

RECIPES FOR COOLING THE BODY +
AWAKENING THE HEART



KATIE'S AYURVEDA

Summer Recipe Mix Tape

THE SHAKTI SCHOOL



THE SHAKTI SCHOOL

Summer of Love is Here

KATIE'S RECIPE MIX TAPE

KATIE'S SUMMER RECIPE MIX TAPE

Baby girl! It is HOT out there! And I have got your back - Ayurveda-style.

This is my personal kitchen witchery. It is exactly what I am eating, slurping and drinking up all summer long. If you want to know exactly what we are cooking up over here at The Shakti School, THIS. IS. IT.

You hold in your hands my ultimate summer food mix-tape! Why? Because I am bringing back all my old faves, but making it Summer-Of-Love, sexy cool.

Ayurveda is about so much more than calories in, calories out. It's a full-body YES. A sensual experience that makes the whole body-mind-spirit feel romanced in summer scents and seasonal produce straight from the bosom of everybody's favorite Mom: EARTH.

Here ya go, sister.

BALANCING PITTA

COOL

GROUNDING

MOIST

UNCTUOUS

HYDRATING

JUICY

SOFT

SWEET

MILD

CONTENTMENT

SURRENDER

DEVOTION

LUNAR

THE SHAKTI SCHOOL

TABLE OF CONTENTS

DRINKS

Hibiscus-Rose Cooler with Damiana

Rose + Cardamom Limeade

Ayurvedic Hydration Water

Rose + Mint Sun Tea

PUREES + SUMMER SOUPS

Ayurvedic Gazpacho with Cilantro + Coconut

Steamed Zucchini Puree with Dill + Yogurt

Sweet Corn + Fennel Puree

Avocado Lime Puree

Homemade Coconut Yogurt

Beet + Chickpea Hummus

MAIN COURSE

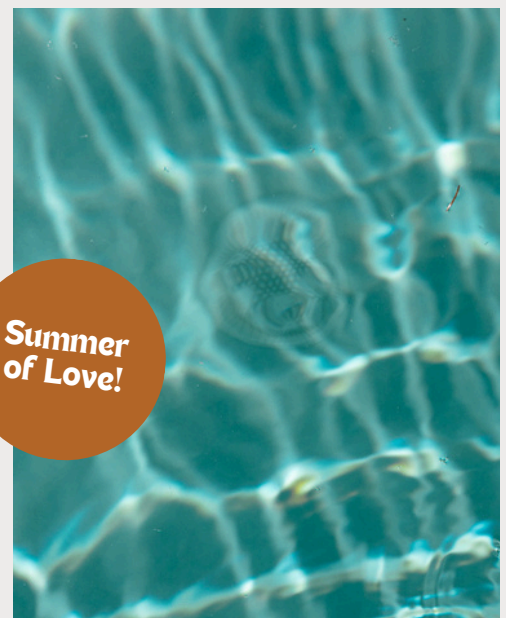
Cooling Coconut-Lime Chicken with Cilantro

Herbed Turkey Patties with Yogurt Mint Sauce

Poached White Fish with Fennel, Leeks + Lemon

Coconut Rose Quinoa with Veggies + Cashews

Watermelon Chaat with Cumin + Lime Chickpeas



Summer
of Love!



SUMMER OF LOVE

TABLE OF CONTENTS

MAIN COURSE, CONT.

Lemon Tahini Noodles with Fresh Basil + Sunflower Seeds

Creamy Cucumber-Mint Dill Kitchari

Chilled Sweet Potato + Green Bean Salad with Pomegranate + Lime-Tahini Drizzle

SMOOTHIES + ELIXIRS

Strawberry-Rose Moon Smoothie

Mango Lassi Remix

Pear + Damiana Digestive Smoothie

Green Juice with Liver Greens Powder

Dr. Lad's Sacred Date Shake + Katie's Fave Protein + Creatine

DESSERTS

Coconut-Date Bliss Balls

Grilled Peaches with Honey, Ghee + Cardamom

Katie's Goodbye PMS "Ice Cream"



SUMMER AYURVEDA

DRINKS



THE SHAKTI SCHOOL

HIBISCUS-ROSE COOLER WITH DAMIANA

PITTA | COOLING | HEART-OPENING | APHRODISIAC

This elixir's Ayurveda magic? Hibiscus cools the blood, rose calms the heart and damiana is a sensual nerve tonic.

INGREDIENTS

- * 1 tbsp dried hibiscus petals
- * 1 tsp dried damiana
- * 1 tsp food grade organic rose water or 1 tbsp dried rose petals
- * Juice of ½ lime
- * 1 tsp raw honey (or to taste)
- * 1.5 cups cold water
- * Fresh mint for garnish

DIRECTIONS

1. Steep hibiscus and damiana in 1 cup boiling water for 10 minutes.
2. Strain and chill the tea.
3. Add lime juice, rose water, honey, and stir.
4. Serve over ice with fresh mint.



THE SHAKTI SCHOOL

ROSE + CARDAMOM LIMEADE

COOLING | HYDRATING | PITTA-PACIFYING

Lime juice has a sour taste (amla rasa), which can provoke pitta in excess, but when balanced with rose water (sheeta virya, cooling energy), cardamom (tridoshic, gently sweet and slightly pungent but cooling) and sweetener like honey or maple, it calms the fiery nature of pitta. Salt in small amounts supports electrolyte balance in the heat without overheating.

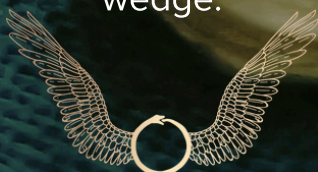
This is a deeply balancing, cell-soothing elixir for sipping all day long. Sip it SLOW! This isn't just water, it's liquid life-force (*ojas*) and herbal alchemy.

INGREDIENTS

- * 4 cups filtered water
- * 1/3 cup fresh lime juice (about 3–4 limes)
- * 2–3 tablespoons raw honey or maple syrup (to taste)
- * 1/4 teaspoon ground cardamom
- * 1 teaspoon rose water (or a few crushed dried rose petals)
- * Pinch of mineral salt (like pink Himalayan)
- * Optional: a few mint leaves for extra cool vibes

DIRECTIONS

1. In a pitcher, mix the lime juice, honey (or maple), cardamom, rose water and salt until the sweetener is dissolved.
2. Add water and stir well.
3. Taste and adjust: more sweet, more tart, more cardamom—go with your dosha flow.
4. Chill in the fridge or serve over ice with fresh mint and a lime wedge.



THE SHAKTI SCHOOL

AYURVEDIC HYDRATION WATER

LIGHT DETOXIFICATION | SOOTHING | HYDRATING

This Ayurvedic hydration water is designed to cool, calm and deeply replenish in the heat of summer. With ingredients like mint, cucumber, rose and lime, it soothes inflammation, supports the liver and gently detoxifies without overheating the system. Mineral-rich pink salt and chia help ground the nervous system, restore lost electrolytes and hydrate on a cellular level. Herbs like tulsi and basil offer added support for digestion, immunity and emotional balance.

INGREDIENTS (FOR 1QT OF WATER)

- * 1 quart (4 cups) filtered or spring water
- * 2–3 thin slices cucumber
- * 2–3 fresh mint leaves (or holy basil/tulsi for extra magic)
- * 1 slice lime or lemon
- * Pinch of pink Himalayan salt
- * Optional: 1 tsp chia seeds (pre-soaked) for extra cooling and ojas-building

DIRECTIONS

1. Add all ingredients to a glass jar or pitcher of room-temp or slightly warm water.
2. Let it infuse for 10–30 minutes (or overnight for deeper effect).
3. Sip throughout the day. Avoid icy cold. Room temp is best for digestion and agni (digestive fire).
4. Optionally strain before drinking, or chew the cucumber slices when you're done.



THE SHAKTI SCHOOL

ROSE + MINT SUN TEA

HEART-OPENING | MOOD-BOOSTING

Rose is the ultimate flower of the Divine Feminine. She cools the heat of both the body and our emotions, soothes the heart and uplifts mood. Some studies have even demonstrated that rose has the potential to support the reproductive system, the nervous system and even impact dopamine levels.

For this recipe, just let the sun do the steeping. Steep dried rose petals and fresh mint in a glass jar under direct sunlight for a few hours. (No need to measure perfectly - just add what you've got on hand!) Sip room temperature or slightly chilled throughout the day to stay hydrated and soothe Pitta. What do you get? A cooling, heart-opening, Pitta-pacifying potion that's as beautiful as it is nourishing.



SUMMER AYURVEDA

PURGES + SOUPS



THE SHAKTI SCHOOL

STEAMED ZUCCHINI PUREE WITH DILL + YOGURT

PITTA | COOLING | SOOTHING

Why It's Ayurveda Magic: Seasonal tomato stimulates.
Cilantro detoxes. Coconut soothes.

INGREDIENTS

- * 3 ripe tomatoes, chopped
- * 1 cucumber, peeled and chopped
 - * 1 red bell pepper
- * ¼ cup chopped cilantro
- * 2 tbsp coconut cream
 - * 1 tbsp lime juice
- * Salt + cumin to taste

DIRECTIONS

Blend everything until smooth. Chill before serving.
Top with fresh cilantro.



THE SHAKTI SCHOOL

SWEET CORN + FENNEL PUREE

VATA + PITTA | NOURISHING | GENTLE AGNI BOOST

This sweet corn and fennel purée is like a warm hug for your belly, simple, soothing and just what your nervous system ordered. Corn brings in that sweet, grounding mama energy, while fennel keeps your digestion humming without the heat.

INGREDIENTS

- * 1 cup cooked corn
- * ½ tsp fennel seeds
- * 1 tbsp ghee
- * Salt to taste

DIRECTIONS

Blend all ingredients and warm gently.



THE SHAKTI SCHOOL

AVOCADO LIME PUREE

PITTA | CREAMY | HYDRATING

Avocado brings in grounding, nourishing fats, lime adds just enough sharpness without the burn and yogurt chills your inner fire. With a dash of cumin to support digestion, this little bowl of bliss is perfect as a dip or snack.

INGREDIENTS

- * 1 ripe avocado
- * Juice of 1 lime
- * Pinch of salt + cumin
- * 1 cup yogurt

DIRECTIONS

Blend all until creamy. Use as dip, soup or side.



THE SHAKTI SCHOOL

HOMEMADE COCONUT YOGURT

PITTA + KAPHA | CREAMY | DIGESTIVE

This is one of my favorite things to top onto mung daal (if using for savory dishes, exclude the vanilla and maple syrup) or to eat with berries and nuts! I especially love it around the early spring/summer months.

INGREDIENTS

- * 1 14-ounce can of full fat coconut milk or 1 can of heavy coconut whipping cream
- * 2 capsules of your favorite probiotics
- * 1 tbsp vanilla bean powder
- * 1 tbsp maple syrup (optional)
- * Dash of sea salt

DIRECTIONS

Add the coconut milk to a food processor or blender and blend until it is all one consistency. Pour into a glass jar. Empty your probiotic capsules into the yogurt and stir until smooth. Cover the jar with a cheesecloth and a rubber band to secure. Let the yogurt sit on your countertop for at least 24 hours (up to 48 hours is okay). Once the yogurt has reached a thick consistency, add the remaining ingredients and store in the refrigerator. Yogurt will get thicker while it is in the refrigerator as well.



BEET + CHICKPEA HUMMUS

PITTA + KAPHA | GROUNDING | ANTIOXIDANTS

Beets are loaded with health benefits and when I eat them regularly I feel like I have some sort of super strength. Their rich color is a key indicator of their richness in antioxidants and anti-inflammatory effects on the body. In Ayurveda, beets can be eaten in abundance by all doshas as long as they are prepared appropriately.

INGREDIENTS

- * 1-2 beets (already roasted or boiled)
- * 1 can of chickpeas drained (or you can use 1 cup freshly cooked/drained chickpeas)
- * 1 juiced lemon
- * 1 tsp salt
- * 1 tsp pepper
- * 2 large cloves garlic
- * 3 tbsp tahini (if you're looking for an even more kapha-friendly version, you can use sunflower seed butter)
- * ¼ cup water
- * Olive oil for topping

DIRECTIONS

Add all the ingredients to a food processor (except for the olive oil). Blend until smooth (you may need to add more water to reach the desired consistency). Top with a drizzle of olive oil, a little parsley or some sesame seeds!



A glass bottle of water, a straw hat, and a slice of watermelon are placed on a light-colored stone pool deck. The bottle is on the left, the hat is in the center, and the watermelon slice is on the right. The background shows the edge of a swimming pool with green mosaic tiles and rippling water.

SUMMER AYURVEDA

MAIN DISHES

THE SHAKTI SCHOOL

COOLING COCONUT-LIME CHICKEN WITH CILANTRO

INGREDIENTS (SERVES 2-3)

- * 1 lb organic chicken breast or thigh, boneless, skinless
- * 1 tbsp coconut oil
- * 1/2 cup full-fat coconut milk
- * Juice of 1 lime
- * 1/4 tsp ground coriander
- * 1/4 tsp fennel powder
- * 1/4 tsp turmeric
- * 1/4 tsp pink salt
- * 2 tbsp fresh cilantro, chopped

DIRECTIONS

1. Cut chicken into bite-sized pieces.
2. Warm coconut oil in a sauté pan over medium heat.
3. Add spices: turmeric, coriander, fennel. Stir 30 seconds until aromatic.
4. Add chicken and sear lightly (not browned), about 4–5 minutes.
5. Pour in coconut milk and salt. Simmer gently for 10–12 minutes or until chicken is tender and cooked through.
6. Turn off heat. Add lime juice and fresh herbs.
7. Serve with basmati rice or quinoa and sautéed summer zucchini.



HERBED TURKEY PATTIES WITH YOGURT MINT SAUCE

PATTY INGREDIENTS (SERVES 4)

- * 1 lb ground turkey (organic, pasture-raised)**
- * 2 tbsp fresh parsley, chopped
- * 1 tbsp fresh dill, chopped
- * 1 tsp fennel seeds, lightly crushed
- * 1/2 tsp ground coriander
- * 1/2 tsp pink salt
- * 1/4 tsp ground cumin
- * 1 tbsp olive oil (for cooking)

SAUCE INGREDIENTS

- * 1/2 cup organic plain yogurt (unsweetened)
- * 2 tbsp fresh mint, chopped
- * 1 tbsp lime juice
- * Pinch of salt

DIRECTIONS

1. Combine turkey, herbs, and spices in a bowl. Mix gently—don't overwork.
2. Form into 6–8 small patties.
3. Heat olive oil in a skillet over medium heat. Cook patties 4–5 minutes per side until golden and cooked through.
4. Mix all sauce ingredients in a small bowl.
5. Serve patties warm or room temp with cooling yogurt mint sauce and a side of cucumber salad or sautéed greens.



THE SHAKTI SCHOOL

POACHED WHITE FISH WITH FENNEL, LEEKS + LEMON

INGREDIENTS (SERVES 2)

- * 2 fillets wild-caught white fish (cod, sole, halibut – about 5 oz each)
 - * 1 tbsp ghee or olive oil
 - * 1/2 bulb fennel, thinly sliced
 - * 1 leek, white part only, sliced
 - * 1 1/2 cups vegetable broth or water
 - * Zest and juice of 1 lemon
 - * 1/2 tsp fennel seeds
 - * 1/4 tsp salt
 - * Fresh dill or parsley to garnish

INSTRUCTIONS

1. Warm ghee or olive oil in a sauté pan.
2. Add fennel seeds, sliced leeks and fennel. Sauté gently until soft (5–6 mins).
3. Add broth, salt and lemon zest. Simmer 2 minutes.
4. Place fish fillets on top. Cover and poach gently on low heat for 7–10 minutes, until fish is opaque and flakes easily.
5. Squeeze in fresh lemon juice and sprinkle herbs before serving.



THE SHAKTI SCHOOL

COCONUT ROSE QUINOA WITH SUMMER VEGGIES + TOASTED CASHEWS

INGREDIENTS

- * 1 cup quinoa, rinsed
- * 1 3/4 cups water
- * 1/2 cup full-fat coconut milk
- * 1 tbsp rose water
- * 1/2 tsp fennel powder
- * 1/4 tsp cardamom powder
- * 1/2 tsp pink salt
- * 1/2 cup zucchini, chopped
- * 1/2 cup asparagus, cut in 1-inch pieces
- * 1/4 cup toasted cashews
- * Garnish: fresh mint, rose petals, lime zest

INSTRUCTIONS

1. In a pot, bring quinoa, water, coconut milk, salt and spices to a boil.
2. Reduce to low and add zucchini + asparagus. Cover and simmer 15 minutes.
3. Turn off heat, stir in rose water, fluff with fork.
4. Toast cashews separately and sprinkle on top.
5. Garnish with mint, lime zest and optional edible rose petals.



THE SHAKTI SCHOOL

WATERMELON CHAAT WITH COOLING CUMIN + LIME CHICKPEAS

Pitta-soothing. Kapha-friendly with chickpeas' lightness and warming spices. Juicy, cooling, and flirtatious AF.

INGREDIENTS

- * 2 cups watermelon, cubed
- * 1 can chickpeas, rinsed
- * 1/4 tsp cumin powder
- * 1/4 tsp coriander powder
- * 1/4 tsp black salt or Himalayan pink salt
- * 1 tbsp lime juice
- * 1 tbsp fresh mint, chopped
- * Optional: sprinkle of pomegranate seeds or chili-lime seasoning

INSTRUCTIONS

1. In a bowl, mix chickpeas with cumin, coriander, salt, lime and mint.
2. Let sit for 10 minutes to marinate and activate flavors.
3. Plate watermelon cubes and top with chickpeas.
4. Garnish with more mint and optional pomegranate or chili-lime dust.



THE SHAKTI SCHOOL

LEMON TAHINI NOODLES WITH FRESH BASIL + SUNFLOWER SEEDS

Tridoshic when balanced. Slippery mung noodles and silky tahini are downright seductive.

INGREDIENTS

- * 2 medium zucchinis, spiralized or julienned. I also do rice noodles or mung bean noodles!
- * 2 tbsp tahini
- * Juice of 1 lemon
- * 1 tsp maple syrup
- * 1 tbsp water (as needed for thinning)
- * 1/4 tsp fennel seeds, crushed
- * 1/2 tsp salt
- * 1/4 cup sunflower seeds, toasted
- * 2 tbsp fresh basil, chopped
- * Optional: avocado slices

INSTRUCTIONS

1. Whisk tahini, lemon, maple, fennel, salt and water into a silky sauce.
2. Toss zucchini noodles gently with dressing. If using the other noodles, boil as instructed on package.
3. Sprinkle with sunflower seeds, basil and avocado if using.
4. Serve room temp—not cold.



THE SHAKTI SCHOOL

CREAMY CUCUMBER- MINT KITCHARI WITH MUNG DAL + DILL

Deeply cooling + digestive. Soft, creamy, sensual texture with a whisper of dill and mint. Spa-for-your-gut.

INGREDIENTS

- * 1/2 cup split mung dal, soaked
- * 1/2 cup white basmati rice
- * 1/2 tsp coriander
- * 1/2 tsp fennel
- * 1/4 tsp turmeric
- * 1/2 tsp salt
- * 4 cups water
- * 1/2 cup cucumber, grated
- * 1 tbsp fresh dill, chopped
- * 1 tbsp fresh mint, chopped
- * Optional: dollop of coconut yogurt or swirl of ghee

INSTRUCTIONS

Combine dal, rice, spices, and water in a pot. Bring to boil, reduce heat and simmer 30–40 minutes.

Add cucumber, dill and mint in last 5 minutes.

Serve with optional coconut yogurt or ghee.



THE SHAKTI SCHOOL

CHILLED SWEET POTATO + GREEN BEAN SALAD WITH POMEGRANATE + LIME-TAHINI DRIZZLE

Grounding for Vata, cooling for Pitta, light enough for Kapha.
Juicy, sweet, sour, creamy = summer love affair.

INGREDIENTS

- * 1 medium sweet potato, steamed + cubed
- * 1/2 cup green beans, lightly steamed
- * 2 tbsp pomegranate seeds
- * 1 tbsp pumpkin seeds, toasted
- * 1 tbsp fresh cilantro

Dressing:

- * 1 tbsp tahini
- * 1 tbsp lime juice
- * 1/2 tsp maple syrup
- * 1 tbsp water
- * Pinch salt

INSTRUCTIONS

Steam sweet potatoes and green beans until tender. Cool slightly.

Whisk dressing until smooth.

Toss veggies in dressing and top with pom seeds, pumpkin seeds and cilantro.



SUMMER AYURVEDA

SMOOTHIES + ELIXIRS



THE SHAKTI SCHOOL

STRAWBERRY-ROSE MOON SMOOTHIE

PITTA + VATA | HEART-OPENING | REJUVENATING

INGREDIENTS

- * 1 cup strawberries
- * ½ frozen banana
- * 1 tsp rose water
- * 1 tbsp almond butter
- * 1 cup coconut or oat milk
- * ½ tsp cardamom

INSTRUCTIONS

Blend all until creamy.
Garnish with rose petals.



THE SHAKTI SCHOOL

MANGO LASSI REMIX

PITTA + KAPHA | SWEET + SENSUAL

INGREDIENTS

- * ½ cup mango
- * ½ cup yogurt
- * ½ cup rose tea or water
- * Pinch saffron + fennel + cardamom
- * 1 tsp rose syrup

INSTRUCTIONS

Blend and serve chilled.



THE SHAKTI SCHOOL

GREEN JUICE WITH LIVER GREENS POWDER

PITTA + KAPHA | DETOXIFYING

INGREDIENTS

- * 1 cucumber
- * 1 celery stalk
- * ½ lemon, juiced
- * ½ inch ginger
- * 1 scoop Anima Mundi Liver Greens
- * 1 cup coconut water

INSTRUCTIONS

Juice or blend. Strain and serve cold.



THE SHAKTI SCHOOL

DR. LAD'S SACRED DATE SHAKE + KATIE'S FAVE PROTEIN: CREATINE

PITTA + VATA | RESTORATIVE

INGREDIENTS

- * 4–6 soaked dates
- * 1 cup almond milk
- * ½ tsp ghee
- * Cardamom + cinnamon
- * 1 scoop protein powder (I like Lineage Provisions)
- * ½ tsp creatine (Lineage Provisions)

INSTRUCTIONS

Blend until silky. I take it warm in the morning or as an afternoon snack or even before bed when I want something sweet.



SUMMER AYURVEDA

DESSERTS



THE SHAKTI SCHOOL

COCONUT-DATE BLISS BALLS

PITTA + VATA | SWEET + NOURISHING

INGREDIENTS

- * 6 Medjool dates
- * ½ cup shredded coconut
- * 2 tbsp almond butter
- * Cardamom + cinnamon

INSTRUCTIONS

Blend in a food processor. Roll into balls. Chill in fridge. Option to coat in sesame seeds, coconut flakes and/or cacao powder.



THE SHAKTI SCHOOL

GRILLED PEACHES WITH HONEY, GHEE + CARDAMOM

PITTA + VATA | SENSUAL + SOFTENING

INGREDIENTS

- * 4 ripe but firm peaches, halved and pitted
- * 1–2 tbsp ghee (or melted coconut oil for vegan)
- * 1 tbsp raw honey (or maple syrup if vegan)
- * $\frac{1}{4}$ tsp ground cardamom

Optional toppings:

- * Fresh mint leaves
- * Crushed pistachios or almonds
- * A dollop of coconut yogurt or whipped cream
- * A sprinkle of cinnamon

INSTRUCTIONS

1. Heat up your grill to medium heat (or use a grill pan on the stove).
2. Brush the cut side of each peach half with melted ghee or coconut oil.
3. Grill the peaches cut-side down for about 3–5 minutes, until grill marks form and the fruit is slightly softened but still holds shape.
4. Flip and grill the skin side for 2–3 more minutes.
5. While they're still warm, drizzle with honey and sprinkle with cardamom.
6. Top with any optional add-ons like mint, nuts or yogurt for extra yum.



THE SHAKTI SCHOOL

KATIE'S GOODBYE PMS "ICE CREAM"

PITTA + KAPHA | SWEET + ENERGIZING

INGREDIENTS

- * 2 cups frozen cauliflower
- * One cup frozen blueberries
- * One scoop of any good bone broth protein. My favorite is [this chocolate kind from Ancient Nutrition](#).
- * One scoop [Anima Mundi Qi Energy powder](#)
- * One scoop [Anima Mundi Shroom mocha milk](#)
- * Add in 1/2 tsp [ginger](#), [cinnamon](#), [cardamom](#) to spice it up and further reduce the kapha
- * 2 cups water - add a bit more if needed

INSTRUCTIONS

Blend in a blender til' creamy smooth.



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