

Hi everyone,

With the fall approaching on our door steps, we can see the leaves starting to turn colors, the evenings starting to get chillier, the air getting crispier and as we start closing our windows for the late evenings, we think of foods that can make us cozy and comfy and yet keep us healthy and strong during the fall and early winter months. We can feel the corn and the pumpkin colors in the atmosphere and all around us. Our body also needs to change diet with the changing season according to Ayurveda in order to keep the mind and body in balanced health. Eat less colder and lighter diet and more warm, heavy and fresh Meals.

Aatmayog is proud to present some fall recipes that include food groups to keep you stay in the kitchen less than 45 minutes and have a great tasting meal that is:

Quick easy fresh and healthy. Yes. It can be done.

Love to share with you, these age old family recipes recently Brought back from Home country India during from my recent summer visit.

- Bring your smile to enjoy and have some fun
- Bring your notepad to make your own notes.
- List of ingredients will be given out at the end of class (by e mail)
- Price per class \$15.00 per person
- Maximum 6 people per class – Pre - registration please.

**One hour class 10/09/08 3.30 pm to 4.30 pm**

**Recipe: White Corn/Yellow corn Porraige (Lite supper/Lite Lunch)**

**Family Recipe name: (Makai Nu cheen)** Prep time 5-7 minutes. Cooking time 15-20 minutes



**One hour class 10/16/08 3.30 pm to 4.30 pm**

**Recipe: Cracked Wheat with mixed vegetables (Breakfat/Brunch/Snack)**

**Family Recipe Name: (Thooli)-** Prep time 5-7 minutes. Cooking time 15-20 minutes



**One hour class 10/23/08 3.30 pm to 4.30 pm**

**Recipe: Pumpkin/Guvar beans (Cluster Beans) vegetable curry and rice**

**Family Recipe Name: (Kodhu Guvar nu rasaa vaadu shaak)** Prep time 10 minutes .Cooking time 15-20 minutes



Stay Tuned for more Recipes classes in fall and Winter.