax seeds	25	1.8	Kippers	30g
Pecans (dry)	25	0.3	Anchovies	30g
Pine nuts	25	1.25	Mackerel (fresh)	50g
Mustard seeds	25	0.2	Mackerel (tinned in oil)	50g
Pistachios, Poppy seeds, pppppp	25	0.1	Herrings	50g
Hazelnut, Cashew, Almond, Brazil Nuts	25	trace	Sprats	50g
VEGETABLES			Pilchards (fresh)	50g
Soy beans	100g	1.03	Huss	50g
Brussels sprouts	100g	0.26	Salmon (fresh/frz/raw/ckd)	50g
Cauliflower	100g	0.21	Sardines (tinned)	75g
Broccoli	75g	0.2	Tuna (fresh)	100g
Cabbage	75g	0.17	Tuna (tinned/drained)	350g
Kale	75g	0.13	Trout (fresh)	100g
Green Beans	75g	0.11	Shrimps	100g
Spinach	200g	0.1	Crabs (fresh)	100g
OILS			Halibut	175g
Flax seed	15ml	6.9	Mussels (shelled weight)	200g
Walnut	15ml	1.4	Oysters	200g
Rapeseed (canola)	15ml	1.3	Cod	225g
Soya bean	15ml	0.9	Scallops (shelled weight)	225g
Wheat germ	15ml	0.8	Lobster (shelled weight)	310g
OTHERS			Barramundi	1000g
Purslane	100mg	0.4		
Pumpkin/squash	100mg	0.34		
Tofu	100mg	0.3		
Chard	100g	0.2		
Dandelion leaves	75g	0.1		
Strawberries	75g	0.11		
Cloves (ground)	10g	0.2		
Oregano dried	2 Tbs	0.12		
Chickpeas	100g	0.04		

Tables from The Omega 3 Cookbook by Michael Van Straten, 2007, published by Kyle Cathie Ltd

THREE OPTIONS

First Possible Path: Gluten Free and Healthy

You need to be savvy and aware. This can be a tasty path, as well as healing.

BEST STRATEGY

Choose whole unmilled grains. These can serve you well!

Buy quinoa, brown rice, brown basmati, white basmati, wild rice, teff, millet, amaranth, buckwheat, or whole corn.

Roots are also excellent. Cook up a pot and have it ready to use when hungry.

TO AVOID: Gluten grains include wheat, spelt, kamut, barley, rye, regular oats.

BREAKFAST IDEAS

Rice or quinoa (or cook them together), gluten free tamari and ghee or olive oil

Ditto with ghee and maple syrup or honey (see ACFW)

Gluten free oats (VC, C, WF) ---- Eggs, veggies, and potato ---- Eggs, rice & veggies

Fresh fruit ---- Plain yogurt ---- High protein smoothie, hot or cold w/spices

Hot amaranth (see ACFW) ---- Hot teff w/nutmeg (ACFW)

Hot quinoa (ACFW) ---- Kid's Cream Millet (ACFW) ---- Khala chana & potatoes (ACFW)

Huevos rancheros, hold the tortilla ---- Tasty Scrambled Tofu (ACFW)

Other Breakfast options: add fresh hot corn tortillas (Alicia's, or other local tortilleria) to your eggs and veggies ---- make soft tacos Atole (bulk aisle, C) ---- Huevos rancheros Migas! (Mexican bkfst) ---- Pocono hot buckwheat cereal ---- Cream of Rice hot cereal ---- Pecan rice muffins (ACFW)

LUNCH & DINNER OPTIONS

Tip: make enough dinner to stash some for lunch the next day.

Rice, beans, veggies (Felipe's) ---- Kichadi or rice & dal, veggies (Annapurna, Raaga)

Protein (organic chicken, turkey, fish or meat or tofu) with whole grain and veggies

Protein plus rice salad Protein plus quinoa tabouli ---- Protein, giant salad, grain

Protein plus sweet potato salad (ACFW) ---- Stuffed avocado w/ black beans (ACFW)

Protein, salad, potato salad light (ACFW) ---- Protein plus wild rice salad (ACFW)

Soup & salad Stews and good company ---- Sushi rolls ---- Hummus, dolmas ---- Greek salad

Quinoa tabouli ---- Thai rice noodles (pasta or Asian section most groceries) w/ stirfry (ACFW)

Fresh spring rolls (w/Vietnamese spring roll skins, WO, Z, TL) ---- Pasta salad w/ avocado, protein, your favorite veggies (Tinkyada! brwn rice pasta)

Bean threads w/snow peas (ACFW) & protein ---- Corn tortillas w/ PBJ, or other stuffing

Enchiladas ---- Soft corn tacos ---- Tamales ---- Corn chips & guacamole

OK STRATEGY: Add milled gluten free products in moderation in addition to above foods.

SNACKS & POTLUCK OFFERINGS any of the above or: cheese, pesto or hummus w/ Sesmarck Brown Rice Crackers, Mary's Gone Crackers, TJ brown rice crackers, rice chips, corn lights, or dolmas ---- Fruit crumble w/quinoa flakes or gluten free oats in the topping ---- Banana bread w/rice flour (try 1 tsp. xanthum gum/loaf) see *Going Against the Grain*, Phyllis Potts, ACFW ---- Macaroons ---- Buckwheat crepes ---- Teff applesauce cake (ACFW) ---- Pamela's or Amy's gluten free cookies.

HAZARDOUS STRATEGY:

Eat any and all "gluten free" foods around, regardless of their sugar, yeast, or chemical content. Best to save these for when you're feeling like a break from wholeness. *In general, check labels for gluten, plus consider whether these are ingredients you really want to use.*

Second Possible Path, a little less restrictive: Wheat Free and Healing

All of the above grains in the first path, plus regular oats, barley, rye:

BREAKFAST IDEAS

Oatmeal w/ walnuts & maple syrup, barley flakes as a hot cereal, tsampa (Tibetan roasted barley) ---- 100% Rye toast or warm corn tortillas w/eggs, tea ---- Granola (be sure no wheat) ---- Roman Meal Cream of Rye hot cereal (C) ---- Pancakes, crepes Or muffins: oat or barley flour substitute easily for whole wheat flour in muffin, cookie, and pancake recipes, use equal amts, see ACFW for how tos ---- Scones (be sure no wheat in them)

LUNCH IDEAS

Sandwiches w/Whole Foods 100% rye bread (WF bakery section, yeasted) ---- Burritos w/rice tortillas ---- Roll up sandwiches using oat or barley pancakes ---- Protein, veggie, barley soup ---- Mashed potatoes & gravy w/barley mushroom gravy Cream soups & sauces w/these flours (see Mushroom Stroganoff, ACFW)

Third Possible Path: Grain Free and Well

Here you focus on protein, veggies, fruits, nuts, seeds, and roots.

For veggie options, check out

- *Easy Healing Drinks from the Wisdom of Ayurveda*, Morningstar (available at EasyHealingDrinks.com);
- *Ayurvedic Cooking for Westerners (ACFW)*, Morningstar;
- Gabriel Cousens' *Rainbow Green Live- Food Cuisine* and Asian cookbooks

If you're an omnivore, the Paleo diet has plenty of recipes awaiting you.

BREAKFAST IDEAS

Fresh veggie juice ---- Hot soup ---- Dal

Sweet potato or winter squash, whole or whipped smooth with ground nuts or seeds

Eggs and veggies ---- Eggs and potatoes ---- Eggnog, homemade

Mashed potato and ghee ---- Baked potato ---- Leftovers from dinner

Burritos made in lettuce or kale wraps ---- Creamy nut or seed milks

Smoothies, hot or cold ---- Tapioca ---- Hemp, chia, or salba pudding (high in Omega 3s)

LUNCH & DINNER OPTIONS

Soups, stews, stir fries, SunShine brand or Hillary's brand veggie burgers or organic meat/turkey burgers (freezer) ---- Spiralizer veggie noodles w/vegan pesto ----

Roast up roots instead of grains, stuff your sweet potatoes or potatoes with stir fry ----

Use nut or seed toppings on your fruit crumble; nut crust in your pies (Very Berry Pie, ACFW)

SNACKS

Fresh fruits ---- Fresh veggies ---- Nut or seed butters on celery, jicama, carrots ---- Plain yogurt ---- Cottage cheese Hummus w/the above or dehydrated veggie crackers ----

Nuts & seeds ---- High protein smoothies to go (EHD) --- Babaghanoush, other dips ---

Baked apples --- Gingered pears --- Fruit & nut or seed butters

EHD = Easy Healing Drinks recipes

ACFW = Ayurvedic Cooking for Westerners recipe

MORE RESOURCES

Adapt Recipes for Individual & Cultural Needs by Amadea Morningstar

About the Gunas and Tastes Usha Lad & Dr. Vasant Lad, *Ayurvedic Cooking for Healing*, 2002, see Qualities of Food Substances in appendices

Morningstar, Amadea and Urmila Desai, *The Ayurvedic Cookbook*, 1990, pp. 21 - 29

Pole, Sebastian, *Ayurvedic Medicine*, 2006

Swami Sada Shiva Tirtha, *The Ayurveda Encyclopedia*, 1998

<https://www.joyfulbelly.com/Ayurveda/herbal-actions/guna>

Related Resources

adrienne mare brown, *Emergent Strategy*, 2017

Morningstar, Amadea, *Ayurvedic Cooking for Westerners*, 1995

Morningstar, Amadea, *Ayurvedic Guide to Polarity Therapy*, 2001

Morningstar, Amadea and Renee Lynn, *Easy Healing Drinks from the Wisdom of Ayurveda*, 2018

O'Donnell, Kate, *Everyday Ayurvedic Cooking for a Calm, Clear Mind*, 2018

Note: This course was originally offered as ***Adapt Recipes for Individual and Cultural Needs***.

Evaluation Form Adapt Recipes Distance course
with Amadea Morningstar

Was the material presented clearly? 0 (no) 1 2 3 4 5 (definitely)

Did the course serve your needs personally? 0 (no) 1 2 3 4 5 (definitely)

Did the course serve your needs professionally? 0 (no) 1 2 3 4 5 (definitely)

Was the online format easy to work with? 0 (no) 1 2 3 4 5 (definitely)

Did you encounter any difficulties with the distance learning environment? (describe)

Are there any recommendations you would suggest for improvement?

How will you use this material in your life or practice?

Would you recommend this course to others?

