

# Home Retreat Menu



All of our recipes are gluten free or adaptable to be gluten free.



This image means that an alternative recipe is available.. but remember to change your shopping list accordingly

## Friday

- ✕ Seasonal Greens Pasta
- Raw Apple Pie

## Saturday

- Fennel Smoothie
- Nourishing Spinach Salad
- ✕ Savory & Yummy Oatmeal

## Sunday

- ✕ Nettle Smoothie
- Sweet & Spicy Noodles

You'll find personal notes from Irina in this box throughout this ebook. You will find some handy tips here!

All recipes by [Irina Verwer](#)

# Friday Menu

It's the first evening of Ekhart Yoga's home retreat - and it's Friday! Chances are you've had a full and busy day, maybe at work or maybe with your kids. That's why today's first retreat dishes are easy. They're quick, and super delicious.



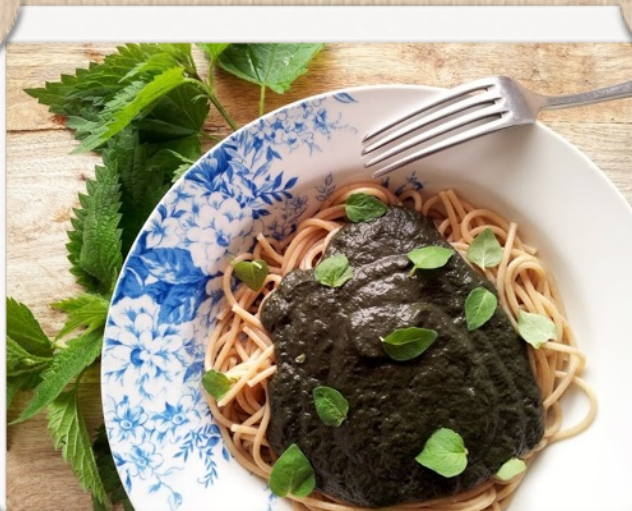
Seasonal Green Pasta



Raw Apple Pie



# Seasonal Greens Pasta



## Ingredients

serves 4

- ▶ spelt/glutenfree pasta
- ▶ 1 tbs coconut oil
- ▶ 1 zucchini
- ▶ 4 - 6 handfuls of fresh nettles/or other seasonal greens
- ▶ 2 cups vegetable stock
- ▶ 1 ripe avocado
- ▶ 2 tbs nutritional yeast (optional)
- ▶ fresh oregano
- ▶ pepper
- ▶ salt

1. Cook the pasta in enough boiling water with a little salt.
2. While the pasta is cooking, melt the coconut oil in a pan. Chop the zucchini and add to the coconut oil.
3. Clean the nettles/greens in cold water and add to the zucchini. Pour in the vegetable stock. Stir until the nettles have wilted.
4. Transfer the mixture to a blender. Add the avocado, nutritional yeast and oregano. Blend until smooth.
5. Add pepper and salt to taste.
6. On four plates, spoon the pasta and the sauce. Add some oregano.

Nettles are super detoxifying! And delicious... so if you can get them it's worth it.

Don't forget to use gloves if you are picking nettles.

This recipe makes a lot of pasta, so invite retreat-friends, share with a neighbour or make less.

✂ If you don't have access to nettles, or if they're not in season where you are, try other seasonal greens like fresh spinach, watercress, lettuces or kale



# Raw Apple Pie



## Ingredients

### The Base:

- ▶ 2 ½ cup almond flour
- ▶ 1 cup dates, pits removed
- ▶ ¼ - ½ tsp salt

### The Filling:

- ▶ 3 apples, cores removed
- ▶ 1 cup dates
- ▶ juice of ½ lemon
- ▶ 1 tsp cinnamon
- ▶ ½ tsp powdered ginger
- ▶ pinch of nutmeg (optional)

### For the Base

1. Blend all the ingredients until a sticky dough forms. Start with the least amount of salt and add more if you wish.
2. If your dough is not sticky, add more dates
3. Transfer your dough to a cake pan and press firmly into the pan

### For the Filling

1. Blend all the ingredients until a chunky apple mixture appears (you may want to have a smooth filling, in that case, blend longer).
2. Spoon on top of the almond base and place the whole pie in the fridge for min 15 mins

What's dinner without dessert?! I love to create healthy desserts, and this one is a winner! It's easy, amazingly tasty and super healthy, you can even eat this one during a detox. To make it extra tasty, serve with some chopped almonds and a little cinnamon  
:) Irina



# Saturday Menu

Today's menu is full of very healthy and nutritious foods like fennel and spinach.

Fennel is a diuretic, great for your digestion and helps balance your hormones.

Spinach is high in fiber and fills you up nicely. It's loaded with vitamins and minerals so it's very nutritious





# Fennel Smoothie



## Ingredients

- ▶ 1 bulb fennel
- ▶ 2 bananas
- ▶ 1 apple
- ▶ 1 piece fresh turmeric
- ▶ ¼ tsp cinnamon
- ▶ ¼ tsp lucuma (optional)
- ▶ ¼ tsp maca (optional)
- ▶ ¼ lemon
- ▶ 1 – 2 cup(s) rice milk

1. Chop the fennel, peel the bananas & put all ingredients in a blender.
2. Blend until creamy.
3. It'll have a bright & sunny color because of the turmeric.

An easy way to  
sneak more fennel  
in your diet  
:) Irina

## **Fennel Facts:**

- Fennel is a diuretic, which helps the removal of toxic substances from the body, rheumatism and swelling.
- It eases and regulates menstruation by properly regulating hormonal action in the body. It's a soothing pain reliever and relaxing agent for menopausal women.
- Fennel contains both iron and histidine, both helpful in the treatment of anemia.
- It's very helpful for all belly issues



# Nourishing Spinach Salad



## Ingredients

- ▶ 2 cups fresh spinach
- ▶ 2 tomatoes
- ▶ 2 carrots
- ▶ 1 red chili pepper
- ▶ 1 tsp turmeric
- ▶ 1/3 cup raisins
- ▶ 2 tbs coconut flakes
- ▶ 2/3 cup walnuts
- ▶ 1/3 cup sundried tomatoes
- ▶ olive oil
- ▶ cinnamon
- ▶ cumin (optional)
- ▶ salt

1. Wash the spinach and cut in smaller pieces. Place in a large bowl.
2. Cut the tomatoes and add to the spinach.
3. Grate the carrots, mix in the chopped chili pepper and turmeric and transfer to the bowl.
4. Add the raisins and coconut flakes.
5. In a blender (or use a knife), chop the walnuts and sundried tomatoes until crumbly.
6. Sprinkle on top of the salad. Add olive oil, cinnamon, cumin and salt to taste.

If you're following the Ekhart Yoga retreat at home, you know by now that a balanced diet will bring balance and nourish you on so many levels. This spinach salad aims to do just that!



# Savory Oatmeal



## Ingredients

- ▶ 1 cup of oats
- ▶ 2 cups of water
- ▶ 3 stems dried wakame
- ▶ 1 eggplant (aubergine)
- ▶ sprouts of chic
- ▶ 1tbs olive oil

1. Cut the wakame in pieces and put in a pan
2. Add the oats & water and cook until the oats are done

Meanwhile.....

1. Cut the eggplant in thin pieces and grill them with olive oil
2. Transfer the oatmeal and eggplant the two bowls
3. Add sprouts of your choice

Share with a loved one or, if you're hungry, eat it all! :)

Personally, I like my oatmeal plain and simple. However feel free to add salt, pepper, coriander, cumin, tamari and sambal! X Irina

✂ If you are not a fan of oatmeal you can try our [Big Easy Lentil Stew](#)

✂ For dessert why not try a slice of yesterday's raw apple pie?



# Sunday Menu

We start off our Sunday with some more healthy nettles. If these wild plants are not available to you, you can always try one of Irina's other [smoothie recipes](#).

Lunch is a noodle free noodle dish! The sweet & spicy zucchini noodles is simply delicious!



**Sweet & Spicy Noodles**



**Nettle Smoothie**



# Nettle Smoothie



## Ingredients

- ▶ 2 bananas
- ▶ 2 cups cherries
- ▶ 5 cups fresh nettles
- ▶ ½ tsp cinnamon
- ▶ 2 cups rice milk

1. Add all ingredients to a blender and blend until very, very smooth.
2. Pour in tall glasses.
3. Enjoy!

More nettles for your health! Here, the nettles are raw and combined with cherries - which makes this smoothie taste amazing



If you can't get nettles, try Irina's tasty [Green Smoothie](#)



# Sweet & Spicy Noodles



## Ingredients

- ▶ 1/3 cup sundried tomatoes
- ▶ 3 tbs raw cashew nuts
- ▶ 1 chili pepper, seeds removed
- ▶ a small piece of fresh ginger (about the size of the tip of your index finger)
- ▶ 1/4 cup sesame oil
- ▶ 1 tbs tamari
- ▶ 3 tbs coconut flakes
- ▶ 1 tsp apple cider vinegar
- ▶ 2 tomatoes
- ▶ 6 dates, pits removed
- ▶ 1/3 cup coconut milk

This is a noodle-less noodle dish. It's full of nutrients, it's nourishing and tastes so good... A perfect way to end your retreat with.

1. Put all of the above ingredients in a blender and blend until smooth.
2. Using a spiralizer or sharp knife, make noodles out of 2 large zucchinis.
3. Scoop the zucchini noodles onto two plates or bowls.
4. Add the sauce, 1 chopped tomato and some fresh coriander.





## Irina Verwer

All the recipes in this meal plan was provided by the lovely Irina Verwer.

Irina Verwer fell in love with yoga when she took her first class over ten years ago. Since that day, her love for yoga just kept on growing.

Irina has been specialized in Women's Health and Yogic Diet, on which she is currently writing a book. She feels she's been blessed to teach not only in the most inspiring yoga studios in the Netherlands, but also on a mountain in Italy, in a forest in France, while traveling through Morocco and in the USA.

You can find more of her tasty recipes on her [blog](#)... there are a few in Dutch but most are in English..

Enjoy!

Love

Ekhart Yoga