

# THREE SEASONS AYURVEDA



## Pitta Balancing Bites



### Equipment Needed

8 x 8 x 2 baking pan

2 bowls & rubber Spatula

Measuring cups & spoons

### Ingredients

Name		Energetics	Doshic	Action
2 cups	Bob's Red Mill Muesli	Sw/Cooling	V+PK-	Dry, rough
1/4 cup	Flax meal	Sw/Cooling	VP-K+	Oily, heavy
1/4 cup	Almond meal	Sw/Heating	VP-K+	Heavy, oily
1/4 cup	Quinoa flakes or whole	Sw, As/Cooling	VPK-	Grounding
1/2 cup	Apple sauce	As, Sw, So/Cooling	V+PK-	Rough, light
3 ea.	Bananas RIPE	Sw/Cooling	V-PK+	Heavy, smooth
1 cup	Dates, chopped	Sw/Cooling	VP-K+	Heavy, energizing
1/2 cup	Currants	Sw, So/Cooling	VPK-	Soothing, laxative
1 tsp.	Cinnamon	Sw, Pu/Heating	VK-P+	Dry, light
1 tsp.	Mineral salt	Sa/Heating	V-PK+	Heavy
1 tsp.	Ground ginger			
1/2 cup	Sunflower butter	Sw, As/Cooling	VP-K+	Oily, Heavy, energizing
1/2 cup	Maple syrup	Sw/Cooling	VP-K+	Strengthening
1 tsp	Almond extract	Sw/As/Cooling	VPK-	Anti-Inflammatory & Anti-Oxidant
Sw-Sweet / So-Sour / Sa-Salty / Pu-Pungent / Bi-Bitter / As-Astringent / H-Hot / W-Warm / C-Cold				

### Directions

Pre heat your oven to 350 degrees.

Dice your selection of dried fruits and place in bowl.

Combine muesli, quinoa, flax and almond meal, dried fruits, salt, cinnamon.

In another bowl smashed the banana with a fork, add the coconut oil, applesauce, almond butter, almond extract and maple syrup.

Combine all of the ingredients together and place in a greased (I use coconut oil) baking pan.

Bake for 30-45 minutes until it has a slight spongy consistency. (start checking around 30 minutes)



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