Mind, Dody & Soul Reliness A guide to holistic health and wellness



You deserve all of you. You are a radiant woman worthy of being in love with your mind, body, and soul. This season grants us the time and space to be still, be quiet, and go deeper into the depths of who we are as we love the woman we have become. We are invited to nurture our bodies and tend to our souls in the most authentic and purest way. Sis, this season was designed with you in mind. Give yourself the pleasantries of experiencing you, all of you...mind, body, and soul.



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Fall Winter Ingredients

Carrier oils great for winter skin:

Argan Oil Avocado Oil Coconut Oil Jojoba Oil Olive Oil

Essential oils great for winter skin:

Lavender Oil Peppermint Oil Chamomile Oil

Tips:

- Use cold-pressed oils when possible! Coldpressed oils retain most of the oils' antioxidant/healing properties.
- Turn the heat down in the shower! High heat dries out the skin more!



Skin Care Regime

- 1.) Soak a washcloth in hot water and place it on your face until it cools. This will help open your pores.
- 2.) Wash your face with a gentle, natural, organic cleanser.
 - 3.) Apply a natural toner.
- 4.) Massage your face with a carrier oil of your choice.

Repeat the same routine at night; just add a moisturizer before sealing your pores with an oil.

Two-ingredient sugar scrub:

1/2 cup of brown sugar

Could Devid
Two-in 1/4 cup of Avocado oil (or any carrier oil)

Instructions:

Place the ingredients in a bowl and mix them together. Add more oil if you would like a looser consistency.

DIG Deodorant Recipe:

1/4 cup shea butter

1/4 cup coconut oil

1/4 cup baking soda

1/4 cup arrowroot powder

6 drops of an essential oil

Instructions:

- 1.) Mix arrowroot powder and baking soda together in a bowl.
- 2.) Melt the shea butter on low heat. Add in coconut oil. Allow the mixture to cool but not solidify.
- 3.) Pour the oil mixture into the arrowroot and baking soda. Add in drops of the essential oil of your choice and mix together.
- 4.) Add your mixture to a storage container or jar of your choice.

Your deodorant is made!

#bodypositive

Mirror Exercise

We often rush through our routines and miss the opportunity to check in with our body, acknowledge her, and thank her for supporting our movement and our rest. She isn't always celebrated, and she's often wanted to overperform or stay hidden. Inside of the body is the soul, and inside of the soul is the essence of who we are. Take a moment, undress yourself, spend a little time with yourself in the mirror and ask yourself these questions:

Who is the woman you see in the mirror?
How does she feel?
What does she need?
Where does she hurt?
What parts of her do you love the most?
What parts of her look and feel like her ancestors?
What do you need her to know?
Tell her you love her.





ICAN



I deserve peace.

I will give myself a chance to simply relax.

No is a complete sentence that I can speak.

My value is not attached to what I do but rather who I am.

I am beautiful.

I am worthy and valuable.

Obstacles are opportunities for me to rise even higher.

I attract abundance daily, and I live from a space of abundance and not lack.

I am supported by my ancestors. I am never alone.

I am wrapped in divinity, and I am empowered by Spirit.

Rest is not earned; it is a birthright.

I will give myself the love I give to others.

I will nourish myself with healthy thoughts.

Today, I will make time for myself and I will choose me.

Journal Drompts

What were your best moments of 2021?

What makes you happy?

What is your superpower?

What areas do you wish to improve in your life?

What will you choose to celebrate about yourself?

How have you grown this year?

What are reminders you want to keep moving forward into a new

year?

What are your dreams for 2022?

Books

The Strong Black Woman

By Marita Golden

Girl Gurl GrrrlBy Kenya Hunt

Black Girl, Call Home
By Jasmine Mans

Sisters of the Yam bell hooks



Muzic

Live Sensation

Luke James & Nu

Deco Ensemble



Drive 2 **Kevin Ross**



Where I Left You **BeMyFiasco**





Ch.1 Vs. 1

Cynthia Erivo

What if you sat still with your body and held her closely? What if you thanked her for supporting your movement and your rest?



DESERVE



fush ucipes

Nourish your body intentionally, consistently, and in a healthy manner.

Pumphin Pie Oats

3 Servings:

Ingredients

- 1/2 cup of pecans
- 2 teaspoons of coconut oil (melted)
- 1 Tablespoon of coconut sugar
- 1 Tablespoon of maple syrup
- 1 healthy pinch of each: salt + ground cinnamon
- 2 cups of water (sub up to 3/4 with unsweetened almond milk for creamier oats)
- 1 pinch of sea salt
- 1 cup of gluten-free steel-cut oats
- 1/4 teaspoon of ground cinnamon (plus more to taste)
- 1/4 teaspoon of pumpkin pie spice
- 2-3 Tablespoons of maple syrup
- 1/4 cup of pumpkin butter

Directions

- 1. Preheat oven to 350 degrees and arrange pecans on a foil-lined baking sheet.
- 2. In the meantime, start your oats by bringing water or almond milk to a boil in a small saucepan.
- 3. Once boiling, add a pinch of salt, then add oats. Swirl to coat. Turn heat to low and cover. Simmer for 15-20 minutes or until the water is absorbed and the oats are tender.
- 4. In the meantime, add pecans to preheated oven and toast for 5 minutes.
- 5. While they're baking, add melted coconut oil, coconut sugar, maple syrup, salt, and cinnamon to a small mixing bowl and whisk vigorously to combine.
- 6. Remove pecans from the oven and add them directly to the oilspice mixture. Toss to coat, then add back to baking sheet. Bake for another 5-7 minutes or until deep golden brown and fragrant. Remove from oven and set aside to cool.
- 7. Once oats are finished cooking, remove from heat and add cinnamon, pumpkin pie spice, maple syrup (or coconut sugar), and pumpkin butter*. Stir to combine. Taste and adjust seasonings as needed.
- 8. Divide oats between serving bowls and top with coconut whipped cream (optional), additional pumpkin butter (optional), and maple cinnamon pecans. Ground cinnamon makes a colorful garnish.

Best when fresh. Store leftovers (separate) covered in the refrigerator for 2-3 days. Reheat in the microwave or in a small saucepan over medium heat until warm, adding more water or almond milk if too dry.



alganic Soy Roasted Garlic Mushrooms

4 Servings:

Ingredients

- 2 pounds of mushrooms
- 1 Tablespoon of oil
- 3 Tablespoons of balsamic vinegar
- 2 Tablespoons of soy sauce
- 3 cloves of garlic, chopped
- 1/4 teaspoon of dried thyme
- salt and pepper to taste

Directions

- Toss the mushrooms in the oil, balsamic vinegar, soy sauce, garlic, thyme, salt, and pepper, arrange in a single layer on a baking pan.
- 2. Roast in a preheated 400F oven until the mushrooms are tender, about 20 minutes, mixing halfway through.

Freekah and Roasted Beetroot Salad

8 Servings:

Ingredients

- 10 baby beetroots, stalks trimmed, scrubbed
- 1/4 cup of extra virgin olive oil, plus extra for drizzle
- 11/2 cups of freekeh, rinsed, drained
- 1 garlic clove, crushed
- 1 teaspoon of honey
- 2 teaspoons of ground cumin
- 1 red onion, sliced into rings
- 2 Tablespoons of finely chopped pickled jalapeños
- 1/2 cup (80g) of almonds, chopped
- 1 bunch of coriander, leaves picked

Directions

- 1. Preheat the oven to 350°F. Place each beetroot in the middle of a piece of foil. Drizzle with oil, then enclose in foil and place on a baking tray.
- 2. Roast for 25 minutes or until tender. Remove from oven and set aside to cool completely. Meanwhile, bring a saucepan of water to a boil over medium-high heat.
- 3. Add the freekeh and cook for 20 minutes or until tender. Drain and cool. To make the dressing, combine garlic, honey, cumin, and the remaining 1/4 cup oil in a bowl. Season.
- 4. Combine the freekeh, beetroot, onion, jalapeño, almonds and coriander in a large bowl. Drizzle over dressing to serve.



Vegan Butternut Squash Risotto

2 Servings:

Ingredients

- 1 ½ cup of water or vegetable broth
- 1/2 cup of brown rice
- Extra virgin olive oil to taste
- 2 cloves of garlic (sliced)
- ½ chopped onion
- 3½ cups of cubed butternut squash
- ¼ cup of water or vegetable broth
- ½ cup of nutritional yeast
- Sea salt and black pepper to taste
- Chopped spinach for garnish (optional)

Directions

- 1. Cook the brown rice according to package directions using water or vegetable broth.
- 2. Heat extra virgin olive oil in a frying pan and cook the garlic, onion, and squash until golden brown and they're soft. You can add more oil or some water or vegetable broth if they start to stick to the frying pan.
- 3. Place three quarters of the veggies, the nutritional yeast, 1/4 cup of water or vegetable broth, sea salt, and black pepper to taste in a blender. Blend until smooth.
- 4. Mix the rice and the sauce in the frying pan and cook for about 5 more minutes.
- 5. Add the remaining veggies on top and also some chopped spinach for garnish (optional).

By Love & Lemons

Crispy Rice Pancakes with Potato and Chickpeas

4 Servings:

Ingredients

1/2 cup of cooked long-grain rice
1 cup of rice flour
1 cup of coconut milk
2 potatoes, peeled, cubed
1 Tablespoon of sunflower oil
1/2 teaspoon of cumin seeds
1 onion, finely chopped
1 garlic clove, finely chopped
1 teaspoon of grated ginger
1/2 teaspoon of ground turmeric
1/2 teaspoon of ground coriander
200g of canned chickpeas, rinsed, drained
1 tomato, roughly chopped

Directions

1/2 cup of frozen peas, blanched, refreshed1 cup of coriander leaves, roughly chopped1/4 cup of mint leaves, roughly choppedSweet chili sauce, to serve

- 1. Place the rice, rice flour, coconut milk, and 1 cup (250ml) of water in a food processor and blend until smooth. Transfer to a jug, season with salt, then cover and set aside to rest for 30 minutes.
- 2. Place potatoes in a pan of cold, salted water. Bring to the boil over medium-high heat and simmer for 4-5 minutes or until just tender.

 Drain and set aside.
- 3. Heat oil in a frypan over medium-high heat. Cook cumin, stirring, for 1 minute or until fragrant. Add onion and garlic and cook, stirring, for 3-4 minutes until the onion starts to soften. Add ginger, turmeric, and ground coriander and cook, stirring, for 1 minute or until fragrant. Add potatoes and chickpeas and cook, stirring, for 3-4 minutes until the potatoes are just golden. Add tomato and peas, and cook for another 2 minutes. Stir in the coriander and season, then remove from heat and keep potato filling warm.
- 4. Heat a lightly greased crepe pan over medium-high heat. Ladle 1/2 cup batter into the pan, spreading it with the back of the ladle. Cook for 2 minutes or until golden underneath. Spoon one-quarter of the filling over half the pancake, then use a palette knife to turn the uncovered half of the pancake over the filling. Slide onto a warm plate. Repeat with remaining batter and filling to make four pancakes.
- 5. To serve, scatter pancakes with mint and drizzle with sweet chili sauce.



Potato Snackers with Red Pepper Dip

4 Servings:

Ingredients

- 2 pounds of small red, Yukon gold, purple, and/or sweet potatoes, cut into ¼-inch-thick slices
 - 1 Tablespoon of lemon juice
- 1 teaspoon of dried Italian seasoning, crushed
- % teaspoon of garlic powder, divided
- Sea salt, to taste
- Freshly ground black pepper, to taste
 - ¾ cup of purchased hummus
- ¼ cup of roasted red peppers, rinsed and drained
- 1/2 teaspoon of smoked paprika

Directions

- 1. Preheat oven to 400°F. Line two large baking sheets with parchment paper or silicone baking mats. Place potatoes in a single layer on prepared pans. Bake 5 minutes. In a small bowl, stir together lemon juice, Italian seasoning, ½ teaspoon of garlic powder, and 2 Tablespoons of water. Brush over potatoes. Bake 15 to 20 minutes more or until potatoes are tender, brushing with additional lemon juice mixture if potatoes look dry.
- 2. Remove pan from oven; remove parchment.
 Preheat broiler. Turn potatoes over. Broil 4 to 6
 inches from heat for 4 to 5 minutes or until lightly
 crisp around edges. Season with salt and black
 pepper.
- 3. Meanwhile, in a blender or food processor, combine the remaining ingredients. Cover and blend until smooth. Serve with potatoes for dipping.

By <u>Forks Over Knives</u>

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Quinoa Power Bowls with Maple Chipotle Brussels & Smoky Butternut Squash

4 Servings:

Ingredients

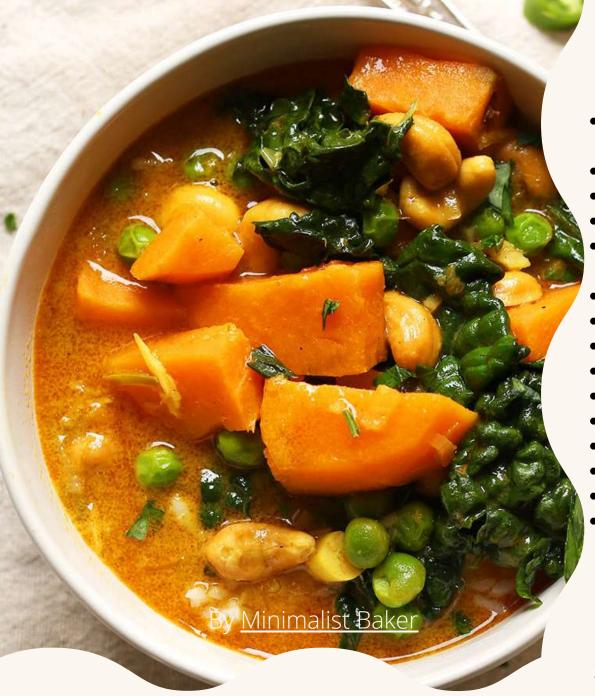
- 14 to 16 ounces of Brussels sprouts, trimmed and halved
 - 2 Tablespoons of extra-virgin olive oil, divided
 - 1 Tablespoon of adobo sauce
 - 1 Tablespoon of maple syrup
 - 1 teaspoon of kosher salt, divided
 - 3 cups of peeled and cubed butternut squash
 - 1 teaspoon of smoked paprika
 - 1 teaspoon of garlic powder
 - 1 cup of dry quinoa
 - 2 cups of lower-sodium vegetable or chicken broth
 - 2 to 3 handfuls of chopped kale
 - Sliced avocado for topping (optional)
 - 1/4 cup of extra-virgin olive oil
 - 1 Tablespoon of apple cider vinegar
 - 1 Tablespoon of honey
 - 2 teaspoons of Dijon mustard
 - 1/4 teaspoon of kosher salt

Directions

- Preheat oven to 425°F.
- 2. Arrange Brussels sprouts on a baking sheet and toss with 1 tablespoon of oil, adobo sauce, maple syrup, and 1/2 teaspoon of salt. On a separate baking sheet, toss butternut squash with the remaining 1 tablespoon of oil, smoked paprika, garlic powder, and 1/2 teaspoon of salt. Place both baking sheets in the oven, and roast for ~25 minutes, stirring once halfway through, until tender.
- 3. Meanwhile, combine quinoa and broth in a small saucepan and bring to a boil. Reduce heat to low, cover, and cook until quinoa is fluffy and liquid is absorbed (about 15 minutes). Uncover, and stir in kale, letting residual heat wilt down the leaves.
- 4. Prepare the dressing by combining olive oil, vinegar, mustard, honey, and salt in a small bowl; stir with a whisk.
- 5. Assemble bowls by dividing quinoa and kale mixture evenly into each of 4 bowls. Divide roasted vegetables over the top, and drizzle with dressing. Garnish with sliced avocado and/or toppings of choice.

<u>By Dish Of Health</u>

Kafe Sweet Potato Curry



- 6. At this time, also taste and adjust the flavor of the broth as needed. You can also add more curry paste for more spice and to intensify the curry flavor.
- 7. Once the broth is well seasoned and the potatoes are softened, add kale, cashews (optional), and lemon juice, and cover. Simmer for 3-4 more minutes over low to medium-low heat.
- 8. Serve over rice, quinoa, or steamed broccoli.

 This dish gets elevated with the addition of more lemon juice and Thai or regular basil for serving.

4 Servings:

Ingredients

1 1/2 Tablespoons of coconut oil (or avocado or grapeseed oil)

1 medium shallot (minced)

2 Tablespoons of minced fresh ginger

2 Tablespoons of minced garlic

1 medium Thai red chili, remove seeds or omit for less heat

2-3 Tablespoons of red curry paste*

1 large sweet potato cubed

2 14-ounce cans of light coconut milk

1-2 Tablespoons of maple syrup

1 1/2 teaspoons of ground turmeric

Sea salt to taste

1/4 cup of frozen green peas

2 cups of chopped kale

1/2 cup of roasted cashews (optional)

1 medium lemon, juiced

Directions

- 1. Heat a large pot over medium heat. Once hot, add coconut oil, shallot, ginger, garlic, and pepper. Sautée for 2-3 minutes, stirring frequently.
- 2. Add red curry paste and sweet potato. Stir and cook for 2 more minutes.
- 3. Add coconut milk, maple syrup, turmeric, and a pinch of salt and stir. Bring to a simmer over medium heat.
- 4. Once simmering, add peas (optional) and slightly reduce heat. You want a simmer, not a boil, which should be around low to medium-low heat.
- 5. Cook for 5-10 minutes, stirring occasionally, to soften the potato and peas and infuse them with curry flavor.

Yearny Vegan Pumphin Pasta By Occasionally Eggs

4 Servings:

Ingredients

200 grams / 2 cups of mushrooms, sliced 3 cloves of garlic, skin on 2/3 - 1 teaspoons of sage leaves, minced 1 sprig / 1 teaspoon of rosemary, minced

1 Tablespoon of balsamic vinegar

1 Tablespoon of olive oil

1/2 teaspoon of sea salt

1/2 teaspoon of black pepper

1 package / 500 grams of pasta

60 grams / 2 cups of rucola or other baby greens

1 handful of walnuts, broken into small pieces *Pumpkin Sauce*

400 grams / 2 cups of pumpkin puree

3 cloves of roasted garlic (roasted with the mushrooms)

180 ml / 3/4 cup of vegetable broth

125 ml / 1/2 cup of pasta water

2 Tablespoons of olive oil

Juice from 1 lemon, ~3 tablespoons

1/2 teaspoon of sea salt or to taste

1/2 teaspoon of black pepper

1/2 teaspoon of cayenne pepper or to taste

Directions

- 1. Preheat the oven to 200°C / 400°F. Place the mushrooms, garlic, herbs, balsamic vinegar, olive oil, salt, and pepper onto a large pan and mix until the mushrooms are coated.
- 2. Roast for 18-20 minutes, or until the mushrooms are golden. While the mushrooms are in the oven, cook your pasta in well-salted water according to package instructions. Make sure to reserve 1/2 cup of the pasta water when you drain the pasta.
- 3. To serve, add the sauce, mushrooms, and rucola into the pot with the hot pasta. Stir to coat, and serve hot, with walnuts if desired.

Pumpkin Sauce

1. Place all of the ingredients left (including the pasta water) into a blender, and blend on high speed until smooth. Alternatively, use a stick blender. Taste and season further if needed. 25



4 Servings:

Ingredients

1 bottle of red wine

2 Tablespoons of brown rum

2 oranges, cut into slices

The juice of two oranges

5 cloves

2 cinnamon sticks

2 star anise

1/2 cup of brown sugar

Directions

1. Combine all ingredients in a saucepan and stir well.

2. Heat it up for a couple of minutes over very low heat. Make sure not to boil the mulled wine because the alcohol will evaporate, and the drink won't taste right.

3. Strain through a sieve and serve.

By Gimmie Some Oven

Vegan Matcha Latte

1 Serving:

Ingredients

- 1 1/4 teaspoon of matcha powder
- 1 Tablespoon of maple syrup or stevia to taste
- 1 Tablespoon of hot water
- 3/4 cup of light coconut milk
- 3/4 cup of macadamia nut milk

Directions

- Add matcha powder to your serving mug along with sweetener of choice and hot water.
- 2. Whisk until completely dissolved. You can use a spoon too.
- 3. Once the matcha is completely dissolved, heat your coconut and macadamia milk.
- 4. Pour the dairy-free milk mixture into your mug.



Vegan Tumeric Eggnog

5 Servings:

Ingredients

- 1 can of light coconut milk
- 1 1/2 cups of water
- 3 pitted dates
- 1 teaspoon of turmeric
- 1 teaspoon of ground cinnamon
- 1/4 teaspoon of ground nutmeg
- 1/8 teaspoon of ground allspice
- 1/8 teaspoon of black pepper
- 1 Tablespoon of coconut oil

Directions

- 1. Place all ingredients in a high-speed blender. Blend for 2-3 minutes, until well incorporated and hot. If you don't have a blender that will heat your beverage, after blending warm on the stovetop in a small pot over medium heat.
- 2. Garnish with fresh nutmeg.











There's something magical that happens as you care for yourself. You have the tools, power, wisdom, and support to deepen your practice of self-love while on your path to healing and wholeness. May you honor your divinity. May you tend to the desires of your heart. May you grant yourself time and space to rest. May you remember your ancestors as you nurture your mind, body, and soul. Sis, you got this, and we got you today until forever.

