

Recipes for nourishing The Solar Plexus Chakra



Papaya Honey Lassi

Ingredients

- 300g ripe papaya, peeled and deseeded
- 4 tbsp honey
- ¼ tsp ground cardamom
- 200ml buttermilk
- 250ml live natural yoghurt
- 8 ice cubes

handful toasted pistachios, to serve

Method

Pour all the ingredients except the pistachios into a blender and blitz to a smooth, salmon-pink coloured purée.

Crush the pistachios in a pestle and mortar to form a nutty rubble. Pour the papaya lassi into tall glasses and scatter the toasted pistachios over the top.

Serve immediately.



Amaretti and Apricot Fool

Ingredients – Serves 6

- 4 apricots, large, stoned and halved
- 2 tbsp of caster sugar
- 12 tbsp of crème fraîche
- 6 tbsp of apricot jam
- 24 amaretti biscuits

Method

Preheat the oven to 200°C/gas mark 6

Place the prepared apricots in an oven-proof dish and sprinkle the sugar over the top with a little water, about 4 tablespoons. Bake/roast for 15-20 minutes, or until the fruit is soft and has just started to collapse but still retains its shape. Allow to cool

Crumble 2 amaretti biscuits into the bottom of each serving bowl, and then make the fool. Stir the apricot jam through the crème fraîche so it is marbled - do not over mix

Spoon the apricot and crème fraîche fool mixture over the amaretti biscuit crumb base and then top with the cooked apricots, layering them if necessary

Just before serving the desserts, crumble the remaining amaretti biscuits over the top of the apricots and serve straight away with a glass of dessert wine and a bowl of extra crème fraîche or cream