

Savour THE MOMENT

FOOD . YOGA . MEDITATION

FRENCH X AUSTRALIAN

MODERN CUISINE

MEAL PLANNING

YOGA FOR HOME PRACTICE

MEDITATION

ECO LIVING

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Welcome

Introduction

Welcome! Thank you for allowing us into your life, we want to help you on this journey of learning to love and nourish every aspect of your life. The relationship you have with yourself is the most important relationship of your life.

Everything in your life is influenced by this vital factor. When you love yourself, without condition, you allow for others to love you in this capacity too. How often do you see love being pushed away, and people being guarded, from past hurts and personal history? We all do this throughout our lives, it's natural to want to protect ourselves, but there is so much magic in letting go of the past, and allowing abundance to flow in. There is strength in vulnerability, and amazing opportunities arise when you can live with an open heart. This book is our love for you, our love for humanity, and our hope that we can help you achieve vibrant health, through movement, through food, and through personal growth.

Please savour it !

Kate & Lulu

Xox

Savour ; French for savour, enjoy or delight in.

The moment ; English for being in the here and now; a brief portion of time; being in the present.

Key



Food explanation

Yoga video

V

VEGAN (free from all animal products)

YT

Click on the link to access the video

VG

VEGETARIAN (free from meat)

GF

GLUTEN FREE

DF

DAIRY FREE (free from milk, butter, cheese or yogurt)

EACH RECIPE SERVES APPROXIMATELY 4 PEOPLE
EQUIPMENT : SAUCEPANS, OVEN AND A BLENDER. WE RECOMMEND USING A HIGH POWERED BLENDER
TO MAKE THE SMOOTHIES REALLY SMOOTH AND CREAMY ! FOR SOME OF THE RECIPES WE HAVE
PROVIDED THERMOMIX INSTRUCTIONS

Simple, nourishing recipes
for vibrant health





CHAPTER 1

Food



Breakfast time

STRAWBERRY & VANILLA CHIA PUDDING

Chia seed puddings can be served for breakfast, snacks or dessert, they are so versatile. Top with your favourite fruit, muesli and yoghurt, and change with the seasons to create a fun and colourful dish.



How to

Blend together all ingredients except chia seeds to make a strawberry "milk" mixture.

Stir in chia seeds and leave to rest in the fridge over night, or until the seeds swell up and look semi-translucent. The pudding may need some extra liquid if the chia seeds have not absorbed well enough to make a jelly-like mixture, or extra seeds if the mixture is too watery.

Serve cold as is, or add some fresh fruit, yoghurt and muesli for a nourishing breakfast.

For small children you can blend the chia seeds with the mixture to make a smoother textured pudding, and for better digestion.

INGREDIENTS

- . 1 cup coconut milk
- . 1 tsp vanilla
- . ¼ cup chia seeds
- . 250g strawberries
- . 1 tbsp maple syrup
- . ½ cup water

HEALTHY TIPS

CHIA SEEDS

Chia seeds are a super food for good reason! High in omega 3 fatty acids, as well as important nutrients such as fibre, protein, fats, calcium, manganese, magnesium, phosphorus, and also lesser amounts of B vitamins and minerals. Chia seeds are low in calories, high in antioxidants, and considered to be one of the healthiest foods on the planet due to the incredibly high nutrition profile. Soaking chia seeds, and most other seeds, helps to start the germination process and increase the bioavailability of the seed or nut, meaning that our body can digest and absorb the nutrients from the food much more easily. Soaking grains, nuts and seeds is also called 'activating' them, and generally done by soaking in fresh water overnight, or for around 4 hours for softer nuts like cashews, walnuts and macadamias. For an express activation, soak in hot water for 2 hours (not quite as effective, but better than nothing!).

Smoothie

AVOCADO AND SPIRILUNA

This blue-green smoothie looks like mermaid juice! it will give you an extremely nutrient dense beverage, and is substantial enough to tie you over to morning tea. Spirulina is a highly nutrient dense seaweed with detoxing properties. Start off with a small amount each day, and increase if your body feels happy to.



How to

Blend all ingredients except the ice on high speed for 2 mins. The add in ice for another 30secs.

Add in more water to achieve your desired consistency.

INGREDIENTS

- . 1 tbsp spirulina
- . ½ avocado
- . 2 bananas
- . 5 pitted dates
- . 1 apple
- . handful walnuts
- . 1 tbsp chia seeds
- . 1 tbsp sesame seeds
- . ½ tsp cinnamon
- . 1 tspn vanilla
- 4 cups water
- 1 tray ice

HEALTHY TIPS

Spirulina is a blue-green algae that was consumed way back in the days of the Aztecs, and also by astronauts in space due to its high nutritional density. Spirulina is high in antioxidants, is anti-inflammatory, has been used to treat allergic rhinitis. The taste is nothing special though, so adding a spoonful to a smoothie is a wonderful way to consume this lovely green powder!





Smoothie

COFFEE AND MACA

This smoothie is ideal for those times when you feel like an afternoon chocolate or coffee. The cinnamon and vanilla help to balance sugar levels and curb cravings, while the dates give you some nutrient dense energy instead of the empty sugars in chocolate and sweets.

V

VG

GF

DF

HOW TO

Blend all ingredients in a high powered blender for 2 mins.

Then add in ice and blend for a further 30secs on high speed

INGREDIENTS

- . 60g nuts (1/2 cup) hazelnuts or almonds
- . 10g sesame seeds
- . 4 - 6 pitted dates
- . 1 tbsp vanilla
- . 1 tbsp maca powder
- . 1 tbsp decaf coffee powder or 1 decaf espresso shot
- . 1 tbsp coconut oil
- . 2 cups of water
- . 1 banana
- . 1/4 tablespoon cinnamon

HEALTHY TIPS

Maca powder is traditionally used to help improve endurance, I found this herbal powder to be a blessing when my children were waking every couple of hours during their first years of life. The energy that this herb provides is very different to caffeine, instead of getting a quick buzz then back down again, people generally feel a more sustained and more balanced energy throughout the day.

As with all herbal remedies, please consult your health care professional before taking supplements during pregnancy and lactation.

Tea time

CHEESECAKE

A stunning vegan cheesecake for dessert or special occasions. This creamy and decadent cheesecake makes a beautiful centrepiece with fresh fruit and flowers sprinkled on top.



How to

For the base:

- . 300 g almonds
- . 50 g sunflower seeds

Roast in the oven at 180 degrees for 6 to 8 minutes, then mix it into a food processor. Then add:

- . 12 fresh pitted dates
- . 1 zest of ½ lemon
- . 4 tbsp raw coconut oil
- . pinch of salt

Blend all base ingredients together, you need to have a lovely, sticky mixture. Scrape into a 20cm round cake tin, spread evenly, and press down firmly to create the cheesecake base.

For the topping :

- . 300g of frozen blue/black berries / strawberries
- . 1 tbsp honey
- . 500g coconut yoghurt
- . 1 tsp vanilla

Mix all ingredients in a food processor on medium speed. Spread evenly on top of the base, then place in the freezer for around 45mins to become firm.

Decorate with berries and edible flowers, and thoroughly enjoy!







Dinner time

SLOW COOKER MANGO DHAL

HOW TO

In a medium fry pan, sauté the onion and garlic with the oil, then add in the ground spices, salt and ginger. Transfer to the slow cooker, and add in the whole spices, coconut milk, tomatoes, water and vegetables. Cook on slow for 6-8 hrs. Each slow cooker is different, so check on this half way through and an hour before it finishes to make sure there is sufficient liquid. Once the lentils are soft, add in the mango and lemon, allow to heat through for 5 mins.

Serve the dahl with steamed vegetables, and rice or quinoa.



INGREDIENTS

- . 2 cups red lentils or toor dahl, washed
- . 2 garlic cloves, crushed
- . 1 onion, chopped finely
- . ½ cup coconut oil
- . 2 tsp cumin seeds
- . 2 tsp mustard seeds
- . 2 tsp turmeric
- . 1 tsp garam masala
- . 4 whole cloves
- . 6 cardamom
- . 1 stick of cinnamon
- . 1 tsp salt
- . 3 cm fresh ginger, finely chopped

- . 200g chopped tomatoes
- . 200ml water
- . 1 tin coconut milk
- . 2 carrots, diced
- . half a small pumpkin, or 1 sweet potato, diced
- . juice of 1 lemon
- . 2 mangoes, diced

NUTRITION TIPS

Getting Enough Iron on a Vegan Diet

There are many foods that are high in iron, including lentils, chickpeas, beans, tofu, cashew nuts, chia seeds, ground linseed, hemp seeds, pumpkin seeds, kale, dried apricots, dried figs, raisins and quinoa. Non-heme iron which is found in plant based iron, is better absorbed when digested with vitamin C, so adding fresh lemon, or lime with meals can help your body take in this vital nutrient.

Avoid consuming caffeine with meals, as this can inhibit the absorption of iron, and many other nutrients as well. Herbal tea is also known to hinder the absorption of iron and other minerals due to their level of tannins and oxalates, so be mindful of keeping your cuppa an hour or two away from meals when aiming to absorb the most from each meal.

If you're feeling fatigued, slightly breathless, a little 'foggy' headed and weak, you may be experiencing low iron levels. There are different types of anemia, so seeing your doctor is important to determine this. Specific supplements may be necessary to improve iron levels, and to complement a healthy diet.

An example of a high iron meal would be - lentil dahl, garnished with fresh lime and coriander, on a bed of quinoa served with lightly steamed green beans and broccoli. In this meal, you have high iron foods such as lentils, quinoa, beans and broccoli, with the vitamin C in coriander and lime helping the absorption.

Teaming high iron foods with high vitamin C foods is seen all the time in traditional Indian and many Asian meals, these cultures knew long ago, intuitively, which foods went together well, not only for taste, but also for optimal nutrient absorption.



Accompaniments

CASHEW VEGAN CHEESE

Finding a cheese substitute isn't easy, but this vegan 'cheese' has the perfect cheesy taste to take the place of cheese for pretty much everything. If you're avoiding cashews, pine nuts and macadamias also work very well.

How to

Put all ingredients into a blender and mix on high speed until a thick, smooth paste forms. You may need to blend, check and stir with a spatula a few times to get the mixture to blend well.

Store in a jar in the refrigerator, keeps for about 5 days.

Serve with roasted vegetable salads, Buddha bowls, in rice paper rolls, on crackers, mixed into soup ... almost anything!



INGREDIENTS

- . 2 garlics cloves
- . 1 ½ cup cashew
- . 1/4 water
- . 1 tbsp savoury yeast flakes
- . juice of half a lemon
- . 1 tsp salt
- . pinch of black pepper





The body is your temple.
Keep it pure and clean for the soul
to reside in.

B.K.S Iyengar





CHAPTER 2

Yoga

Meditation

Yoga time

THE SECOND LIMB : THE NIYAMAS (OBSERVANCES)

SWADHYAYA

Swadhyaya talks about self-study, studying the ancient texts of yoga, and practicing Jana mantra, with the aim to know one's self. Without understanding ourselves and our actions, we can feel confused, out of control and eventually close down, or become angry and feel that no one understands us. If you have ever felt that you are not being heard, or understood, it may be your inner self telling you to listen in, and begin to study your own thoughts. When we understand our own minds, we can communicate clearly, accept ourselves, and others with compassion instead of judgement. To practice self-study, try writing in a journal each day to clarify your thoughts and emotions. Try to find answers to why you may be feeling a certain way, and read personal development books, see a counsellor or speak to non-biased friends who can help you see where each thought, reaction or emotion may be stemming from. The more we understand our own ways, the more we can be free from negative emotions and feel more comfortable and at ease within.

Jana Mantra is to choose a mantra that holds personal significance, to help you break away from habits or repetitive thoughts. To choose a mantra, find something that feels right or you enjoy repeating, or find an affirmation that brings about the energy you wish to absorb in abundance. Repeat this mantra 108 times, quietly or silently, to cease the constant chatter of the mind. Mala beads help to keep track of the mantra, providing 108 beads to repeat each mantra with.

ISVARAPRANIDHANA

Isvarapranidhana translates to 'trustful surrender to God'. This doesn't mean to accept defeat though, it is a recommendation to simply trust and let go. This is very simple in literal terms, however in life can be incredibly difficult. You have probably heard many times someone saying 'just let it go', and this is what this niyama speaks about. We cannot control everything, and the energy we spend trying to control a certain outcome will lead us to exhaustion. We can make sure we have done everything in our power to ensure the best outcome, and then it is important to trust and let go of the outcome, to bring our energy back to doing what is necessary in the here and now. Wasting energy worrying about situations is not healthy, creates stress, and distracts us away from enjoying the present moment. The energy of having faith in yourself and trusting that everything will turn out ok, brings about a deep sense of peace and relaxation. 'Surrender to what is' and 'Trust in the divine' are two helpful mantras to use when struggling with letting go of something.



Yoga time

THE EIGHT LIMBED PATH CONT.



THE THIRD LIMB : ASANA (YOGA POSTURES)

ASANA

Asana translates to seat, or 'comfortable seat', and describes the physical posture that we take to meditate. The mind can settle more easily when the body feels at ease, and the spine in the correct position. In each yoga posture it is important to keep the spine long so that the energy can flow well, and to avoid incorrect use of muscles. While performing asana (or yoga poses) it is important to move into and out of each pose with steady effort, and to find a stable and comfortable place within each pose, that feels strong yet light and enjoyable. Yoga is not intended to be a competitive sport, it is an opportunity to take time to get to know your body, test the boundaries with curiosity, and create a healthy body where your soul can reside. Yoga becomes a moving meditation when you find ease within each posture. The body is our vehicle for this lifetime, it needs to be strong and flexible for optimal health, and to avoid many poor health conditions.

THE FOURTH LIMB : PRANAYAMA (BREATH CONTROL)

PRANAYAMA

Prana means energy, or life force, and yama means 'to take control of'. In pranayama we use the breath to energise the body and mind, to balance the energy of the body, and cleanse the lungs and remove toxins. When we are unaware of the breath, it can easily become shallow, especially when we're busy or feeling stressed. When the breath becomes shallow, not as much oxygen is being delivered to each cell in the body, and we become tired a lot faster. If we can take moments throughout the day and focus on the breath, we can recharge our energy and feel a lot more in control and rational. Shallow breathing can lead to the lower part of the lungs becoming a breeding ground for bacteria, and create an ideal environment for respiratory tract infections. Taking deep breaths to fill up the entire lung space, and exhaling to gently empty helps to create healthy lungs and remove stagnant air. There are many ways to control the breath during yoga, ujjayi breathing is one of the most commonly used breathing techniques to keep the body calm, but also energised. To do this, take a deep breath in, and when you exhale, gently restrict the top of the throat so that you can hear the breath, like a wave in the ocean. It's just like when you exhale onto your sunglasses to create steam, only with your mouth closed. During yoga practice, focusing on this style of breathing, can help to create a focus point, to keep your mind centred and calm.

See this video for other pranayama techniques, including breath retention, diaphragmatic breathing and alternate nostril breathing.

Yoga time

SEQUENCE FOR NECK AND BACK TENSION

-Begin with seated neck rolls and spinal movements - arms up, twists, side bending, forward bend and backbend.

- Cat - cow

- Camel

- Plank

- Down dog

- Forward fold

- Chair

- Flow into plank

- Sun salutations

- Child's

- Down dog

- Low lunge / crescent lunge

- Lizard

(repeat on other side)

-Supported fish pose

- Savasana



1 - see page 142



2 - Cat cow
see page 141



3 - Camel



4 - Plank



5 - Down dog



6 - Forward fold



7 - Chair

8 - SUN SALUTATION
see page 143



9 - Childs



10 - Low lunge



11 - Lizard



12 - Fish pose



13 - Savasana

Check out the video on youtube - <https://youtu.be/52BF6blxjBY>



Yoga time

SUN SALUTATION



1



2



3



4



5



6 (or direct 6 to 10)



7



8



9



10



11
2 variations



12

REPEAT THIS ON THE LEFT
AND RIGHT - 3 TIMES

Meditation time

HERE ARE SOME POSTURES TO TRY FOR YOUR MEDITATION EXPERIENCE



Sitting on a bolster or cushion: Sitting in full lotus, half lotus, or cross legged position is made more comfortable when using a prop to help lift the hips a little higher than the knees. This allows the lower back to sit comfortably, rather than curving forward and slouching. Maintaining correct posture is important for staying alert and focused. If you experience pins and needles, or numbness, simply switch legs, or stretch the legs out in front until the blood flow returns to normal. The hips will stretch and open in time, and with practice. Hip opening poses such as lizard and pigeon will help to create more flexibility as well.

Sit on a chair: Meditation may be more comfortable sitting on a chair for those who have back issues or injury, or find it difficult getting on and off the floor. Finding a chair that has a good back support, and comfortable cushion to sit, and possibly one for the lower back, will help with maintaining a high comfort level.

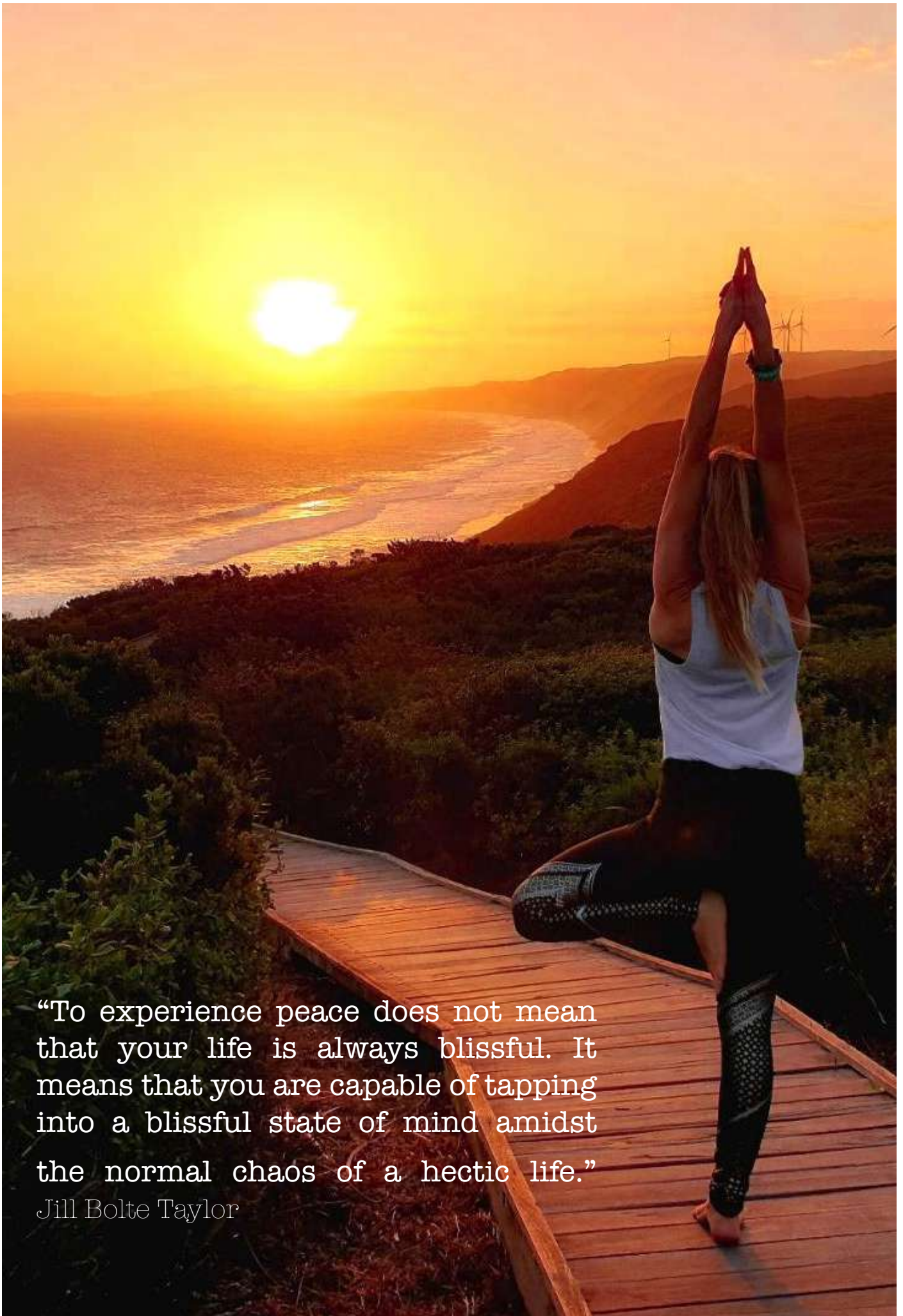
Sit against a wall: For tense knees and a tight back, you may find that sitting on a cushion or bolster, with a yoga block or a rolled up towel between your shoulder blades really comfortable. This option keeps you upright and relieves the pressure on the lower back and legs.



Lie down on your back, or with a bolster down the length of the spine. This posture is perfect for relaxation meditation, and for those who experience too much discomfort in a seated posture. The only risk with laying down is that it can be more difficult to maintain an alert and focused mind. You may wish to keep your eyes open and gently gaze at a point on the ceiling if you start to fall asleep, in order to keep your mind active.

ESSENTIAL OILS FOR MEDITATION

- . **Lavender** : Calming, relaxing, soothing.
- . **Peppermint** : Heavenly, refreshing, cooling to the mind and body. Soothes aches and pains. Aids in digestion.
- . **Lemon** : Uplifting for the mind and emotions.
- . **Eucalyptus** : Clears the mind, cleanses the body, uplifting for emotions.
- . **Neorli** : Promoting self-esteem and acceptance, earthy and nurturing.
- . **Sandalwood** : Calming, grounding, balances energy, clears negative energies.



“To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.”

Jill Bolte Taylor





CHAPTER 3

Self care







CHAPTER 4

Gardening





CHAPTER 5

Being Eco friendly

Savour the moment

AUTHOR AND DESIGNER

PHOTOGRAPHY

Cover & page 1 by Janae

Janae York grew up in Albany, and loves exploring the stunning Albany and greater WA coastline with her drone.

You can find more of her work on Instagram at @janaemyork.

All the pictures in the ebook

Were taken by Lucile Deau with a Canon EOS550D. My pictures have been taken in Australia and France and during my travel (Bali, La Réunion, India...).

You can find more of my work on my website : www.yogadigitalfood.com

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RECIPES

The recipes in this book were developed and tested in collaboration by Katherine Tweddle and Lucile Deau. We shared our ideas, passion for food and cooking, to create these recipes and the meal planners.

YOGA MEDITATION AND NUTRITION TIPS

These chapters were written by Katherine Tweddle. Drawing from her experience in yoga teaching, and naturopathic studies.

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Savour the moment

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Namaste