Cravings Cure Cookbook

10 recipes to eat for your Cravings Type

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Answer your cravings deliciously and healthfully
We are all born with a unique energy, body, personality, and constitution.

Ever notice how some people are cold and shivering while their friend is warm and comfortable? Some people have a warmer nature, and others are cooler. Some people are fiery, while others are more airy and light. One person may get depressed and heavy when their body runs down, while another person feels stressed and hyper.

These different types are known as doshas, in Indian medicine, called Ayurveda. I call them Cravings Types: Firebrand, Featherweight, and Earth Mama.

Eating for your type helps grow your energy, improve your digestion, and drop weight. Not only will your physical body feel better, your energy and mood will come back to a happy, balanced place!

And I know that you still crave comforting foods, but want to eat better.

I’ve put together a few of my favorite recipes that answer the sweet and comforting tastes that we crave the most - while keeping your Cravings Type aligned.

If you need a reminder of what your Cravings Type is, and to get the full report on the foods that help your type and what to avoid, go to www.cravingsquiz.com!

Happy eating!

xo,
Alex
Spiced Red Lentil Stew

Support your liver this fall with traditional Indian Kitchari stew – a pleasantly spiced, but not spicey-hot, stew. Easy to make ahead for a busy week, simply reheat portions with a little water and serve with a tossed green salad for a great, warming meal!

**INGREDIENTS**

- ½ cup brown rice
- 1 cup red lentils
- 6 cups water or sodium-free vegetable broth
- 1 cup carrot, large dice
- ½ yellow onion, large dice
- 2 garlic cloves, minced
- ½ inch fresh *ginger root, freshly grated
- 1 tablespoon coconut oil or grass-fed butter or ghee (clarified butter)
- ½ teaspoon cumin seeds
- ½ teaspoon *mustard seeds
- ½ teaspoon coriander powder
- 1 teaspoon turmeric powder
- ½ teaspoon sea salt
- handful fresh cilantro leaves (optional)

Yields 6 servings

**DIRECTIONS**

1. Rinse and drain the rice and lentils, being careful to remove any stones.
2. Add to the 6 cups of water in a large soup pot and place over high heat. Bring to a boil, reduce to a simmer, cover and cook for 20 minutes.
3. Add the carrot, onion, garlic, and ginger root. Cook for another 10 minutes.
4. While the vegetables are cooking, place the oil, cumin seeds and mustard seeds in a separate skillet over medium heat. Cook, stirring, until they begin to pop. Add the remaining spices and salt and stir for 30 seconds.
5. Add the cooked spices to the kitchari mixture, stir well, and cook for 5 minutes more. Add another cup or two of water if you need more liquid.
6. Top bowls with a few fresh cilantro leaves and serve hot.

*Firebrands may want to eliminate ginger, but when feeling balanced, may use fresh ginger.
*Firebrands should omit mustard seeds
Creamy Parsnip & Cauliflower Soup

High in fiber and mildly sweet, this soup is a real crowd pleaser!

INGREDIENTS

- 2 Tablespoons *olive oil
- 3 cups chopped *parsnip
- 2 cups chopped cauliflower
- 1/2 yellow onion, diced
- 4 cloves *garlic
- 2 cups low-sodium vegetable broth
- 2 cups water
- 1/2-1 teaspoon sea salt
- *Black pepper

Yields 4 servings

DIRECTIONS

1. Heat the oil over medium in a big soup pot or Dutch oven, and add the celery root, cauliflower and onion. Stir to coat all the veggies with oil.
2. Cook for about five minutes. Don’t allow to brown, just to soften up.
3. Add the garlic, broth and water. Bring to a boil, lower heat to a simmer, and cover.
4. Simmer for 25-30 minutes, or until the celery root is tender. Stir in the plant milk.
5. Remove the soup from the heat. If you have an immersion or “stick” blender, use it to puree the soup while it is still in the pot.
6. If you are using a regular blender, carefully ladle the soup in batches of 3 cups at a time into your blender, puree until smooth and return to the pot. Season with salt and pepper, starting with 1/2 teaspoon of each. Stir well, taste and add more to taste.

*Earth mama craving types can replace parsnips with carrots or Yukon gold potatoes
*Earth mama craving types can use sunflower oil instead of olive oil
*Firebrands should avoid black pepper and garlic
Kale Shiitake Sweet Potato Soup

Yields 2-4 servings

INGREDIENTS

- 4 cups water or low-sodium vegetable stock
- 1 cup fresh *shiitake mushrooms, stems removed, caps thinly sliced
- 1 small *sweet potato, peeled, chopped into 1/4 in. cubes
- 1/2 bunch fresh *kale, washed, stems removed
- 1 teaspoon *white miso, per cup
- 1/4 cup toasted pumpkin seeds

DIRECTIONS

1. In a saucepan combine the water/broth, shiitake mushrooms and sweet potato and bring to a boil.
2. Reduce heat and simmer for 10-15 minutes.
3. Meanwhile, chop the kale into bite size pieces and add to the soup.
4. Cook until tender, another 8 minutes.
5. Dissolve a teaspoon of light miso in a bowl with a small amount of broth.
6. Ladle in the soup and sprinkle with toasted pumpkin seeds.

*Featherweight craving types should avoid mushrooms
*Featherweight craving types should use spinach instead of kale
*Earth mama craving types should use carrots instead of sweet potatoes
*Firebrand craving types should use chickpea miso instead of soy miso
This soup is filled with alkaline ingredients, and the fat from the avocado is very satisfying and helps your body burn fat rather than sugars from carbs, the best way to lose weight while balancing your mood.

**RAW-vocado Soup**

**INGREDIENTS**
- 1 avocado, peeled and pitted
- 1 lemon, rind and seeds removed
- 3-4 romaine lettuce leaves, washed
- 1 cup cucumber (peeled if very thick skin)
- 1 stalk celery
- 1/4 cup flat leaf parsley leaves
- 1/2 teaspoon sea salt
- 2-3 cups water

Yields 1-2 servings

**DIRECTIONS**
Put all in blender and blend until smooth
Extra stores well in an airtight container for later in the day.

*Earth mama’s should avoid avocado when feeling sluggish
*Featherweight craving types should avoid this soup if feeling cold, tired, or spacey
**Summer Pea & Zucchini Soup**

Fresh peas are vibrant and flavorful. This creamy green soup really delivers satisfying slurps for the heavy-feeling Earth Mama or Earth Papa. Firebrands will love this too, just allow it to cool to room temperature before serving. Featherweights can enjoy with a sprinkle of freshly ground black pepper!

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**INGREDIENTS**

- 2 cups low-sodium vegetable stock
- 1 tablespoon *chickpea flour (thickener)*
- ½ cup zucchini, sliced
- 1 cup freshly shelled peas
- 2 tablespoons fresh mint leaves
- 1 tablespoon fresh *lemon juice*
- 1 teaspoon salt

*Featherweight craving types should avoid chickpea flour, so use rice flour instead
*Firebrand craving types should use limes instead of lemons
*Earth mama craving types should avoid lemon and lime when feeling sluggish

Yields 2 servings

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**DIRECTIONS**

1. Add 1-cup stock to a small mixing bowl. Whisk in the chickpea flour. Set aside.
2. Combine the remaining stock, zucchini, peas and mint in the saucepan. Bring to a boil over high heat. Reduce to a simmer for 10 minutes. Whisk in the chickpea mixture. Simmer for 5 minutes more. Simmering the chickpea flour thickens the soup and removes the bitter flavor from the flour.
3. Ladle into a blender and blend with salt and lemon juice until smooth.
4. Featherweights can add a drizzle of olive oil and freshly ground black pepper.
5. Serve and enjoy!

*(Don’t know your Craving Type yet? Take the quick quiz here: www.cravingsquiz.com)*
Sweet Potato Bread

Baking is one of those healing practices I love. From start to finish, the process feels like a ritual dance:

Walking to the bookshelf and choosing a cookbook...
Sitting on the couch with tea, and leafing through the pages...
Choosing a recipe...
Placing the ingredients on the counter...
Mindfully following the recipe...
Smelling the transformation happening in the oven...
Remembering baking projects from times before...

INGREDIENTS

- 4 cups *raw sweet potatoes, chopped into 2 in. chunks
- 1 cup *unsweetened coconut milk
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- pinch sea salt
- 3 eggs

Yields 6-8 servings

DIRECTIONS

1. Combine all in a heavy duty blender and blend until smooth.
2. Add any additional water as needed to get a pourable mix, 1 tablespoon at a time.
3. Bake in coconut oiled bread pans or muffin tins at 400 F for 25-30 minutes.
4. Serve to someone you love – include yourself in that.

The “bread” comes out as more of a bread pudding texture, but if you let it cool long enough, you can slice it, move it to a plate, and eat it with a fork.

*Earth mamas should avoid sweet potatoes and coconut when feeling unbalanced.
Although many people like to simply sprinkle cinnamon on oatmeal, drinking cinnamon in tea is another great option, especially in winter. Warming, used for treating diarrhea, nausea and vomiting, flu, arthritis, menstrual cramps, and candidiasis, the smell relieves tension and helps steady the nerves. Cinnamon also balances blood sugar levels! Make your own easy Cinnamon Tea at home to help reduce sugar cravings, warm up, and keep colds and flu at bay.

**INGREDIENTS**

- 1 *cinnamon stick (1-3 inches)
- 1 cup of boiling water
- 1 decaf green, black or herbal tea
  (rooibos or honeybush are favorites)
- 1-2 drops of Stevia for sweetening (optional)

**DIRECTIONS**

1. Place the cinnamon stick in a cup.
2. Add the boiling water and steep covered for 10 minutes.
3. Add the teabag. Steep for 1-3 minutes.
4. Sweeten to taste, if desired.

*Yields 1 cup*

*Cinnamon is helpful for Featherweight and Earth Mama but not for Firebrand craving types*
Hot Chocolate of the Gods

I know, that’s a bold statement – really, Alex? Chocolate of the Gods? That’s quite a boast for a cup of hot cocoa. I’m telling you! I first drank something like this recipe in Costa Rica on a chocolate plantation in the jungle, and had my first out-of-body experience. In short, I think I saw God. At least I saw chocolate, and for me, that’s pretty good.

INGREDIENTS

- 2 pitted Medjool dates
- 1 cup unsweetened *coconut milk
- 1 cup water
- 1/8 tsp *cinnamon
- ½ teaspoon vanilla
- 3 tablespoons *raw cacao powder
- pinch sea salt
- 1/8 tsp *cayenne powder
  (optional – this is how the ancients did it)
- ¼ tsp peppermint extract
  (optional – don’t combine if using cayenne)

*Cinnamon is helpful for Featherweight and Earth Mama but not for Firebrand craving types
*Cacao and chocolate should be avoided by ALL cravings types when imbalanced
*Coconut milk should be avoided by Earth Mamas - use unsweetened almond milk instead
*Firebrands should avoid cayenne when feeling unbalanced.

DIRECTIONS

Combine all in a blender and blend until super smooth. Pour into a small saucepan and warm over medium heat until heated through. Pour into mugs, cozy up under a blanket, turn on a romantic movie, and enjoy with a friend!

Yields 2 servings
We all love sweet – it’s normal, natural, and very human. I like sugar so much growing up that I had 12 cavities by the age of 12 – yikes! (You’re welcome, Dr. Dentist!)

In fact, liking sweet flavors is the only taste preference human babies are born with. Every other taste we develop is learned, so you’re super-natural, sweet tooth baby! BUT (there’s always a BUT, right?) you may be off sugar while detoxing or cleansing...

So what do you do, especially in those first few days, when sugar cravings strike?

Answer with a naturally sweet dessert of course! This baked banana recipe is just like the Bananas Foster my New Orleans-loving Dad likes to make - without the extra sugar and ice cream! I adapted this recipe to work for all 3 cravings types, so whether you’re Firebrand, FeatherWeight or Earth Mama (or Earth Papa), you can enjoy the simple flavors and spices to help answer your sweet tooth calling:

Sugar-Free Baked Bananas Foster!

INGREDIENTS

- 2 *bananas peeled and split in half long
- Juice of 1 *orange about 1/4 cup
- 1/2 cup unsweetened *coconut milk
- 1/2 tsp ground *cinnamon
- 1/4 tsp ground cardamom
- 2 tablespoons organic raisins

DIRECTIONS

1. Preheat oven to 350F.
2. Arrange split bananas in a baking dish, side by side. In a mixing bowl, combine milk, orange juice and spices. Whisk well and pour over bananas.
3. Scatter raisins on top.
4. Bake for 20 minutes, until beginning to brown.
5. Carefully scoop bananas onto plates or bowls and spoon the sauce from the baking dish over each portion.

*Firebrand craving types can use 2 pitted apricots instead of bananas.
*Firebrand and Earth Mama should avoid orange juice, so try pear or grape juice
*Earth Mama cravings types can use 2 peaches instead of bananas
*Earth Mamas can use almond milk instead of coconut milk
*Firebrand should avoid cinnamon, but can use cardamom instead
Sweet & Creamy Almond Cream

Eat like pudding with a spoon or top with berries!

INGREDIENTS

- 1 ¼ cups *raw almonds, soaked overnight and drained
- 4 Medjool dates, pitted
- 2 teaspoons vanilla extract
- 2 tablespoons unsweetened shredded *coconut
- ¼ teaspoon ground *cinnamon
- 1 cup water
- pinch sea salt

DIRECTIONS

Combine all in a blender and process until smooth.

*Firebrand types can use soaked cashews instead of almonds
*Earth Mamas should avoid coconut when feeling sluggish
*Firebrand types should avoid cinnamon