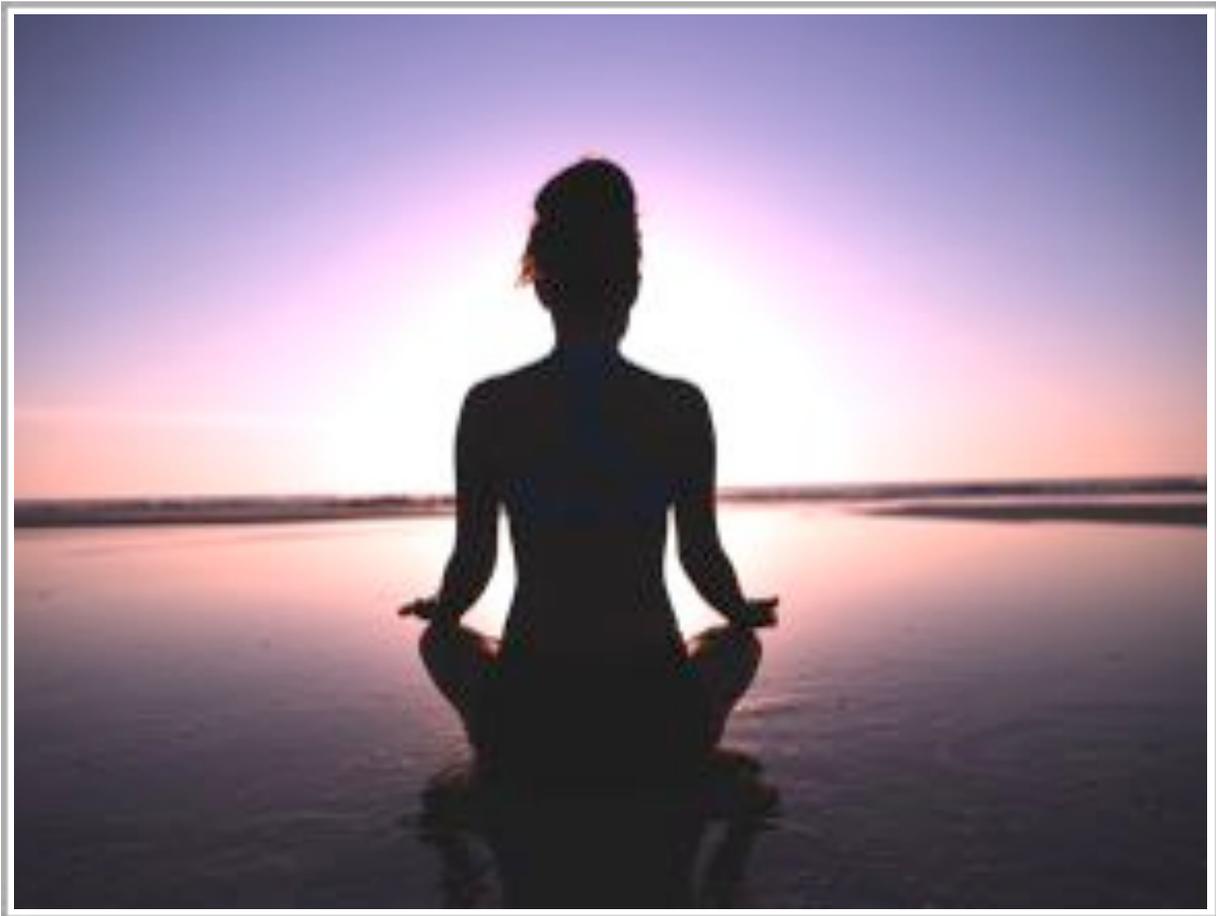


Zen Digest: Yoga, Meditation and Recipes

Simple ideas for a healthy body & soul



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1st Edition

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Introduction



It's time to focus on you.

THE PURPOSE OF THIS EBOOK

I've experienced a fair amount of stress and I know the toll it can take. A few months after getting married, I found out I had Lyme Disease and began a near three year battle to regain my health. Aside from constant physical pain, I also found myself in a deep depression. Stress reigned over my life as I struggled to see the light at the end of the tunnel.

It doesn't take much to feel this way. The stress of any life change, big or small, can drastically impact our lives. What's helped me time and again is coming back to what I know works - dedicated time to myself to do things that are nourishing for my mind, body and soul. For me, that self care includes yoga, meditation, and healthy eating.

I created this eBook because the truth is that when you start to regain something you've always taken for granted, you run with it, thrilled to have it back. That is how I feel about my health. I know I am not the only one that's been affected by stress to the point that it dominates life.

These yoga poses, meditation prompts and recipes are fairly simple, but their impact on our lives can be profound, especially during times of stress. I hope this is helpful, and provides a bit of relief from life's stressors.

Chapter 2

Yoga Prep

What to know about yoga.

SUGGESTED YOGA PLAYLISTS

Yoga can be done in silence to the soundtrack of your breath, or to music. There's really no right way to practice, just do what works for you. The following two suggested playlists are based on a sixty minute practice. Download the music before you begin and enjoy the meditation in motion.

Gentle Playlist

1. Om/Invocation by Steve Ross
2. Tchinares by Armand Amar and Levon Minassian
3. Metamorphosis One by Philip Glass
4. Open Me Slowly by Rena Jones
5. Beyond This Moment by Patrick O'Hearn
6. Union Square by Stephane Pompougnac
7. 1977 by Quentin Dujardin
8. The Bicycle and the Boardwalk by Nada Sadhana and Kevin Courtney
9. Near Light by Olafur Arnalds
10. Untouchable Number by Dr. Toast
11. Savasana by Ananda Giri
12. Shanti (Peace Out) by MC Yogi

Power Playlist

1. Nocturne in C-sharp Minor by Janusz Olejniczak
2. Leaving the World Behind by Bob Guido
3. Take Five by The Dave Brubeck Quartet
4. Ketto by Bonobo

5. Ecstatic Rapture by Desert Dwellers
6. Voice by DJ Drez
7. Calico Stamp by Kaya Project
8. Ganesh is Fresh (omstrumental) by MC Yogi
9. Loud Pipes by Rataatat
10. Bodhi Tree Dub (Sunrise Mix) by Desert Dwellers
11. Elegy by Tycho
12. Untitled by Max Richter
13. Gentle Awakening by Dean Evenson and Soundings Ensemble

WHAT IS YOGA

Contrary to what it seems, yoga isn't just a form of physical exercise. It is a path to self discovery, fine-tuned awareness, and the unification of the mind, body and soul. Yes, it is a fantastic way to stay in shape, but more than that, it is a way to escape the restrictions of the mind and the limitations we put on ourselves. Yoga can teach us to nurture our innate inner calm, and live our days with a sense of serenity over all things we do and experience.

It's important to remember that yoga isn't goal oriented. It is a deeply personal practice that requires you to stay in the present moment, feeling each movement, and only going as far as feels good. Don't worry if you can't do the yoga poses in their fullest expressions. The point is to do what you can, and keep practicing. Everyone has to start somewhere.

Yoga helps to melt away stress, leaving us feeling emotionally restored with mental clarity and in good physical fitness. It's important to practice yoga regularly in order to reap the most benefits.

GETTING STARTED

You really don't need much more besides a yoga mat to begin. The following items are nice to have, but definitely not necessary.

- yoga mat
- yoga blocks
- blanket
- eye pillow
- yoga strap
- scented candle
- download yoga playlists (optional)

THE FULL YOGIC BREATH

The foundation of yoga is breath. The full yogic breath is a breathing technique that uses the lungs to their fullest capacity. Breathing this way promotes relaxation, and brings more oxygen into the body than when we breathe shallowly. The breath is the driving force behind the yoga poses, so when you're on the mat, use the breath as fuel in the practice.

Instructions for Full Yogic Breath

1. Sit in a comfortable seated position.
2. Mouth is closed, but jaw is relaxed.
3. As you inhale, feel the air inflate the belly, then the center of the lungs (feel your ribcage expand), and finally, your chest (feel the chest lift slightly).
4. Allow a natural pause while your lungs are completely full.
5. As you slowly exhale, feel the air leave the chest (chest lowers slightly), the center of the lungs (ribcage gets slightly smaller), and finally, the belly (navel draws in toward the spine).
6. Allow a natural pause while your lungs are completely empty.
7. Repeat from step 3.

Chapter 3

Yoga Poses

The following poses are organized based on the parts of the body that need the most attention. Before beginning, warm up with a few downward dogs and light stretching. Stay mindful and aware of your body when doing yoga. Always move within a pain-free range. Stay in each pose for 7-10 full breaths.

yoga for core and arms



PLANK

This pose works abs, biceps and shoulders. Keep shoulder blades drawing toward each other & core engaged.



NAVASANA

TIP: Keep toes & fingers engaged. Plug shoulders into torso, & keep chest lifted as the shoulder blades draw toward one another.

FISH POSE

Very little weight on head.

Heart lifts.

Toes are engaged.



yoga for the back



Great for low back

DID YOU KNOW?

Back pain is often due to tight and shortened hamstrings, as well as weak abs.



HALFWAY LIFT

This pose lengthens the hamstrings. Keep the spine long. If your fingers don't touch the ground, place them on your shins.



EXTENDED SIDE ANGLE

This pose is great for the core. Try to stay light & lifted in the upper body.

yoga for the hips



Tight hips are especially common among runners, athletes, and desk dwellers. These three poses work to open up the hips & release tension.



Push into the outer edge of the back foot.



Binding the hands can be tricky at first. Use a yoga strap to start.

yoga for balance



START HERE

THEN
TRY
THIS



Balancing poses are excellent for building strength in the ankle joints and feet.

TIP

Gazing at a *drishti*, a focal point, will help maintain your balance.

TREE POSE

Be careful of the foot placement in tree. Avoid placing the foot directly on the knee joint. Either place it on the side of the calf or inner thigh.

Chapter 4

Meditation Prep

Cultivating calm through awareness



Before I learned about meditation, I wrote it off as too new age-y to hold any merit. The truth was that I was too intimidated by it to give it a try so I dismissed it as worthless.

Years later, I learned to let go of my preconceived ideas about meditation. I gave it a try in an attempt to manage my anxiety, and I discovered that I couldn't have been further from the truth. Meditation wasn't a new age practice at all. On the contrary, it's been around for thousands of years. And as for it holding any merit? Well, it was truly the only thing that worked for me.

Sometimes it was difficult, and sometimes it came as naturally and easily as breathing. Regardless of the challenge, I began to see the benefits almost immediately. With continuous practice, meditation re-establishes our innate sense of serenity. It calms the mind and physical body, thereby releasing stress and promoting relaxation, concentration and new perspective.

GETTING STARTED

- Dedicate a place in your home specifically for meditation. A small corner of a room works well.
- Set yourself up for success by prepping your meditation area with things you find relaxing like a candle or incense.
- Use props to help you feel comfortable while seated. A bolster, rolled up thick towel, or blanket works well for seated support. A warm blanket might be nice to put over your shoulders while you meditate.
- Use a timer and start slow. Start with five minutes, and then try to ten, gradually adding more time as you need.
- Record your experience. Keeping a journal close by to record your progress and thoughts may be helpful for future reference.

WHAT IS MEDITATION

Meditation is awareness. It can be done a number of ways, but the technique I like most is a breath awareness technique called *vipasana*. The simple act of observing the flow of breath is deeply profound because as the breath begins to slow, a sense of inner stillness emerges.

HOW TO MEDITATE

1. Come into a comfortable seated position.
2. Take a deep breath in and exhale with a sigh.
3. Close your eyes, or gaze low, keep them soft, and fixed on one point.
4. Become aware of your natural breathing. Don't try to change it, just be an observer, watching your body's rhythm. What is the quality of your breath? Fast? Slow? Smooth? Tense? How does the air feel as you inhale and exhale? Is it cool? Warm? Soft? Harsh?
5. Begin to deepen your awareness to your breath while remaining an observer. When thoughts come, just let them go without paying any attention to them.

TIPS FOR MEDITATION

Sitting and breathing sounds like such a simple thing to do but meditation can be challenging, especially if you're not used to being still and being quiet. Be patient with yourself. Like all things, meditation takes consistent practice.

MEDITATION PROMPTS

1. Observe the body

Begin seated. Sit tall. Take a deep breath in and exhale fully through your nose. Breathe naturally in and out, observing your body without judgment. Now, as you inhale, feel the sensation of the air as it enters your nostrils. Observe the temperature of the air as it swirls in, making its way up the nostrils, into the back of the throat and into the lungs. As you exhale,

notice the temperature of the air again. Notice if it has changed. Scan the body, noticing how perhaps the quality of your breath has changed now that you're paying attention to it.

2. Letting go of stress

This can be done seated, standing or laying down. Regardless of the body's position, elongate the spine as you inhale. As you exhale, relax the shoulders away from the ears. Breathe naturally through the nose. Scan the body for areas of tension. Perhaps the back of the throat feels tight, or the jaw is clenched. As you exhale, feel the tension begin to leave the body. Now, bring your awareness to your stomach. As you inhale, feel the belly expand. As you exhale, feel the navel naturally draw in toward the navel. Now, bring your attention to your face. Feel the muscles in your face relax as you exhale. On your next inhale, without changing your facial expression, begin to feel the formation of a smile. Feel the warmth that a smile creates. With each inhale, feel the warmth of the smile travel throughout your whole body.

3. Letting go of anxiety

Begin seated on the floor. As you inhale, elongate the spine. As you exhale, draw the shoulder blades down the back. Breathe naturally in and out through the nose. Begin to think about how it is that you would like to feel. Think of it in a positive context. For example, "I am calm" vs "I don't want to feel anxious." What is it that you would like to be? In perfect health? Happy? Whatever it is, repeat to yourself, "I am _____." Picture yourself at a time in your life when you felt this way. Recall your expressions, your mannerisms, the occasion. With each inhale, feel that emotion wash over you. With each exhale, feel any tension, any problems, any negativity you were dealing with melt away.

Chapter 5

Recipes

ABOUT THE RECIPES

Everyone has their own definition of healthy - vegan, vegetarian, primal, GAPS, SCD, etc. I do not hold any degrees in nutrition, but in my opinion, I do not believe there is one right diet for everyone. Everyone is made differently and feels better or worse on certain diets. Even the Dalai Lama isn't a vegetarian! People require different things, and the most important piece of advice I can give is to find what works for you and follow what you feel best eating. My diet changes often because I'm still trying to figure out what works best for me. Some of the following recipes contain meat, but if you're a vegan or vegetarian there are ways to modify the recipes so you can enjoy them as well.

Breakfasts

FRESH LEMON GINGER TEA



Drinking hot lemon water first thing in the morning is an ancient Ayurvedic technique to jumpstart digestion. Lemons are antibacterial, antiviral and boost immunity. They also cleanse the liver and fight infection. Adding ginger to the mix supports immunity as well, and is excellent for the stomach. Makes one cup.

Ingredients

1. 1 1/2c water
2. 1/2 a lemon (or a whole lemon, if you like)
3. 1 inch piece of fresh ginger root, minced

Directions

1. Place the water in a saucepan and turn to high heat.
2. While the water is heating up, cut the peel of the lemon off, squeeze the juice in, and then put the lemon flesh in the water. Add the ginger.
3. Bring to a rolling boil, then simmer for 5 minutes.
4. Serve immediately.

BANANA PANCAKES



These pancakes are so easy to make and are so satisfying. They're fluffy, too, which I've found is hard to come by in a gluten-free recipe. Serves two medium size portions. If you're just feeding yourself, save the extras for an afternoon snack.

Ingredients

1. 2 eggs
2. 1 ripe banana (brown spots preferred!)
3. Salt and pepper to taste
4. Coconut oil for greasing the pan (or ghee or butter)
5. Topping of choice- honey, maple syrup, jam, yogurt (This is optional, I find the banana makes it sweet enough and the coconut oil adds to the flavor.)

Directions

1. Mix all ingredients together except for the coconut oil. (I like to use a high powered blender because it's easier and ensures the bananas are mixed in well.)
2. Grease a hot pan with coconut oil.
3. Put 1T of batter on the pan. (You can cook multiple pancakes this size on the same pan at the same time. I've found it best to make the pancakes about this size or they're too hard to flip.)
4. Cook for 3 minutes, then flip.
5. Serve and add the topping.

MORNING SMOOTHIE



I love smoothies, and this one always makes me feel good. The yogurt offers probiotics, while the berries offer antioxidants and make it just sweet enough to work alternatively as a dessert. Makes 1 serving.

Ingredients

1. 1/2 c frozen mixed fruit (I used strawberries and blueberries)
2. 1 cup vanilla yogurt
3. 1 orange
4. chia seeds for garnish (optional)

Directions

1. Put all ingredients except for chia seeds in a high powered blender and blend until smooth and creamy.
2. Garnish with chia seeds.
3. Serve immediately.

HOMEMADE YOGURT



Boasting probiotics to populate the gut with healthy bacteria, yogurt is a healing food. It's easy to make, and tastes so much better than its store-bought version. There are yogurt starter powders on the market, but I'm currently in Germany and couldn't find any so I used a bit of store-bought yogurt. It seems silly to make yogurt with yogurt, but it is much more cost effective, and making your own means you know exactly what goes in it. Makes two 16oz mason jars of yogurt.

Ingredients

1. 1 liter whole milk (raw, or at least non-pasteurized preferred)
2. 1/2 cup store bought organic yogurt
3. 2 vanilla pods for garnish (optional)

Directions

1. Put the milk in a large pot and bring to 185f (just before it begins to boil).
2. Remove from heat and let it cool to 110f.
3. Take two cups of milk and put in a separate bowl. Add yogurt and stir until milk and yogurt is completely blended together.
4. Add milk/yogurt mixture to the large pot of milk and gently stir.
5. Put into mason jars and let sit at room temperature for 12-24 hours.
6. Put in fridge to chill for about two hours.
7. When you're ready to serve, cut vanilla pod length wise and scrape out insides. Dish the yogurt and top with vanilla.

Lunches & Dinners

HEARTY VEGGIE CHICKEN SOUP WITH EGG





This is the kind of soup that's perfect on a chilly afternoon. The bone broth and egg yolk are full of nutrients, making this an ideal dish to serve when you're feeling under the weather. Makes 8-10 servings.

Ingredients

1. 1 zucchini, chopped
2. 5 carrots, chopped
3. 1 chicken breast, baked & shredded
4. 1 cauliflower head, chopped
5. 1 small sweet onion, diced

6. 2 cloves garlic, minced
7. 3 eggs
8. 6 cups bone broth (or use bouillon)
9. salt and pepper to taste
10. Dollop of coconut oil

Directions

1. Sauté the onions and garlic in coconut oil for 5 minutes, or until onions are clear.
2. Add broth and veggies. Bring to a boil, then simmer for 20 minutes.
3. Stir the soup fast, so you can remove the soup and the soup remains in motion. Crack an egg and drizzle the egg in as the soup moves. This makes the egg a noodle-like consistency. Repeat with the other two eggs.
4. Add chicken and cook for 5 more minutes (or until the chicken is heated up - remember, the chicken is already cooked when you put it in).
5. Serve immediately with salt and pepper to taste.

HEARTY TOMATO SOUP





A year-round favorite, this soup is a spin on a classic with an unexpected yet welcomed boost in protein and flavor. Serves four.

Ingredients

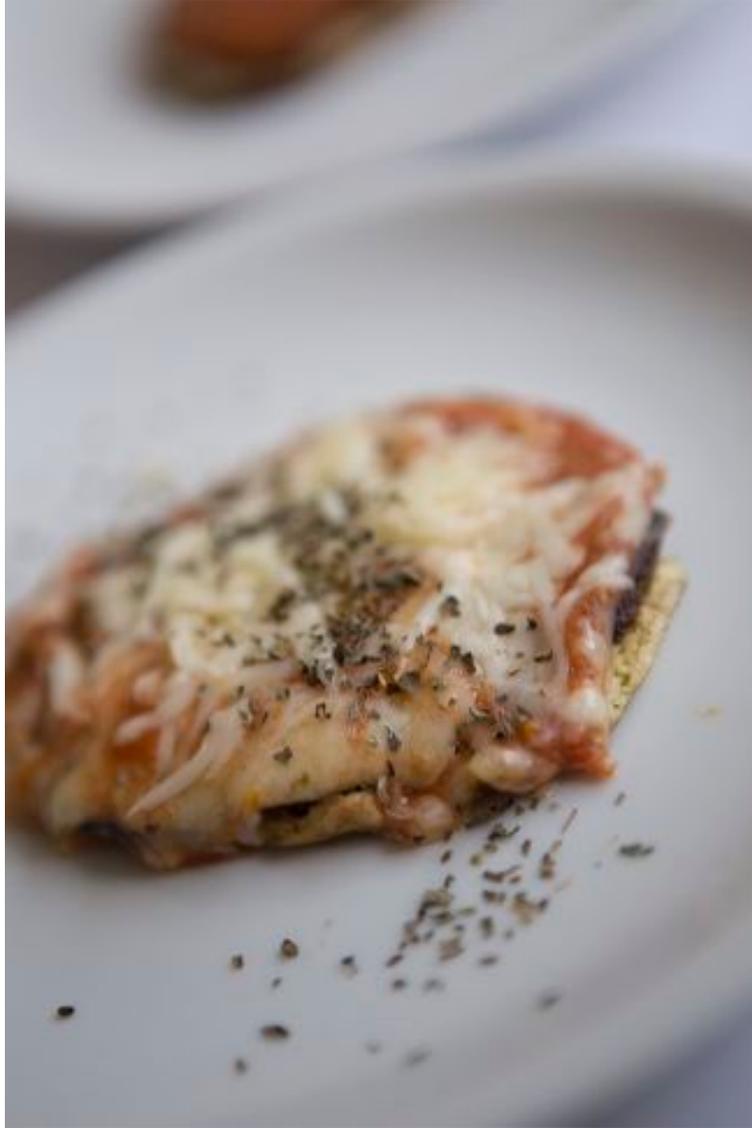
1. 10 medium tomatoes, quartered.
2. 2c water
3. 1-2 garlic cloves (personal preference)
4. 5T basil
5. 8oz turkey meat (vegetarians can add 6 heaping tablespoons of nutritional yeast)
6. 3T thyme
7. 2 carrots, halved
8. 1 sweet onion

Directions

1. Put the tomatoes, carrots, onion, and water over high heat and bring to a boil.
2. Simmer for 20 minutes.
3. Pour the water out and transfer the tomatoes, carrots, and onion to a high powered blender (or use immersion blender).
4. Add turkey meat (or nutritional yeast), basil, thyme and garlic and blend until desired consistency.
5. Salt and pepper to taste.

6. Serve immediately.

GLUTEN-FREE PERSONAL PIZZA



This would be a fun family meal and an easy way to sneak in some veggies for the kids. The pizzas do not taste like cauliflower, though they are more like a pancake and less like a bread-y pizza crust. Makes 6-8 servings, depending on the size of the tortillas.

Ingredients

1. 1 head of cauliflower, chopped
2. 2T ghee or butter

3. 4 eggs
4. pinch of salt
5. pasta sauce
6. cheese
7. oregano
8. pizza toppings of choice

Directions

1. Place the cauliflower in a food processor and pulse until it becomes the consistency of rice.
2. In a hot pan, melt the ghee or butter, and add the cauliflower. Stir continuously as the cauliflower cooks. Cook for 15 minutes.
3. Remove cauliflower from heat, and use a cheese cloth to squeeze out excess water.
4. In a separate bowl, beat the eggs and salt together. Stir in cauliflower and mix.
5. Add a small amount of batter to a pan over medium heat. Cook 6 minutes and carefully flip. Cook 4 more minutes.
6. Transfer to plate, and add sauce, cheese, oregano and any other toppings.

ROASTED BEET SOUP WITH BEEF BROTH



This soup requires either an immersion blender or a high powered blender but don't let the electronics scare you away. This is easy to make, and a hearty, cold-weather soup full of flavor and nutrition.

Ingredients

1. 1 head cauliflower
2. 3 beets, peeled
3. 2 cups beef bone broth
4. 1 clove garlic, minced
5. 1 sweet onion, diced
6. 1T ghee or butter
7. salt and pepper to taste

Directions

1. Wrap beets in aluminum foil and roast in an oven at 375f for 30 minutes.
2. While the beets roast, put garlic and onion and ghee in a hot pot and sauté until onions are clear.
3. Add broth and cauliflower and cook for 25 minutes.
4. Transfer beets and everything from the pot to a high powered blender.
5. Blend on high until smooth and creamy.
6. Serve immediate with salt and pepper to taste.

Snacks

GRAIN-FREE APPLE CRISP



Grain-free and sugar-free, this is a snack or dessert that you'll be more than happy for the kids to eat. The topping is crumbly and delicious, and the added bonus of your entire house smelling like fall baking means this'll probably become a new family favorite. Serves four.

Ingredients

1. 5 apples, washed and thinly sliced. (I used Honeycrisp apples)
2. butter, ghee or coconut oil for greasing the pan.
3. 3T coconut oil
4. 3T cinnamon
5. 2T cloves
6. 2T nutmeg
7. juice of 1/2 lemon
8. 4 heaping tablespoons coconut flour
9. 1/4c coconut flakes

10. 2T sunflower seeds
11. handful of almonds, roughly chopped
12. handful of walnuts, roughly chopped
13. 1 egg (vegans can simply use water)

Directions

1. Pre-heat the oven to 350f.
2. Grease the pyrex dish.
3. Put the apples in the dish.
4. Squeeze lemon juice over the apples.
5. Sprinkle 1T of cinnamon, cloves and nutmeg over apples.
6. In a separate bowl, stir the coconut oil, coconut flakes, coconut flour, sunflower seeds, almonds, walnuts, egg and remaining spices together. Don't stir too much until it's completely smooth - it should begin to clump together.
7. Spread the mixture over the apples, making sure all the apples are covered.
8. Bake 30-40 minutes.
9. Eat and enjoy.

APPLE SAUCE





Unbelievably easy to make, and far better tasting than any store-bought jar, this apple sauce also has the added benefits of making your entire home smell like fall. Serves 6.

Ingredients

1. 5-6 small golden delicious apples, cores removed, and diced.
2. 2T cinnamon
3. 4T water (just enough so the pan doesn't burn)
4. option to add honey or sweetener here, though I find it sweet enough without

Directions

1. Put the apples in a large pot on high heat.
2. Stir continuously, letting the apples cook.
3. Cook for about 15-20 minutes. When you can easily pierce through the apples with a fork, remove from heat and put in blender.
4. Blend on high until desired consistency.
5. Garnish with cinnamon and serve either hot or chilled.

GINGERBREAD COOKIES





A seasonal favorite, these gingerbread cookies are chewy and have a little bit of a kick to them, thanks to the fresh ginger root. Makes about 20 cookies.

Ingredients

1. 1 1/2 c coconut flour
2. 1/2 walnut flour (or almond flour)
3. 1t baking soda
4. 1 in piece of fresh ginger root, grated
5. 1T honey (more, if you like your cookies sweet)
6. 3t cinnamon
7. 1t ground ginger
8. 1t nutmeg
9. 1t cloves
10. 2 eggs
11. 4T coconut oil

Directions

1. Preheat the oven to 300f.
2. Mix the dry ingredients together, then add eggs, oil, and honey and continue to mix.
3. Roll the dough out (be sure to flour the rolling pin and the space underneath where you'll roll the dough), and cut out the gingerbread men.
4. Place on greased cookie sheet and bake 15-20 minutes.

BANGIN' (GRAIN-FREE) BANANA LOAF





A simple recipe that hits the spot, this banana loaf is moist and chewy. Serve it hot or cold, it'll always be a favorite. Makes 1 loaf.

Ingredients

1. 3 ripe bananas
2. 3 eggs
3. 1t baking powder
4. 1T cinnamon
5. 1/4 coconut flower
6. 1c sunflower seeds (and more for topping, if desired)

7. dash of Himalayan sea salt
8. butter, ghee or coconut oil to grease the pan.

Directions

1. Preheat the oven to 350f and grease the pan.
2. Combine all ingredients, leaving some sunflower seeds out to sprinkle on top. Try to get the bananas as smooth as you can (I just used a blender to blend everything together).
3. Pour mixture into the pan.
4. Bake 40-50 minutes, or until you can pierce the center with a knife and it comes out without any batter.

COCONUT CHIPS





These flavorful chips are crunchy, slightly sweet and I cannot stop after one handful. They do burn easily, however, so stay close to the oven while they crisp.

Ingredients

1. 200g coconut flakes
2. 2T cinnamon
3. 1T nutmeg
4. 1t Himalayan salt
5. 1T coconut oil

Directions

1. Preheat the oven to 350f.
2. In a large bowl, place the coconut oil and coconut flakes. Gently shake the bowl until the coconut chips are lightly coated in coconut oil.
3. Sprinkle a little of each spice in, gently shake the bowl, sprinkle more, etc., until all the coconut chips have a bit of spice on them.
4. Transfer the chips to a baking sheet. Sprinkle with salt.
5. Bake 5-7 minutes, or until they are lightly browned.

CRUSTLESS PUMPKIN PIE IN RAMEKINS





These mini pumpkin pies are healthy, delicious and so easy to make. Add more sweetener if you like it sweet, otherwise keep it as is for a savory snack or dessert. Makes six.

Ingredients

1. 500g pumpkin puree (or 1 small fresh pumpkin, simmered for 20 min and mashed)
2. 1/4c full fat coconut milk
3. 1T honey
4. 3 eggs
5. 2t ginger
6. 2t cinnamon
7. 1t allspice
8. 1t cloves
9. 1t nutmeg

Directions for Crustless Pumpkin Pie in Ramekins

1. Preheat the oven to 350f.
2. Place all ingredients in a high powered blender and blend on high until smooth.
3. Pour the batter into ramekins, filling them 3/4 of the way up.

4. Bake for 35-40 minutes, or until the tops are springy, and you can dip a toothpick in the center and it comes out clean.
5. Let cool 10 minutes before serving.

About the author



Candace is an international yoga instructor, healthy living blogger and creator of YogaByCandace SWEAT dvd. She enjoys traveling, experimenting in the kitchen and singing in the car. Stay in touch at yogabycandace.com, facebook.com/yogabycandace, twitter.com/yogabycandace, and youtube.com/yogabycandace.