



ASANA WARRIORS

Autumn Yoga Retreat – Recipes

Roasted Butternut Squash Soup

Ingredients

Roasting

- 1 Butternut Squash, halved, peeled, deseeded, cut in to approx. 1inch chunks
- 2 Carrots, cut in to approx. 1inch chunks
- 2tsp coriander seeds
- 1tsp fennel seeds
- 1tbsp dried mixed herbs
- 1tbsp vegetable oil (of choice)
- 2tsp sweet smoked paprika
- 2tsp vegan bouillon powder

Additional

- 2cm Peeled and finely chopped fresh ginger
- 1 tin Coconut milk
- Bay leaves
- Salt and pepper

Method

- Pre-heat oven to 200 °C
- Toss all the roasting ingredients together in a pan and cook for 40mins – hour until soft and slightly caramelised – checking and turning half way through
- Remove from oven and allow to cool
- Blend to a smooth puree, adding water if too thick
- Add puree, coconut milk, bay leaves and further seasoning to a large saucepan along with 500ml of water or vegetable stock and stirring to mix, if necessary add further liquid to achieve the desired soup consistency
- In a separate frying pan add 1tsp vegetable oil on a low heat and lightly fry the ginger for a couple of minutes and add to the soup at the end

NB this will produce a large batch of soup, if this quantity is not needed the puree can be frozen for up to a month and liquid quantities adjusted accordingly when making the soup.

Mushroom, lentil and walnut balls

Follow link for recipe

[Bread-Free Stuffing Balls](#)

Roasted Pepper Sauce

Ingredients

3 large red, orange or yellow peppers – deseeded and quartered
Passata (approx. 100 ml)
Balsamic vinegar
Olive oil
Salt and pepper

Method

- Pre-heat oven to 200 °C
- Coat the peppers in olive oil and roast until soft and the skin is slightly blackened
- Allow to cool
- Blend the peppers, passata and vinegar. Add more passata or water to achieve the required consistency
- Season
- Heat to serve

Roasted Beetroot Dip

Ingredients

Small bunch of beetroot (4-5), cut in to 1 inch cubes
Cashew nuts (approx. 100g)
Handful of basil leaves
Olive oil
Salt and pepper

Method

- Pre-heat oven to 200 °C
- Roast the beetroot in olive oil until tender
- Allow to cool
- Blend the cashews to a coarse powder, add the beetroot and basil
- Blend and add water to achieve the desired consistency
- Season
- Heat to serve

Bean, Pea and Mint Dip

Ingredients

120g frozen edamame beans
50g frozen peas
½ - 1tsp wasabi paste (to taste)
1 garlic clove, finely chopped
2 tbsp plain yoghurt (vegan or dairy)
Handful of mint leaves, finely chopped
Salt and pepper

Method

- Put the beans and peas in a bowl and cover with boiling water.
- Leave for a couple of minutes and drain
- Blend with the remaining ingredients
- Season, taste and add more wasabi or yoghurt as required

Spiced Plums

Ingredients

10 medium sized plums, quartered and stones removed
75g (approx) light brown muscovado sugar
75g (approx) demerara sugar
½ tsp ginger powder or tsp stem ginger syrup
½ tsp tamarind paste
1tsp five spice powder
Juice of half a lime
Fresh bay leaves

Method

- Pre-heat oven to 180 °C
- Combine all the ingredients in a baking dish and sprinkle with some more demerara sugar
- Bake until the plums are soft and the liquid bubbling
- Cool slightly to serve

Granola

Ingredients

50g rolled oats
35g pumpkin seeds
½ tsp cinnamon
1 to 1 ½ tbsp maple syrup

Method

- Pre-heat oven to 200 °C
- Combine all the ingredients in a roasting tin to form soft clumps
- Roast for 10-15 mins or until the granola is golden brown and crunchy

Coconut and Vanilla cream

Ingredients

1 tin coconut cream
1-2 tbsp plain yoghurt (dairy or vegan)
Vanilla extract to taste

Method

- Whisk the coconut cream to remove lumps
- Stir in the yoghurt and vanilla extract to taste