

THE  
MINIMALIST  
&  
MINDFULL

A COOKBOOK BY AARZOO SAVALIYA

# INTO MINDFUL COOKING

Cooking can seem like a hassle with anxiety-inducing recipes and plethora of ingredients and measurements to follow through.

Treat this cookbook as a guided cooking *and* a meditative experience to elevate the cooking experience and to practice anchoring our mind and focussing attention on the senses, tuning them into the sights, sounds, smells, and textures of the culinary art.



# WHY MINIMALIST COOKING?

An average human being makes about 35,000 choices in a single day. Decision Fatigue is a very real thing. That is where minimalism steps in to save us all.

A minimalist approach to cooking means- keeping it simple. Not only does a minimalist diet get sweeter for the wallets but it also helps develop a more organized and healthier mindset. Flip to the next page to explore a few recipes to get you started on your new journey to minimalism.



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# INSTRUCTIONS ON THE COOKBOOK

Treat this cookbook as a guided meditative experience.

1. Sit and connect with your ingredients, your utensils and your environment.
2. Take a deep breath and practice maintaining a reflective and calm composure throughout the experience.
3. Avoid distractions and follow along the recipes as it were a dance.
4. Keep it simple and take time to notice any color change, a sizzle or a bubble, notice the smells, maximize your senses.
5. Remember: cooking is not simply something you tick off on your to-do list!

# COMFORT SMOOTHIE BOWL

Calories: 400 kcal

Cook Time: 0 mins

Prep Time: 35 mins

## INGREDIENTS

- 1 Whole Banana
- 1 cup Chocolate Almond Milk
- 2 tbsp Plain Greek Yogurt
- 1/4 cup Rolled Oats
- 1 tbsp Chia Seeds
- 1 tbsp Cacao Nibs
- 2 tbsp Cacao Powder

## INSTRUCTIONS

1. Add ingredients in the order listed and blend until smooth, about 30 to 60 seconds.
2. Refrigerate for 30 minutes to thicken.
3. Top with banana slices, cacao nibs, chia seeds, and oats.



# CARAMALIZED NUT MIX

Calories: 550 kcal

Cook Time: 40 mins

Prep Time: 15 mins

## INGREDIENTS

- 3 cups Raw Nuts of Choice
- 1/2 cup Lightly-Packed Brown Sugar
- 1/4 cup Light Corn Syrup
- 4 tbsp Unsalted Butter
- 1/4 tbsp Salt
- 1/4 tbsp Baking Soda
- 1/4 pure Vanilla Extract



## INSTRUCTIONS

1. Preheat the oven to 250 F. Place the nuts in a 9x13-inch baking pan and set aside.
2. Combine ingredients and stir while the butter melts and sugar dissolves.
3. Boil the mixture for four minutes adding the baking soda and vanilla to the brown sugar mixture.
4. Place the pan in the preheated oven, and bake the caramel nuts for 40 minutes.
5. After, scrape them onto a baking sheet and allow them to cool completely at room temperature.

# CASHEW BUTTER & CLEMENTINE TOAST

Calories: 200 kcal

Cook Time: 0 mins

Prep Time: 7 mins



## INGREDIENTS

- 1 tbsp Cashew Butter
- 1 slice Whole-grain Bread, toasted
- 1 Clementine, peeled and segmented

## INSTRUCTIONS

1. Spread cashew butter on toast and top with clementine segments.

# SWEET BEET & RASPBERRY YOGURT

Calories: 280 kcal

Cook Time: 0 mins

Prep Time: 5 mins



## INGREDIENTS

- 1 cup Low-fat Plain Yogurt
- 1/2 cup Cooked Beets, chopped
- 1 tbsp Raspberry Jam
- 1 tbsp Silvered Almonds

## INSTRUCTIONS

1. Combine yogurt, beets and jam in a small bowl or jar.
2. Top with almonds.

# THE BREAKFAST PUDDING

Calories: 230 kcal

Cook Time: 0 mins

Prep Time: 10 mins

## INGREDIENTS

- 2 Oranges, peeled
- 1 cup Cashew Nuts
- 1 cup Dates
- 1-2 tbsp Coconut Oil
- 1 tbsp Dried Lavender Leaves



## INSTRUCTIONS

- Blend all the ingredients until smooth.
- If it is too thick, add the juice of another orange or two.
- Scoop into small, single serving dishes and leave in the fridge overnight.
- The next day decorate the pudding with orange zest and slices, and more lavender flowers if you like.

# WORD ON MINDFUL EATING

How you eat is a reflection of how you live.

Japanese have over 400 terms to describe texture while English has 77. That sheer fact itself displays the key to mindful eating, to pay attention to the details. *Is it crunchy?, What kind of crunchy?, Is it chewy?, What is the after-taste like? and so on.*

Expressing gratitude for everything between one's presence and the ability to eat, to all the utensils and the ingredients and have the recipe come together is all part of the process that one can be grateful for. Appreciating a dish accentuates and heightens the smells and the flavors along with expressing gratitude for the moment.

Minimalist and mindful cooking *and* eating is an experience, an opportunity to sit, take a deep breath and appreciate food. Keeping it simple and healthy can reap profound results. Detach this experience from the "everyday-to-do" aspect to it and connect it to being emotionally and wholly satisfied and calm.

## ABOUT THE AUTHOR



"Aarzoo is an emerging marketing professional about to conclude her undergraduate education at Emerson College in December 2022. As an entrepreneurial enthusiastic with a background in marketing and data analytics, she aims to curate her own personal brand that centers around the power of minimalism and keeping things simple,