BHAKTI YOGA & THE KITCHEN OF LOVE E-COOKBOOK VOLUME 2





Sri Caitanya Saraswat Seva Ashram
SevaAshram.com

All Glories to Sri Sri Guru Gauranga!

The Bhakti Yoga Cookbook and The Kitchen of Love - Volume 2 is a heartfelt collaboration that embodies the selfless devotion of the Beautiful People: the devoted souls and servants of Sri Sri Guru Gauranga Gandharvika Giridhari, along with the spiritual mentors in our sampradaya (spiritual lineage).



Bhakti Yoga and The Culinary Heart, Cookbook Volume 2 Published by: Sri Chaitanya Saraswati Seva Ashram

<u>Auspicious Invitation: Join us at The Kitchen of Love.</u>
<u>Join us for a complimentary gathering that honors compassion and dedication every Sunday, beginning at 11:30 a.m. Everyone is invited. 2900 North Rodeo Gulch Road, Soquel, CA 95073 (831) 462-4712</u>

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<u>Images: Collection of Sri Chaitanya Saraswati Seva Ashram, Collection of Sri Madre Madhuchanda Devi.</u>

We offer our heartfelt gratitude to our generous sponsors: Srila Bhakti Pavan Janardan Maharaj, Sripad Arun Krishna Prabhu, Srimati Rasangi Devi, Srimati Jivana Devi, Srimati Sangita Devi, Srimati Nandarani Devi and Srimati Deva Priya Devi.

Our thanks to our amazing team of sevaite volunteers at the Seva Ashram.

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Preface







Welcome to the realm of Bhakti Yoga and the Kitchen of Love. In this second volume, originally crafted in Spanish, you are invited to explore the profound and delightful principles of Bhakti Yoga through three enlightening articles by our cherished spiritual masters: Srila Bhakti Kusum Ashram Maharaj, Srila Bhakti Pavan Janardan Maharaj, and Srila Bhakti Sundar Govinda Maharaj in part 1.

The second part of this edition was crafted in partnership with the esteemed Bhakti Yoga teacher and culinary instructor, Sri Madhuchanda Devi.

The 30+ recipes in this book are simple to create and have been tried and tested with culinary students of all ages, including children, to showcase that cooking with love and kindness can be a delightful and enriching journey.

Throughout the book, you are encouraged to delve deeper with interactive links that offer you profound insights and enriching content.



Ultimately, we wish for you and your family to experience the joy of these incredible recipes, whether in the comfort of your home or at one of our numerous Bhakti Yoga schools, be it in Soquel, CA, Salt Lake City, UT, or across the vibrant landscapes of Mexico and South America.

We eagerly anticipate the moment we can embrace you in one of our many kitchens filled with love.



Seva Ashram & VegFest











Santa Cruz VEGFEST 2024 reaffirmed what we already know: our world is brimming with individuals who seek compassion, harmony and a deep connection to our environment and each other. The event was a vibrant celebration that surprised our guests with a profusion of delightful flavors, each packed with nourishment and enriched with higher ideals that bind us together as a progressive community.

The Bhakti Yoga and Kitchen of Love Cookbook - Volume 2 is a testament to our shared journey toward compassion and unity. This cookbook encapsulates the ancient practices of Meditation, Ahimsa (non-violence), Bhakti (devotion), Seva (volunteer service) and Prema (divine love) into wonderful cooking experiences that delight your taste buds and soul alike.

Explore an array of exotic vegan recipes that will transport you to The Kitchen of Love, where cooking is a meditation. Immerse yourself more deeply in this culinary journey with a recommended mantra radio playlist that will enhance your peace and serenity.

Crafted by a dedicated group of chefs, cooks, educators, monks, artists, and volunteers from the Sri Chaitanya Saraswat Seva Ashram - a Bhakti Yoga Center serving the Santa Cruz/Soquel community with free experiences to elevate consciousness - this cookbook aims to inspire compassion and devotion at your table.

But the experience doesn't end there. Join us at The Kitchen of Love's world-renowned Sunday Feast, held every week at 2900 North Rodeo Gulch Road in Soquel, CA starting at 11:30 am. Immerse yourself in Bhakti Yoga, discover self-realization, savor amazing food, and connect with inspiring souls.

We look forward to welcoming you in person to this transformative journey of love and nourishment. See you there!



AUSPICIOUS INVOCATION



WELCOME TO THE KITCHEN OF THE HEART MEXICO AND SOUTH AMERICA

OUR HEARTFELT GRATITUDE

WELCOME TO THE KITCHEN OF LOVE SOQUEL SEVA ASHRAM

YOU ARE OUR GUEST

BHAKTI YOGA THE YOGA OF THE HEART

WEEKLY BHAKTI YOGA COMMUNITY
EXPERIENCE



COME TASTE AN AMAZING FEAST

THE EVERLASTING JOY

OUR BEAUTIFUL COOKS

THE CHILDREN OF TRANSCENDENTAL NECTAR

CONTINUE YOUR BHAKTI YOGA JOURNEY
WITH E-BOOKS

COOK WITH OUR MANTRA SOUNDTRACK

> CONTINUE YOUR BHAKTI YOGA JOURNEY ONLINE

GET MORE MADHUCHANDA VIDEO RECIPES IN SPANISH

> SUBSCRIBE FOR MORE BOOKS AND COOKING CLASSES

THE NOURISHING MEDITATION

THE SEVA ASHRAM'S LOCATION



Our Dedication

The book Bhakti Yoga and the Kitchen of Love - Volume 2 is dedicated to great personalities who dedicate their lives to promoting a higher spiritual consciousness by offering food prepared with compassion, devotion and unparalleled flavor.

Their love and shelter move our hearts to distribute not only food, but also to share their affectionate guidance and perfect teachings, which satiate the deepest hunger for a higher spiritual taste. By clicking on their photos the reader will be guided to more information. May this offering please all the sincere seekers.

TO OUR MASTER CHEFS & SPIRITUAL GUIDES



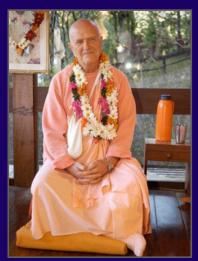
<u>Śrīla Bhakti Rakṣak Śrīdhar</u> <u>Dev-Goswāmī Mahārāj</u>



<u>Śrīla Bhakti Sundar Govinda</u> <u>Dev-Goswāmī Mahārāj</u>

Our Dedication

Srila Bhakti Kusum Ashram Maharaj





Srila Bhakti Kusum Ashram Maharaj has devoted his entire life to spreading the profound teachings of Bhakti Yoga across Mexico, South America, and beyond, touching hearts around the globe.

His warm, inviting, and nurturing spirit has served as a sanctuary for countless generations of spiritual seekers. From the very start, Srila Ashram Maharaj embodied the essence of devoted service in the divine mission of his Spiritual Master, emerging as a natural leader cherished by the community of devotees.

In 1982, he founded the Sri Chaitanya Saraswat Math Mission in Mexico, seamlessly stepping into the role of its National President. Together with Srila Bhakti Pavan Janardan Maharaj, he enriches the souls of devotees and seekers alike.

Srila Ashram Maharaj stands as a sanctuary and wellspring of spiritual upliftment for all devotees and seekers of the Church of Lord Chaitanya.

Our Dedication

TO OUR MASTER CHEFS & SPIRITUAL GUIDES

<u>Śrīla Bhakti Pavan</u> J<u>anardan Mahārāj</u>

The community and visitors of the Kitchen of Love at the Seva Ashram have the fortunate guidance and shelter of Srila Bhakti Pavan Janardan Maharaj.

He is praised for a lifetime of selfless service distributing the teachings of Bhakti Yoga to sincere seekers all over the world especially in India, the United States and Mexico.

Srila Janardam Maharaj shares the mood of His Divine spiritual guides in open online classes for international audiences and in person at the Seva Ashram's weekly Sunday feast.

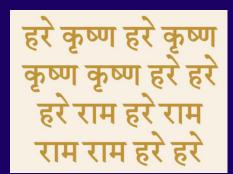
He is a renowned food critic, devotional culinary teacher and a great friend for those who are searching for a superior taste.





Our Inspiration

Srimati Sureshswari Devi Dasi



The Mahamantra in Sanskrit:

"Hare Krishna Hare Krishna Krishna Krishna Hare Hare, Hare Rama Hare Rama Rama Rama Hare Hare"



Long-time dedicated servitor to a trinity of Spiritual Guides: Srila Bhaktivedanta Swami Prabhupada, Srila Bhakti Raksak Sridhar Maharaj and Srila Bhakti Sundar Govinda Maharaj, <mark>Srimati Sureshswari Devi Dasi</mark> was famous for her cooking and non-stop prasadam distribution.

Her travel lunches and banana bread graced and saved many a person. She personified The Kitchen of Love and influenced many chefs who now follow in her generous footsteps.

You will find a few of her famous recipes in this book but her favorite recipe was for a successful and joyful life: "Chant the Mahamantra and be happy."

She will be delighted if you join The Kitchen of Love as a fellow cook in your own home or in person at a Sunday feast!

Our inspiration

Sri Madhuchanda Devi Dasi



Sri Madhuchanda Devi Dasi serves as the esteemed president of the Bhakti Yoga school in the vibrant city of Veracruz, Mexico.

She devotes her life and family to the noble pursuit of selfless service to her community and spiritual guides, Srila Govinda Maharaj and Srila Ashram Maharaj.



She is affectionately referred to as "Mother Madhuchanda" due to the warmth and compassion she extends to all, uplifting each individual on their unique spiritual and devotional path as they serve as volunteers.

Her vibrant spirit ignites a spark in all who seek to embrace Bhakti Yoga. Mother Madhuchanda has been sharing her wisdom through plantbase cooking classes for more than 40 years, a testament to her dedication.

Her cooking classes have been a prominent highlight, with her serving as a featured speaker and a regular presence on the beloved television show Vuelve a la Vida on Televisa Veracruz.

This book offers a collection of wholesome and delectable recipes featuring ingredients like whole-grain flours, walnuts, almonds, oats, prunes, raisins, amaranth, wheat germ, sunflower seeds, delightful sweets, tofu (soy cheese), fruits, and an array of vibrant vegetables.

The author encourages you to unleash your natural creativity through hands-on exploration, experimenting with a variety of textures, flavors, and colors, nurturing a deep passion for the art of cooking.

Our heartfelt gratitude

A heartfelt thank you to all the devoted souls who volunteered at the VegFest

Thank you, who are turning your home into The Kitchen of Love.



The Beautiful People of the Seva Ashram

Sri Chaitanya Saraswat Seva Ashram is the home of the "Beautiful People"—a group of spiritual people with affectionate hearts. They are dedicated to a life engaged in devotional volunteer service or Bhakti-yoga. Our community has people of all walks of life, ranging from monks to families with young children. This book, and our participation at the VegFest, is the fruit of their selfless efforts to share with you what they consider their most cherished treasure: recipes that lead to a higher taste, full of flavor and compassion. Also, a special thank you to our generous sponsors: Srila Bhakti Pavan Janardan Maharaj, Sripad Arun Krishna Prabhu, Srimati Rasangi Devi, Srimati Jivana Devi, Srimati Sangita Devi, Srimati Nandarani Devi and Srimati Deva Priya Devi.



VEGFEST organizers

Heartfelt gratitude to Camilla, Helbard, and the amazing team behind the creation and promotion of the VegFest. We are truly inspired by your vision, compassion, teamwork, energy, and generosity.

The VegFest is not just another event—it is a place where ideas can be debated, people can share their hearts, uplift others, and reveal the beauty in a community driven by compassion. We are in awe with the amount of effort put in by their amazing team of volunteers, making this whole gathering seem to be so sweet and effortless.

Bhakti Yoga The yoga of the Heart



The sweetness of Bhakti Yoga

Excerpt from the enlightening discourse delivered by His Divine Grace Srila Bhakti Kusum Ashram Maharaj



The essence of our identity starts with three fundamental questions: I am human: "Grant me immortality." I am ignorant: "Guide me to knowledge," I suffer in this life: "I long for everlasting joy."

And in a wondrous realm, all of this unfolds. Though we may walk different paths, we all share a longing for happiness, a treasure we can all attain. Over more than 500 years ago, Lord Chaitanya Mahaprabhu graced India with His presence, bestowing upon us a remarkable gift meant for every soul on this earthly journey, not because of our qualifications, but thanks to his boundless generosity.

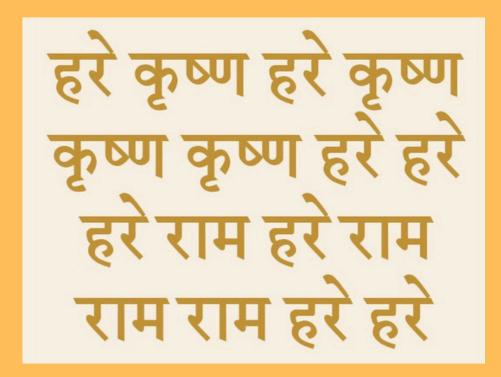
He offers us the essence of divine love—a profound invitation to approach God as cherished members of His family. In this sacred relationship, we can connect with the Lord not merely as a servant, but as a beloved friend and kin, for the Lord delights in the intimate bonds He shares with his devoted followers.

We recognize the essence of His teachings as timeless and universal. They transcend any sectarian boundaries. It is essential that we embrace individuals for their intrinsic value, not defined by their gender, skin color, or nationality, but by the excellence of their contributions.

This revealed truth holds profound significance. It is not rooted in an academic standard set by intellect, nor in oppression or control; it is founded on love, which is inherently ours. God has not abandoned us; our hope resides in Him, who can reach out to me at any moment He desires, yet I must take steps for that meeting, and this journey is known as Bhakti Yoga.

There is a call that resonates through all faiths: 'Glorified be Your Sacred Name, Lord'. The meditative chant of the Maha Mantra, recognized as the invocation of the Divine Names, serves as the cornerstone of spiritual growth unique to this present era (Kali Yuga).

This meditation is like the act of tidying a home. When you sweep a house, it remains pristine. Although dust may settle in daily, the home will still radiate cleanliness. If we allow time to slip by, the task of cleaning becomes increasingly challenging. This illustrates that when we chant the Holy Names, we are purifying our hearts of the worldly distractions that gather day after day. We must invite the Lord to enter our hearts, and He will respond when He perceives our genuine desire.



Meditating on the Maha Mantra: Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare Hare Rama, Hare Rama, Rama Rama, Hare Hare

We can chant the Maha Mantra in three beautiful ways: silently within our minds, softly with the rosary known as Japa, and joyfully out loud in the company of others (Sankirtan).

When we chant the Maha Mantra, we find that there is no need to request anything from Him. He has already bestowed upon us countless blessings and will continue to do so. Our only desire should be to ask Him to guide us in loving and serving Him unconditionally, for this is the gateway to our true happiness. As we chant, we acknowledge our past indifference toward the Lord, yet we are now presented with a precious opportunity. It is said that chanting this Maha Mantra resembles the heartfelt cry of a child calling out to its father, yearning for his presence to witness the journey of his devoted soul.

The most powerful way to chant the Maha Mantra is collectively, which is why it is essential to connect with those who are nurturing their spiritual life journey. This is not a path we can travel in solitude; we require a mentor, much like in any other vocation.

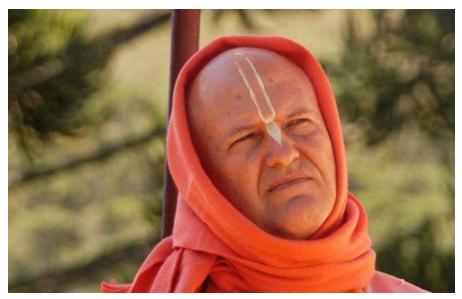
We are constantly shaped by the company we keep, whether it uplifts us or weighs us down, and for a progressive trajectory, it is essential to surround ourselves with positive influences. The Lord is reaching out to embrace us as His own; this is our beacon of hope.

The intersection of the soul's yearning and the Lord's quest to reunite with his lost servant is known as Guru, a Vedic term that signifies revelation. We find this essence exemplified in our spiritual master, Srila Govinda Maharaj. He guides us through his example and illuminates the Vedic wisdom embraced in our Ashrams (indian temples).

There, we honor deities that are revered not as mere idols but as manifestations of the Lord Himself, who has embraced these forms at the behest of His representative, allowing us to immerse ourselves in His divine service.

Vedic literature unveils the personal nature of the Divine. When we approach these scriptures with an open heart and mind, seeking the truths they hold about the essence of God, we discover that India offers the deepest insights.

Another profound lesson from this tradition is that we are not merely this body. The soul is eternal; it is only the body that faces the inevitability of destruction.



Srila Bhakti Kusum Ashram Maharaj during a class in Brazil.



Thus, we recognize ourselves as eternal students, ever in pursuit of knowledge, seeking to connect with the authentic essence that embodies our inner values. It is indeed a reality that we have faced deception on numerous occasions, leading us to cultivate a sense of distrust. However, let us tread carefully; while we may have been misled, often by our actions, it is essential to reflect on our missteps. I encourage you to delve into the wisdom of teachings such as the Sri Bhagavad Gita, the Bhagavatam, and the Chaitanya Charitanmrita; these remarkable works encapsulate the profound essence of Vedic knowledge.

Through the efforts of remarkable individuals from diverse spiritual traditions, we are gifted with this comprehensive summary of Vedic literature, as expansive as it is, now beautifully encapsulated in these works.

I experience a profound beauty in my life, and naturally, I yearn to share it with others. And what might unfold? By giving out this fortune, will I lose it? Absolutely not. Knowledge, wisdom, and love are treasures that, when shared, only serve to enrich the soul of the one who gives.

I warmly invite you to explore our Temple in the vibrant city of Veracruz. It is here, in this bustling port, that we had the honor of hosting five visits from our esteemed international leader, Srila Govinda Maharaj, during his world tours to share the beautiful practice of Bhakti Yoga. You are also cordially welcomed at the Soquel Ashram in California, where you can immerse yourself in this journey of love and affection.

Excerpt from the enlightening discourse delivered by His Divine Grace Srila Bhakti Kusum Ashram Maharaj



The everlasting joy



Excerpt from the enlightening discourse delivered by His Divine Grace Srila Bhakti Pavan Janardan Maharaj

His Divine Grace Srila Bhakti Pavan Janardan Maharaj



The wise share their profound insights with us and remind us: "Why expend all your energy on something that is fleeting, that is temporary?"

You may think, "I'm looking for joy, and I want to be happy in my life. I don't want to give up on life and move into a monastery. I don't want to become a monk or a sannyasi. I don't just want to do these things. I want happiness in my life."

People often hold this belief, and it resonates deeply: we strive for joy, not sorrow. Yet, there are days when you find yourself enveloped in discontent, while on other days, joy radiates throughout your life. This ebb and flow of happiness and unhappiness arrives uninvited.

Vedic knowledge teaches that we don't have to work to control it. Those experiences are coming into our lives according to our karma. What you have coming that you are getting (some happiness and then sometimes some unhappiness) is all karma-fal.

What we are receiving are the fruits of our karma. There is no need to chase after it, yet there are certain things you must pursue, as they do not simply appear in your life. What doesn't arrive on its own? Understanding your life's purpose.

The purpose of your life is to have some spiritual connection with the divine Lord. The nature of all of us is we are serving so many persons in this world but actually, Sri Chaitanya Mahaprabhu says we are:

The essence of a devotee is to eternally serve Krishna.

We are all souls; we are all Krishna Das. We are all devoted servants of Sri Radha and Sri Krishna. That is what we should be striving for. You will experience joy and sorrow, but why not channel your energy into what truly matters—your eternal existence and your everlasting well-being? This is the call we are invited to embrace.

The Bhagavad-gita delivers a meaningful message: you are an eternal being, and this life is but one of your many lives. The soul is everlasting, so why not look for your eternal wealth?

What is for your actual eternal benefit? That is what we are interested in. Look for something beyond the temporary. I have so many things in this material world, yet tomorrow or the day after, many of those things will go away.

What you had yesterday has transformed; such is the essence of life. Yet, our divine wealth continues to grow, provided we dedicate a bit of our energy. As Krishna imparts in the Bhagavad-Gita, even a little bit of advancement will save one from the greatest fear.

What is the deepest fear? Actually, we are eternal beings, yet in this world, we find ourselves entrapped by the confines of material nature. The essence of illusion lies in our identification with this body, believing it to be our true self. The body dies, and that is our fear. We are eternal souls thinking that we are going to die. That is a contradiction.

We are forever devoted to Hari, existing as spirit souls. The essence of the soul transcends birth and death. This is the profound message conveyed by Krishna in the Bhagavad-gita. He states:

dehino 'smin yatha dehe kaumaram yauvanam jara tatha dehantara-praptir dhiras tatra na muhyati

(Srimad Bhagavad-gita: 2.13)

What we are seeing is only a temporary change of our body, of our clothes. We have gone through so many changes, but the person who is actually within this body—that is our real identity. Everything else is upadhi.



Upadhi means that which is not a real identity. If I say "Who are you?" and you say, "This is who I am. You see I have my driver's license, credit card, voter registration card, and so many cards. I have family pictures...." But these are all upadhis.

You are not this photograph; you are not even the reflection you perceive in the mirror. I may think I am gazing at myself in the mirror, but that is not my true essence. I recognize that the reflection is in a constant state of transformation.

My true identity? I don't know who I genuinely am... We must connect with a realized person who can give us the proper adjustment.

Right now we are misreading this environment and thinking it is unfriendly. Everyone is very protective. That is our idea of reality—that we have to be protected. Real reality is spiritual and eternal. Search for Sri Krishna Reality the Beautiful. That is reality. When you're on that plane you'll get good news.

If you buy the San Jose Mercury News or the San Francisco Chronicle, mostly of its content it is not good news.

It is known that Yamaraj told Maharaj Yudhistir that the news is we are all going toward death. That is what is in the newspapers, but that is not reality, and it is not good news. On the spiritual plane is only beauty, and all news is filled with positivity. Yet, due to our dissonance, we find ourselves unable to embrace that uplifting message.

Bhakti Yoga, often referred to as Krishna Bhakti, holds the promise of transformation. Embracing Krishna Bhakti opens the door to a life filled with abundance. Through Krishna Bhakti, all that one seeks will be granted, enriching the lives of all who welcome it.

vasudeve bhagavati bhakti-yogah prayojitah janayaty ashu vairagyam jnanam ca yad ahaitukam (Srimad Bhagavatam: 1.2.7)

By embracing Krishna, you unlock the door to profound wisdom and liberation from the burdens and distractions of this material existence. We were joyfully singing this bhaja hu re song:

sita atapa bata barishana e dina jamini jagi re

Hot and cold, day and night, I am working very hard in this world.

biphale sevinu kripana durajana chapala sukha-laba lagi' re

Who am I working for? I am working for Kripanas. They have no mercy upon me because I am only interested in chapala suka, some enjoyment in this world, and in order to get that I need some money.

I am working hard day and night to acquire some money but why am I doing all these things?

These are the profound words of the wise Govinda Das. His wisdom is boundless. He says 'e dhana, yauvana, putra, parijana'. We find ourselves captivated by wealth, youth, sons and so many of these things.





Srila Bhakti Pavan Janardan Maharaj conducts a class in the sacred town of Nabadwip, India.

ithe ki ache paratiti re kamala-dala-jala, jivana talamala

He speaks of kamala-dala-jala, like a drop of water resting on a lotus leaf: it cannot linger very long. It will remain for just a fleeting moment before it vanishes.

In that manner, everything I strive for is fleeting. I will savor it for a few days, but then it will vanish, and that is what I am dedicating my entire life to.

Embrace the essence of Bhakti Yoga—Krishna consciousness—in your life, and you will discover true happiness. There has never been a better moment to come and join us.

We are joyfully celebrating numerous festivals and hope that all of your friends and family will all please come visit. Soquel Seva Ashram.









We are divine beings, and as integral parts of our Creator, our true home resides forever in the Lord's celestial realm. You are familiar with the Upanishads, the Vedas, the Vedanta, and other sacred texts, which were unveiled in written form five thousand years ago in the heart of India.

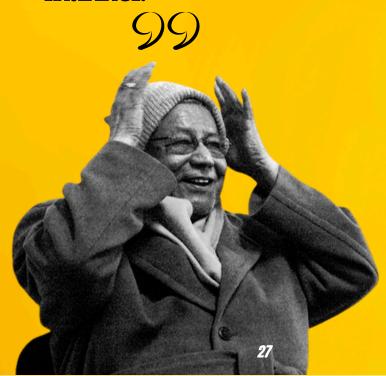
These Vedic literatures aim to bestow upon us profound wisdom, and for our upliftment, they have declared (srinvantu visve amritasya putra): "You are all children of nectar, of trancedental nectar; you are part of the nectarian ocean of bliss. Dive deep into that nectar!"



We are all an essential part of the Lord; thus, we are spiritual kin. In this material realm, we encounter a multitude of differences: some of us were born in India, while others come from Russia, Mexico, Latin America, and various other nations, each with its own unique language. Yet, the spirit that resides within the body, rendering the body meaningful, originates from the same source, a realm we refer to as the spiritual or transcendental world.

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We yearn for eternity, love, affection, mercy, and ecstasy; these are our deepest desires, yet this earthly realm cannot truly satisfy any of them. However, in the realm beyond, everything exists forever in a profoundly beautiful and harmonious manner.



One day, we will all depart from this world, whether we are poor or rich, uneducated or wise, animals or trees. From the moment we take our first breath, the certainty of our mortality is established. Death does not give us a heads-up: "Today is the day of your death, or today is your birthday." In truth, both death and birth lie beyond our grasp.

We might possess the ability to influence the length of our lives, yet the inevitability of death follows our birth. This cycle of life and death envelops our world, not just our planet, but the vast expanse of the universe. Beyond the boundaries of our universe, countless others exist, and this cycle flows through each of them. The wise Vedic scholars imparted this wisdom to us, and today, in this era, scientists affirm its truth.

Cycle of creation and dissolution

This world is filled with conflicts. The cycle of life and loss continuously ebbs and flows, presenting us with numerous obstacles. The air is thick with stories broadcasted through radio, television, and newspapers, revealing the extent of turmoil that exists in every corner of our lives.

This challenging circumstance is destined to unfold, as predicted in the Scriptures. We find ourselves in the Age of Kali, a time marked by turmoil. It is an inevitability we cannot escape. I may strive to be a good person, yet I may still face unprovoked aggression.

Life unfolds in myriad ways, and countless noble souls have been killed. Thus, the cycles of life and death transcend our control; it does not matter how many security agents surround us, just as John F. Kennedy, Martin Luther King Jr., Indira Gandhi, and many others were shielded by their protectors, yet still could not escape death.

Connect with the trancental

In this world, we find ourselves neither secure nor fulfilled. What is it that we truly seek? Love, affection, charm, beauty, and ecstasy. We long for eternity at our core, yet it remains beyond our grasp. What shapes do love, beauty, and charm assume in this realm? They exist merely as shadows or reflections of a higher, transcendent reality.

As a result, we find ourselves engaging solely with the shadow; all that we receive takes on the shape of the shadow, while the essence remains elusive.

When we cultivate a genuine appreciation for transcendental ecstasy and encounter the divine form, we will discover that transcendental knowledge resides within us, just as our Lord does. In that moment, clarity and understanding will flow effortlessly. This connection is essential to us.

How will we get it? That connection can be bestowed upon us through our sincere hankering. There must be a desire within us to seek this. If it is within reach, why not move toward that goal? Esteemed scholars of spirituality have offered countless insights and have shared that wisdom with us. If you wholeheartedly answer the call, you will grasp that elevated understanding. It is readily accessible if you possess faith, sincerity, and some good fortune. Without that good fortune, it is very hard to obtain.

The foundation of all yoga

In the opening section of the Vedic scripture Śrīmad Bhagavad-gītā, Kṛṣṇa reveals that yoga embodies the practices that lead to growth in life, fostering a compassionate and harmonious connection with nature. He initiates His discourse on yoga by encouraging all to steer clear of selfish deeds and to embrace the path of yoga. Kṛṣṇa says:

dūreņa hy avaram karma buddhi-yogād dhanañjaya buddhau śaraṇam anvichchha kṛpaṇāḥ phala-hetavaḥ

(Śrīmad Bhagavad-gītā: 2.49)

"You are an eternal (jiva) soul, endowed with the innate ability to think, feel, and aspire. These elements are inseparable from your very being. If you use your consciousness to explore the material nature, you will find no true fulfillment; instead, you will become a miser, trapped in a cycle of suffering. You are perpetually active by your very essence, so channel that energy into something uplifting; otherwise, you risk becoming a source of pain for both yourself and those around you."

The fundamental expression of yoga

In this manner, Kṛṣṇa elucidates how selfless action (karma yoga) paves the way to the yogas of knowledge, renunciation, and meditation (jñāna yoga and dhyāna yoga). Following the description of these transformative processes, Kṛṣṇa unveils His ultimate teaching on the practice of yoga.

tapasvibhyo 'dhiko yogī jñānibhyo 'pi mato 'dhikaḥ karmibhyaś chādhiko yogī tasmād yogī bhavārjuna yoginām api sarveṣām mad-gatenāntar-ātmanā śraddhāvān bhajate yo mām sa me yuktatamo mataḥ

(Srīmad Bhagavad-gītā: 6.46-47)



"A yogī is superior to those who practice physical austerities and embrace mere renunciation (tapasvīs), superior to the people with knowledge (jñānīs), and superior to those who are immersed in worldly actions (karmīs).

Therefore, one must embrace the path of a yogī. The greatest among all yogīs is the bhakti-yogī, the yogī devotee who holds Me in their heart with unwavering faith and is perpetually devoted to My service.

He is deeply connected with Me. Through devotion (bhakti-yoga), you can attain My divine realm and joyfully engage with Me, the source of all rasa."

There, the illusory realm will never confront you, and you will never need to return to the physical world again. Then, we can grasp the significance of the Lord's eternal home as the ultimate destination for all jiva souls, with Bhakti Yoga standing as the highest expression of yoga practice.

Excerpt from the enlightening discourse delivered by His Divine Grace Srila Bhakti
Sundar Govinda Maharai

Cook with our Mantra soundtrack



Cooking in The Kitchen of Love is, above all, a meditation practice, a serene journey that elevates ordinary ingredients (bhoga) into a heartfelt and delectable gift imbued with spiritual essence and blessings (prasadam).

The magic of The Kitchen of Love lies in the mindfulness and dedication of the chefs as they craft their exquisite recipes.

14	1	1 Sri Panca Tattva				Þ	336
or.	2	2 Sri Gurudeva Stuti				Þ	293
0	3	3 Sri Guru Arati	٠	เว	ď	(•••
it.	4	4 Sri Guru Arati Stuti				Þ	286
d.	5	5 Prabhati Giti				Þ	279
the	6	6 Gurudev & Arunodaya Kirtan				Þ	267
d.	7	7 Sri Nama Kirtan				Þ	281
of the	8	8 Sri Sri Gurvvastakam				Þ	247
of the	9	9 Invocación auspiciosa al Saranagati & Bhanjan-Giti				Þ	330
of the	10	10 Thakura Vaisnava Gana				Þ	203
of the	11	11 Akrodha Paramananda				Þ	229
0	12	12 Ke Jabi Ke Jabi				Þ	323
14	13	13 Bhajahu Re Mana				▶	296

They immerse themselves in mantras, allowing the melodies to cultivate a spirit of devotion. We are thrilled to unveil our new Soundcloud channel, Embracing the Soul, showcasing morning bhajans (mantras) from Sri Chaitanya Saraswat Math, presented by His Divine Grace Srila Bhakti Kusum Ashram Maharaj and the devoted community from Colombia.

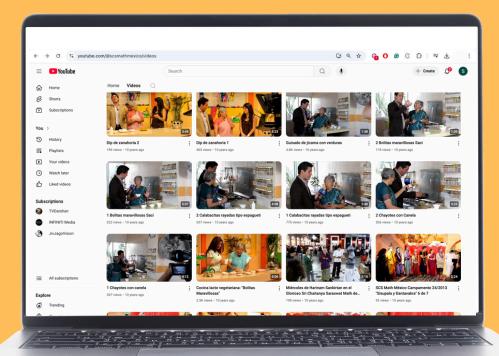
Visit this page to immerse yourself in the enchanting mantras she sings as you prepare the delightful recipes in this cookbook!



Get more Madhuchanda video-recipes in Spanish

www.youtube.com/@scsmathmexico/videos





The Nourishing Meditation

Bhakti Yoga is considered one of the most accessible and encouraging yogas as it offers beautiful and touching practices that connect us all independently of our situation.

It will allow you to learn about your essence, sing, dance, pray, belong, thrive and return your energy to an all-giving community. Each one of these 'normal' acts is considered a meditation or spiritual connection in Bhakti Yoga when they are performed with divine consciousness.







We all have unique individual talents and preferences so it is not surprising that each heart is captured by a different element of Bhakti Yoga. However, of all the uplifting meditations there is one that is unanimously appreciated by all Bhakti Yoga practitioners: Prasadam Seva.

Simply put, Prasadam Seva meditation consists of tasting delicious vegan and vegetarian meals that were prepared with compassion and love and offered to the Lord with special prayers.

The selfless acts of cooking and tasting Prasadam purify and sanctify the food, giving it nourishing benefits for body and soul.





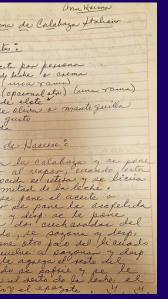
যোগে যোগী পায় যাহা ভোগে আজ হবে তাহা হরি বলি খাও সবে ভাই। কৃষ্ণের প্রসাদ-অন্ন ত্রিজগৎ করে ধন্য ত্রিপুরারি নাচে অয়হা পাই"॥৩॥

yoge yogi paya yaha bhoge aja habe taha hari bali' khao sabe bhai krsnera prasada-anna trijagata kare dhanya tripurari nache yaha pai' [3]

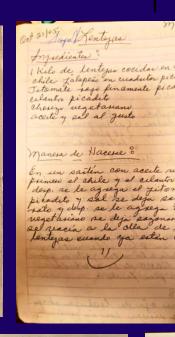
"Today we will attain (spiritual and purifying benefits) by eating what yogis attain through yoga. Brothers! Chant 'Hari' and eat! Sri Krishna's Prasadam makes the three worlds fortunate, and Lord Siva dances upon receiving it. " - Srila Bhakti Vinod Thakur

PART 2

Recipes







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jñānam te 'haṁ sa-vijñānam idam vakṣyāmy aśeṣataḥ yaj jñātvā neha bhūyo 'nyaj jñātavyam avaśiṣyate

"Now I shall reveal to you this knowledge of My absolute power as well as the realization of My sweetness, knowing which, nothing will remain to be known, here on this supreme path."

(Srīmad Bhagavad-gītā: 7.2)



ART



Queen Kunti's Salad Jicama Salad Apple Salad Bima's Salad



Bhakti Lemonade Orange Lassi The Pearfect drink Celestial Smoothie



Swiss Chard with Tarragon
Fried rice
Skewered Tofu
Empanadas a la Madre
Madrekopita
Cauliflower Pakora
Samosas
Bolognese-style soy sauce



Mustard Cream Dream Italian Pumpkin Cream Asian Noodle Soup Fava Bean Soup Lentil Soup



Phenomenal Chickpea Chocolate Fudge Laddu

Maple Energy Balls
Seed Balls
Fruit Cup
Persian Wheat Germ
Almond Cream infused with Prune
Delightful Fruit Cake
Apple and Walnut Rolls





Queen Kunti's Salad

Salad



Level: Easy

Preparation time: 30 minutes

You will need:

1 clean head of Romaine lettuce Sweet corn kernels Cooked green peas 2 carrots, delicately diced 1 jicama, delicately diced 1 spinach, cleansed and finely

minced 1/2 cup of pumpkin seeds

Dressing

Olive Oil Apple cider vinegar Provençal herbs Soy sauce Salt Black Pepper Mustard

How to make:

- 1 Combine the lettuce and spinach previously washed and dried.
- 2 Add the perfectly cooked corn kernels and peas.
- 3 Bring the diced jicama and carrot to the mix. The result is the lettuce leaves remain intact, brimming with a delightful medley of spinach, corn, peas, jicama, and carrots.
- In another bowl, whisk together the dressing components until reach a light brown colored cream.
- 5 At last, adorn the salad with the dressing, and the seeds are delicately scattered on top.

Cook's notes:

Named after the noble Queen Kunti, mother of the Pandavas, whose heartfelt prayers in the Bhagavata Purana reflect deep humility and unwavering devotion to Lord Krishna. As you prepare this easy salad, let her spirit of gratitude and surrender inspire you to cook with love, even through life's challenges.

Jicama Salad



Jicama Salad

Salad



Level: Easy

Preparation time: 30 minutes

You will need:

1 long lettuce, freshly washed and dried 1 jicama (Mexican potato), peeled and diced into cubes 4 tomatoes, skinned and sliced crosswise 1 avocado sliced into delicate pieces

Dressing

Extra virgin olive oil
Maple syrup
freshly squeezed juice from one
orange
Salt and pepper
Blend of fragrant herbs
Pumpkin seeds, peanuts, or
sesame seeds

How to make:

- Place a small amount of jicama on a crisp lettuce leaf.
- Layer the tomato slices and avocado slices on top.
- **3** Finish by topping with jicama and carrot are delicately diced.
- Gently pour the dressing over the dish.
- Gently scatter the pumpkin seeds, or peanuts, or sesame seeds.

Cook's notes:

Invite someone you love into the kitchen with you. Preparing the Jimaca Selight Salad together becomes a form of connection and seva (devotional service)—a beautiful way to share time, stories, and hearts.



Apple Salad





Level: Easy

Preparation time: 40 minutes

You will need:

4 apples
Brined olives
Two stalks of celery
Red pimiento (Mexican red
pepper based)

Dressing

1/2 cup Plant-base yogurt or cashew nut cream 1 tsp of Maple Olive oil Roasted peanuts, perfectly peeled

How to make:

- 1 We carefully peel the apples and extract the core.
- We slice them thinly and immerse them in water infused with lemon.
- ? We cleanse the celery and slice it crosswise, into delicate, thin pieces.
- We slice the peppers into delicate strips.
- We blend all dressing elements until get a smooth cream.
- As we serve, we elegantly arrange the celery atop the apples, and we adorn with olives.
- 7 At last, we drizzle the dressing over the dish and generously scatter the peanuts or sunflower seeds atop it.

Cook's notes:

Before you enjoy all the crunchiness of this salad, pause for a moment. Offer it mentally to the Divine, acknowledging the source of all nourishment and life.



Bima's Salad

Salad



Level: Easy

Preparation time: 45 minutes

You will need:

4 potatoes 1 sweet potato 6 tomatoes, a sprig of Chinese parsley 1/4 cup of sesame seeds

Dressing

Mustard, salt and pepper plant-base yogurt or cashew cream

How to make:

- Peel both types of potatoes; bring to a boil in salted water until there are perfectly cooked.
- **2** The potatoes are pureed, then layered with salt, mustard, pepper, olive oil, and plant-based yogurt or cashew cream.
- CarefulLy peal the tomatoes and slice delicately.
- Shape the puree in a pancake format as a base and set it atop the tomato slice.
- 5 It is adorned with toasted sesame seeds and a sprig of Chinese parsley.

Cook's notes:

Let this recipe be an offering of gratitude to a teacher or guide who has illuminated your path. As you stir and season, remember their kindness and wisdom.



Bhakti Lemonade



Bhakti Lemonade

Drinks

Level: Easy

Preparation time: 30 minutes

You will need:

17 oz of mango juice 34 oz of water 34 oz of lemon juice 1/2 cup of sugar 1 ginger 4 cardamom pods

How to make:

- 1 Start by peeling the ginger and cutting it into small pieces. Cover them with water and 1 cup of sugar and cardamoms. Reduce the liquids forming a syrup base.
- Combine the mango juice with lemon juice.
- 🔏 At last, add and blend the syrup to the juice mix.
- Serve cold with ice.

Cook's notes:

We brought this Kitchen of Love favorite to share with our friends at the Seva Ashram booth in the Vegfest 2015! It was a refreshing star to amazing talks we had with new friends. So, when you make this recipe at home, consider inviting your friends or community over to prep and taste it with you. Turn your kitchen into a kirtan of chopping, laughter, and shared devotion.



Orange Lassi

Drinks

Level: Easy

Preparation time: 20 minutes

You will need:

17 oz of orange juice 34 oz of water 34 oz of natural plant-based yogurt Ice, and sugar to your liking Pinch of cardamom powder

How to make:

- 1 Combine the plant-base yogurt with the orange juice.
- 2 Combine water until it is smooth can be stirring by hand or an a blender.
- 3 At last, add cardamom and sweetness according to your preference.
- Taste this delicious chill treat.

Cook's notes:

Cool, creamy, and bursting with citrusy sunshine, this vegan orange lassi is a refreshing twist on the classic Indian drink. Perfect for hot summer days, it blends juicy oranges with plant-based yogurt and a hint of cardamom for a sweet, tangy, and revitalizing treat—dairy-free, delicious, and deeply satisfying. Cooking doesn't have to be complicated to be meaningful. Invite your children into the Kitchen of Love with this simple recipe. Let them stir, sprinkle, and smile.

The pearfect drink



The pearfect drink

Drinks



Level: Easy

Preparation time: 20 minutes

You will need:

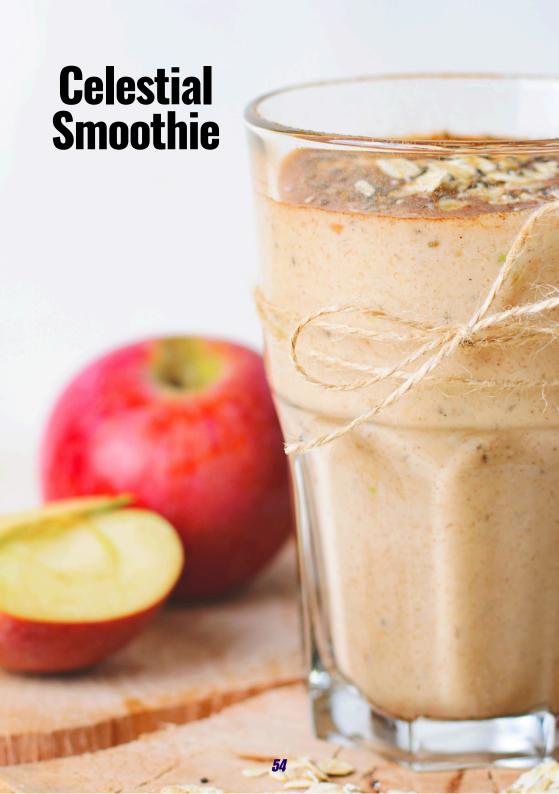
34 oz of vibrant orange juice A handful of oats 34 oz of creamy plant-based 68 oz of water 1 pear Cinnamon powder for sprinkling Sugar to your preference Ice

How to make:

- 1 Blend the oats with the water and the pear.
- Incorporate the plant-based yogurt, orange juice, and water.
- 3 Add sweetness to your preference. Finalize it by sprinkle cinnamon on the top.
- 4 It is consumed very cold.

Cook's notes:

For an inside-out nourishment, add this spiritual step to this delicious drink. Before you begin chopping or mixing, chant the Hare Krishna mantra softly or in your heart. Let the vibration guide your mood and keep your consciousness elevated.



Celestial Smoothie

Drinks

Level: Easy

Preparation time: 30 minutes

You will need:

6 oz rasins 34 oz of creamy plant-based yogurt 2 apples 68 oz of water Sugar and ice to your preference

How to make:

- Blend the raisins and apples with a touch of water and plant-based yogurt.
- The remaining water is incorporated.
- Add sweetness to your preference.
- 4 It is consumed very cold.

Cook's notes:

This smoothie is a very nourishing meal, but it is more than food—it's an offering of love. Please take a moment before serving to thank the Earth, the plants, and all the forces that brought it to your hands.





Swiss chard with tarragon

Starters

Leve

Level: Easy

Preparation time: 40 minutes You will need:

1 bunch of vibrant Swiss chard. 6 peeled and sliced tomatoes. Olive Oil Tarragon, sea salt, and freshly ground pepper Plant-based cheese



Seasoning and smiling: Madhuchanda Devi and her culinary students

How to make:

- 1 Start by having the Swiss chard thoroughly washed and drained.
- Next, it's time to dice the leaves and set them in a saucepan.
- Prizzle with olive oil, sprinkle with salt, pepper, and tarragon.
- The sliced tomatoes are artfully arranged on top. Let it simmer on medium heat for 5 minutes.
- 5 Incorporate olive oil, salt, pepper, and tarragon once more.
- At last, adorn the preparation with plant-based cheese.
- Cover it with a lid and let it cook in its own juice.

Cook's notes:

This simple and healthy recipe (rich in vitamins, minerals, and antioxidants) will taste better if cooked with joy. Bhakti means loving devotion, and joy is its fragrance. Let your smile be your seasoning.



Fried Rice

Starters



Level: Easy

Preparation time: 45 minutes

You will need:

1 cup of rice 1 bouquet of broccoli 3 celery stalks A pinch of salt and pepper to enhance the flavor Soy sauce

How to make:

- 1 Cook the white rice, seasoning it lightly with salt and pepper to enhance its flavor.
- Rinse the broccoli, let it drain, and cut it into thin slices.
- \mathcal{J} The celery is diced into tiny squares.
- Sauté the broccoli and celery in a touch of oil, allowing them to remain delightfully crisp.
- Incorporate the rice, stir to combine all the ingredients.
- Finish it by gently drizzling it with a touch of soy sauce.

Cook's notes:

We invite you to have a micro Bhakti Yoga ritual. As you plate your food, offer it with your heart to Krishna (or the name of the divine that speaks to you). This small act transforms a meal into prasadam.



Skewered Tofu

Starters



Level: Easy

Preparation time: 1 hour and 15 minutes

You will need:

2 boxes of firm or extra firm tofu 2 cups of cherry tomatoes 2 zucchinis A medley of green, red, and yellow bell peppers Moistened skewers

For the tangy sauce

The juice of two oranges 2 tablespoons of soy sauce 2 tablespoons of apricot preserves 1 tablespoon of Cornstarch

How to make:

- 1 Drain the tofu and slice it into squares measuring about half inch. Slice the bell peppers and zucchinis in squares.
- 2 Sauté the tofu squares in butter until they achieve a beautiful golden hue.
- On the moistened skewer sticks, we lovingly thread the tofu, vibrant cherry tomatoes, zuchinis and colorful peppers.
- To create the sauce, combine the orange juice, soy sauce, and marmalade, place it over heat, and allow it to simmer for a few minutes.
- At last, the cornstarch that was previously mixed with cold water is incorporated.
- Finalized it, by baking it for 10 minutes at 350F.

Cook's notes:

Consider this dish a garland of devotion. As you prepare it, mentally string each step with love, intention, and a prayer for the well-being of others.



Empanadas a la Madre

Starters



Level: Easy

Preparation time: 1 hour and 30 minutes

You will need:

Dough:

2 cups of flour

½ stick of plant-based butter.

Warm water as required

½ tsp salt

1 teaspoon of baking

powder

Filling:

1/4 cabbage

Tomato sauce

Salt, oregano, and bay

leaves

Chipotle in brine

Olive Oil

How to make:

Dough:

- Combine the flour, salt, and baking powder in a harmonious blend.
- With your hands, blend the plant-based butter into the flour until it achieves a texture reminiscent of breadcrumbs.
- Introduce small amounts of warm water and work the dough until it becomes elastic.

Filling:

- The cabbage is delicately minced.
- Sauté it in a generous amount of olive oil until it becomes translucent.
- Blend the tomato sauce along with the chipotle and add it to the mixture.
- 7 Incorporate salt, oregano, and bay leaves, and, if you desire a touch of ketchup.
- **9** Roll the dough into a tortilla shape and fill it with care. Braid the edges and fry them in a generous amount of oil. Serve them warm!



Madrekopita





Level: Easy

Preparation time: 1 hour and 30 minutes

You will need:

1 box of vegan puff pastry

4 spinach

¼ cup of grated plant-base

cheese

Salt, pepper, and seasoning

Plant-based Butter

Olive oil

Sesame seeds for finishing

How to make:

- 1 Buy the vegan puff pastry and follow its defrosting instructions.
- To create this masterpiece, lay a plastic bag upon your work surface, dust it with flour, gently place the dough on top, and roll it out with a rolling pin, transforming it into a canvas of culinary delight.
- **3** Cook and reduce the spinach with a touch of plant-based butter, a sprinkle of salt, a dash of pepper, and a blend of seasonings.
- Remove the liquid from the spinach by draining it thoroughly.
- 5 Distribute the spinach across the puff pastry and layer the plant-based cheese on top.
- A new layer of the paste is applied and coated with olive oil, to which a touch of water is added, just enough to create a rich, thick mixture.
- **7** Bake at a medium heat for about one hour, or until it achieves a beautiful golden brown hue.

Cook's notes:

As you stir the spinach in the pot, and roll the dough, meditate on the word Prema—divine love. Let it soften your heart and infuse your food. Tip: We found refrigerated vegan puff pastries at Wewalka, Trader Joe's, Kroger, and Whole Foods Market.



Cauliflower Pakora

Starters



Level: Easy

Preparation time: 1 hour and 30 minutes

You will need:

1 cauliflower
2 cups of chickpea flour
A pinch of salt, a dash of
pepper, and a sprinkle of
seasoning
2 tablespoons cornstarch

A dash of agave 4 tablespoons of sesame seeds Water as required

How to make:

- 1 The cauliflower is divided into medium size florets.
- 2 Briefly saute them.
- The pakora batter is created by combining the chickpea flour, plant-based milk, salt, pepper, cornstarch, sesame seeds, and sugar.
- Gently deep the cooked and drained florets into the batter.
- 5 Sizzle in a generous amount of hot oil. (Click here to get more details). Remove them from the oil when they reach a golden hue.
- Give the pakoras a few moments to drain the excess oil and then cover them in the harmonious blend of oil, soy sauce, agave, vinegar, salt, and pepper.

Cook's notes:

Pakora is a treat that invites company and good talks. Call a neighbor or someone who may feel alone to share this meal with you. Hospitality is a sacred act of Bhakti Yoga.

Samosas Cook's notes: Samosas are a beloved Indian street food with roots tracing back to ancient Central Asia, known for their crispy pastry and flavorful fillings. This version adds a vibrant Mexican twist. Cooking can be seva selfless service. As you prepare this meal, think of someone you can serve with it, even if it's just a plate set lovingly for your family. 69

Samosas





Level: Simple

Preparation time: 1 hour and 45 minutes

You will need:

Dough:

2 cups of flour

½ stick of plant-based

butter

Warm water as required

A dash of salt

Filling

1 block of tofu

1.1 lbs of finely chopped

green beans

Salt, pepper, turmeric

How to make:

Dough

- 1 Blend the dry ingredients harmoniously with the plant-based butter.
- 2 Hot water is gradually incorporated until a tender, pliable dough takes shape.
- **3** Divide the dough into tiny spheres. Open the dought with a rolling pin.

Filling

- Drain the tofu and cut it in small cubes. Grilled it with olive oil.
- The green beans are gently sautéed for a few minutes.
- Combine the Tofu with the peas and enhance the flavor with salt, pepper, turmeric, and a blend of Provençal herbs.
- **7** Allow it to simmer perfectly.
- Add the tender filling on top of the tortilla and fold the dough in half. Seal its edges in a braid shape to prevent leakage.
- *g* Sizzle in a generous amount of hot oil. (Click here to get more details). Remove them from the oil when they reach a golden hue.

Pakora and Samosas: The Art of Frying Them:

Starters Level: Easy

Preparation duration: 2 hours Cooking duration: 45 minutes

How to make:

Fry:

- 1 Heat a generous amount of oil in a frying pan until it reaches 350 degrees.
- Immerse each samosa or pakora in the sizzling oil, ensuring it is fully enveloped.
- *3* Fry until they achieve a beautiful golden brown hue and a delightful crispiness, which will require just a few minutes.
- To determine if the oil has reached the perfect temperature, dip a wooden stick into it: if it bubbles rapidly, it's ready for use.
- Once fried, lift the samosas with a slotted spoon and set them on absorbent paper to soak up any excess oil.



Bolognese Soy Sauce (for spaghetti)

Starters

Level: Easy

Preparation time: One hour

You will need:

1/4 cup of textured soy (fine granules)6 tomatesChipotle

Oregano, sea salt, black pepper, turmeric, asafoetida 1/2 cup of raisin 3/4 cup of walnuts drizzled with olive oil

How to make:

- Sauté the soy in olive oil until it reaches a beautiful golden hue.
- 2 Sauté the strained tomatoes, enriched with oregano, chipotle, salt, pepper, turmeric, and asafoetida.
- Combine both preparations.
- Add the raisins and walnuts, and let it simmer over low heat, stirring continuously for 15 minutes.
- This Bolognese soy sauce graces a bed of al dente cooked spaghetti, lovingly prepared with fragrant herbs.

Cook's notes:

Asafoetida, also known as hing, is a spice primarily used in Indian cooking as a substitute for garlic and onions. You can find asafoetida online or at Indian grocery stores and some specialty grocery stores in the Bay Area. Tip: try preparing this recipe barefoot and grounded. Feel the connection to the Earth, the source of all your ingredients.





Mustard Cream Dream

Soup Level: Easy

Preparation time: 45 minutes

You will need:

2.20 lbs of elbow macaroni

35 oz of plant-based cream

1 small jar of mustard

2 tablespoons of sugar

2 vibrant red or green bell peppers, finely chopped and dressed with olive oil, seasoned with salt and pepper to your liking

How to make:

- Cook the elbow macaroni al dente, prepared in water infused with salt and bay leaves.
- Combine the plant-based cream, mustard, pepper, and salt, creating the cream base of the soup.
- Once the pasta reaches al dente perfection, drain it and blend it with the cream base.
- Hot water is gradually incorporated until a tender cream is formed. Add the red peppers and serve warm.

Cook's notes:

This comforting soup has beautiful colors and a vibrant flavor profile. Enhance this party by bringing out your nicest serving dishes. Even the simplest food becomes sacred when served with reverence and beauty.



Italian Pumpkin Cream

Soup

Level: Easy

Preparation time: 35 minutes

You will need:

1 zucchini per person 17 oz of plant-based milk or plant-based cream 1 sprig of fresh cilantro 2 tbs of rosemary Corn kernels Olive oil or plant-based butter Salt to taste Asafoetida

How to make:

- 1 The pumpkin is grated and steamed. Once it reaches the halfway point of cooking, it is blended with half of the vegetable milk.
- 2 In a separate pan, warm the oil. Sauté the asofetida.
- Incorporate two tablespoons of the cream and enhance the flavor.
- Incorporate a touch more of the cream and adjust the seasoning once more.
- 5 At last, incorporate the remaining cream, sauté it gently, and blend in the rest of the vegetable milk, cilantro, rosemary and corn kernels.

Cook's notes:

The Italian recipe calls for an Italian mood! Sing while you cook—whether it's a bhajan, a kirtan, or a simple tune of joy. Let your kitchen echo with the vibration of love.



Asian Noodle Soup

Soup Level: Easy

Preparation time: 45 minutes

You will need:

A quarter of peas 1 stalk of broccoli 1 sprig of finely chopped parsley a drizzle of olive oil a pinch of salt and pepper

½ tbsp Provençal herbs
Toasted sesame seeds
116 cups of vector for Chinese

1 ½ cups of water for Chinese noodles 1 tablespoon of vegetable seasoning

1 tsp miso paste

1 tablespoon of plant-based yogurt

How to make:

- 1 The water has reached a boiling point.
- 2 Bring the water to a boil, and introduce the Chinese noodles along with the fragrant Provençal herbs and seasoning.
- Sprinkle in salt and pepper.
- As the noodles become transparent, introduce the broccoli and peas.
- 5 Before mashing the vegetables, turn off the heat and incorporate the miso.
- 6 As you serve, sprinkle in the parsley, sesame seeds, and vegan yogurt.

Cook's notes:

This recipe celebrate so many cultural influences that we are luck to be exposed to. Dedicate this meal to someone in need—someone you're holding in your heart. Cook with compassion, and trust that the intention travels far.



Fava Bean Soup

Soup

Level: Easy

Preparation time: 1 hour and 15 minutes

You will need:

1 cup of Fava beans

8 tomatoes

2 celery stalks

1 carrot

Thyme, oregano, bay leaf, vegetable seasoning, asafoetida, salt and pepper

olive oil

a bunch of cleaned cilantro

2 chipotle pepper

How to make:

- 1 Cook the fava beans with the chillies until they reach a buttery consistency.
- **2** Remove the skin from the tomatoes, chop them into cubes, and sauté them in a touch of oil.
- **3** Thyme, oregano, bay leaf, seasoning, asafetida, salt, and pepper are blended into the tomatoes, carrot and celery stalks.
- Allow the mix to simmer until it reaches a beautifully tender consistency.

One minute prior to serving, incorporate the cilantro and finish it by drizzling olive oil on the top.

Cook's notes:

Before you begin, read our <u>Auspicious Invocation from the Bhagavad Gita</u> or any sacred text you love. Let its wisdom guide your consciousness while transforming the ingredients into a lovely meal.





Lentil Soup

Soup Level: Easy

Preparation time: 1 hour and 15 minutes

You will need:

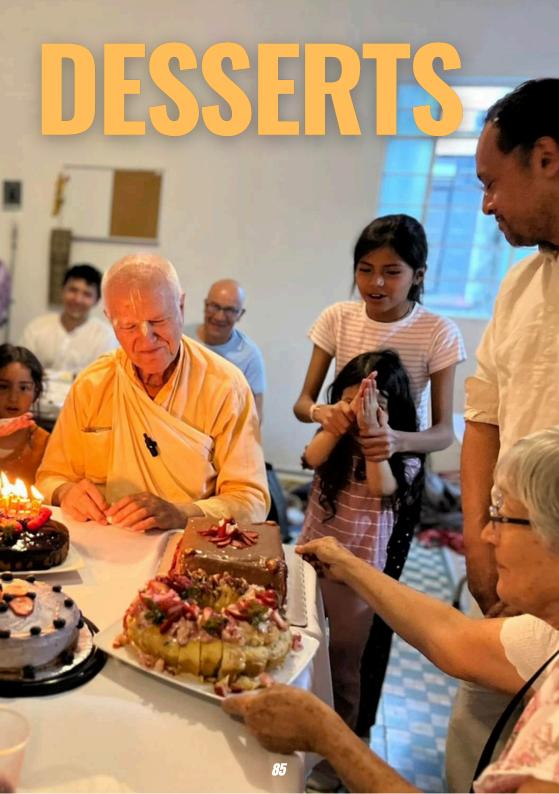
2.20 lbs of lentils previously cooked in seasoned water 1 jalapeño pepper, finely diced and chopped 1 finely chopped red tomato chopped cilantro vegan chorizo olive oil and salt to taste

How to make:

- 1 In a skillet with oil, begin by sautéing the chili and finely chopped cilantro.
- Incorporate the diced tomato and a pinch of salt.
- 3 Allow it to marinate for a moment before incorporating it into the vegetarian chorizo.
- Allow it to marinate and incorporate the cooked lentils.

Cook's notes:

Cooking is a symphony of sounds that can be best experienced surrounded by a moment of silence, when you can hear the motions of sauteing, stirring, and cuting. Let each motion be a meditation, and let your food be your prayer.





Phenomenal Chickpea Chocolate Fudge (Laddu)



Desserts

Time: 30 minutes

Or for the intimate - Laddu. Santa Cruz VEGFEST's lucky attendees were treated to a taste of heaven with this Besan Laddu - a delightful Indian dessert that sneaks in tons of protein in the most delicious and nutty flavor way possible!

You'll need:

- 1 cup Besan (chickpea flour)
- 1 cup coconut oil
- 1/2 cup powdered sugar
- 1/2 cup 100% cocoa powder
- Optional: 1 tsp cardamom powder
- 1/4 cup coconut flakes

Level: Easy



How To Make:

- Step into the kitchen and let the magic begin! Start by gently warming the coconut oil on low heat not too hot, just warm enough to add that extra flavor and act as the binding agent for our delectable laddus.
- Next, sift the besan (chickpea flour) and add it to the warm oil. Mix them together like the best of friends and keep the heat on low-medium. Now, get ready for the aroma of nutty goodness as you roast this mixture for about 10-15 minutes until it's perfectly cooked.
- Once it's done, turn off the flame and let the mixture cool down from hot to warm. This is your chance to add the cocoa and powdered sugar mix it all in with love and watch the magic unfold. Feeling fancy? Toss in some almonds, raisins, coconut flakes, or cardamom powder for an extra burst of flavor!
- Now comes the fun part shaping your laddus! Roll them into adorable little balls or pour the mixture into a baking tray and cut it up when firm. At VEGFEST, we even poured them into baking cups resting on a tray. It was therapeutic to give the tray a few bangs on the table and it also help them to set at that perfect shape.
- Pop your creations into the fridge to chill until serving time trust us, the anticipation is worth it!

Cook's notes:

Before you take that first heavenly bite, offer your laddu to the divine, recognizing the source of all nourishment and sustenance. With each bite, invite the transform



Maple Energy Balls

Desserts



Level: Easy

Preparation time: 30 minutes

You will need:

1/4 cup pumpkin seeds 2 tbs Maple syrup Cupcake liners Shredded coconut or sesame seeds



How to make:

- 1 In a dry blender, blend the seeds into a fine powder.
- In a bowl, combine the ground pumpkin seed and gradually incorporate the maple, gently mixing it with the pumpkin seed.
- Form small spheres and coat them in coconut flakes or sesame seeds.
- Arrange each ball on the cupcake liners or serve in a bowl.

Cook's notes:

As you prepare this dish, think of it as a festival—one of joy, gratitude, and sacred celebration. Let every color, scent, and flavor remind you: this life is a gift.

Seeds Balls



Seeds Balls

Desserts



Level: Easy

Preparation time: 30 minutes

You will need:

9 oz of pumpkin eeds9 oz of raisinsAgave or Maple Syrup



How to make:

- 1 The seeds are gently toasted and allowed to cool before they are ground.
- The raisins are delicately minced.
- Combine the raisins with the crushed seeds.
- A touch of agave (or maple) is incorporated to unite them and create delightful little balls.

Cook's notes:

These balls are packed with nourishment and love! As you eat, chew slowly and mindfully. Taste the gift in every bite. Food is a sacred exchange between nature, spirit, and self.



Sweet Tamales

Desserts



Preparation time: 1 hour and 30 minutes

You will need:

25 corn husks
3.5 oz of rice
¼ cup of raisins
3.5 oz of finely crushed walnuts
1½ cans sweetened coconut condensed milk
Four sticks of melted plant-based butter



How to make:

- 1 Blend the corn with the rice.
- Incorporate all the remaining ingredients and mix until thoroughly blended.
- \mathcal{F} The tamales are crafted by enveloping them in two corn husks.
- They are gently steamed for an hour.

Cook's notes:

Bring the magic of prasadam to your life by simply offering this sweet to your altar (even if it is in your mind or heart) and having a simple flower beside it. This small gesture of reverence transforms the entire experience.



Fruit Cup

Desserts



Preparation time: 40 minutes

You will need:

3.5 oz of raisins
¼ cup of dates
¼ cup of prunes
¼ cup of ground walnuts
Maple Syrup
Cupcake liners

How to make:

- 1 Chop finely the dates, prunes, and raisins.
- 9 Blend the mixture with the walnut.
- 3 Maple syrup is blended into the dried fruit mixture until it is beautifully smooth.
- Roll them in ball shapes!

Cook's notes:

You can tell that we love sweet balls. It is because they are such a hit with kids of all ages, and an easy, healthy treat to carry along to snack on during the day. Above all, they are fun to make. If you're cooking for someone else today, think of it as a gift. Wrap your love into every bite and see how it nourishes them on every level.



Persian Wheat Germ

Desserts

Level: Easy

Preparation time: 40 minutes

You will need:

9 oz of pure wheat germ 34 oz of plant-based milk 1 stick of cinnamon 3 tablespoons of Vanilla Sugar, adjusted to your preference 3.5 oz of finely ground pistachios

How to make:

- 1 Heat up the plant-based milk until it reaches a gentle boil, infusing it with the delightful essence of vanilla, sugar, and cinnamon.
- The wheat germ is incorporated gradually, with constant stirring, just long enough for it to absorb the liquid.
- Serve and adorn with crushed pistachios.

Cook's notes:

Amplify the comfort and self-love that the Persian wheat cream delivers in every spoonful. Use this cooking time to reflect on your day—not with judgment, but with love. Let your food be infused with forgiveness and peace.



Almond cream infused with prunes

Desserts



Preparation time: 30 minutes

You will need:

68 oz of plant-based milk
13.5 oz of finely ground and peeled almonds
¼ cup of dried plums
2 sachets of vanilla
Cornstarch
Sugar to your preference

How to make:

- 1 Combine the plant-based milk, sugar, and cornstarch.
- Pour them into a saucepan, then add the almonds and the pitted prunes sliced into strips.
- Stir it continuously to avoid it to get burned.
- As the milk reaches a rolling boil and the custard takes on a delightful thickness, turn off the heat and gently pour it into a baking dish.
- 5 Bring it to the refrigerator for at least 4 hours before serving it.

Cook's notes:

Remember someone who cooked for you with love—maybe your grandmother, a friend, or a mentor. Cook this dessert in honor of them.

99



Delightful Fruit Cake

Desserts



Preparation time: 45 minutes

You will need:

12 ripe bananas

14 tablespoons of powdered coconut milk

2 apples, carefully peeled and diced

3.5 oz of pasta

3.5 oz of finely ground walnuts

2 tablespoons Vanilla

1 teaspoon of ground cinnamon

How to make:

- 1 Peel and mash the bananas.
- Incorporate the powdered coconut milk and keep mashing.
- Place it in the blender and blend until the concoction is velvety.
- Combine in a bowl the walnut, raisins, and diced apple.
- 5 Position in a baking dish without grease and allow to bake at medium heat for 15 minutes.
- If you wish, adorn it with a dollop of cream on top.

Cook's notes:

Practice humility as you cook. Think of all the hands—seen and unseen—that brought these beautiful ingredients to you. Notice how your intentions are key ingredients of the combination of elements into a loving meal. Offer gratitude in every motion.



Apple and walnut rolls

Desserts



Preparation time: 1 hour and 30 minutes

You will need:

1 box of vegan puff pastry5 apples1.8 oz of toasted and finely ground almonds

3.5 oz raisins Cinnamon powder ¼ cup of plant-based cream Sugar to your liking

How to make:

- Buy the vegan puff pastry and follow its defrosting instructions.
- 2 Lay a plastic bag upon your work surface, dust it with flour, gently place the dough on top, and roll it out with a rolling pin.,
- Carefully peel the apples and delicately sliced them into thin pieces.
- Combine them in a bowl with the cinnamon, raisins, a touch of cream, and sugar, allowing them to rest for 10 minutes.
- The blend is spread over the puff pastry that has been set in a greased mold.
- Gently scatter the toasted and ground almonds over the surface.
- 7 A new layer of puff pastry is delicately placed on top.
- It is coated with a rich layer of thick of plant-based cream or powdered milk.
- g Bake at a medium heat for about 45 minutes, or until it reaches a beautiful golden brown.









The Sri Chaitanya Saraswat Math Bhakti Yoga school boasts magnificent branches across Mexico and South America.

Reach out to us and discover the nearest center to you!



WELCOME TO

The Kitchen of Love



Come Visit the Kitchen of Love

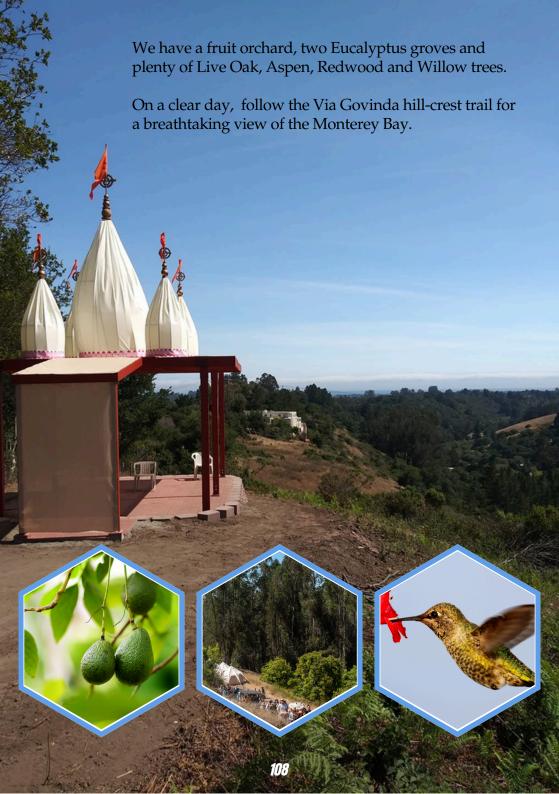


The Kitchen of Love is the heart of Sri Chaitanya Saraswat Seva Ashram, a community center for the practice of Bhakti Yoga, the yoga of divine love and devotion.

When you visit the Santa Cruz Seva Ashram at 2900 North Rodeo Gulch Road you will be embraced by natural beauty. Nestled into the foothills of the Santa Cruz mountains, the Ashram is home to a vast array of flora and fauna including deer and cotton tail rabbits.

As for birds, you may see red-tail hawks, owls, quail, starlings, swallows, blue jays and several varieties of hummingbirds.







Even more striking than the natural environment is the rich cultural heritage of our devotional lifestyle. The caring way of devotional life practiced here daily originates in India in the holy land of Navadwip on the banks of the sacred Ganges river.

Life at Sri Chaitanya Saraswat Seva Ashram centers around a full scale daily temple program. Morning, noon and evening devotional programs include arati and kirtan worship of Deities of Sri Sri Guru Gauranga

Gandharvika Giridhari (Sri Guru, Sri Chaitanya Mahaprabhu, Sri Radha and Sri Krishna) accompanied by song and dance.



Open morning and evening classes are offered on the renowed scriptures Srimad Bhagavad-Gita and Sri Chaitanya Charitamrta following the direction and teachings of our Spiritual Guides, Srila Govinda Maharaj and Srila Sridhar Maharaj.

Our members and visitors are affectionate spiritual people dedicated to a lifetime of devotional service, or Bhakti Yoga. The lifestyle is open to all, independent of other religious, cultural and social identities.

Our diverse and multilingual community includes monks, students, immigrants, workers and families who find common ground in Bhakti Yoga. We find purpose, happiness and fulfillment in this lifestyle.





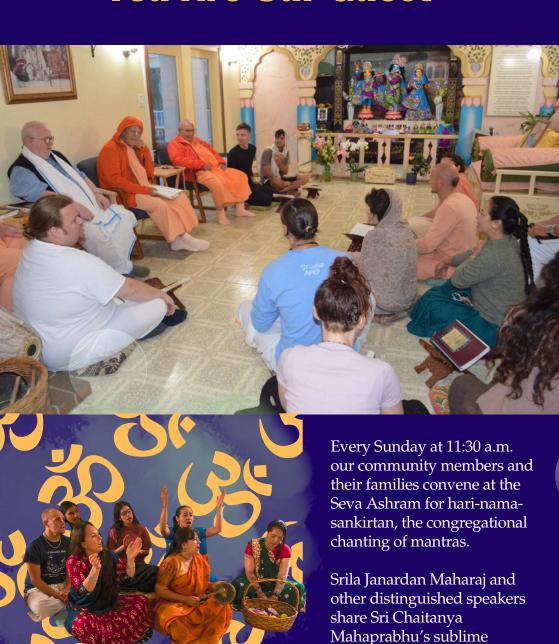
Your place to experience Bhakti Yoga and self-realization

All activities at the Seva Ashram are free of charge and open to all. Throughout the week, devotional programs provide convenient times to gather and experience Bhakti Yoga activities like spiritual and philosophical classes, live kirtan, congregational chanting and volunteering, as well as to build the friendships and communal bonds that nourish and sustain one's growth in devotional life.

Festivals throughout the year draw large-scale community attendance. They celebrate the appearance and disappearance days of our Spiritual Guides and incarnations of Sri Krishna. Volunteers help with hanging decorations, stringing flowers and of course food preparation and clean-up in The Kitchen of Love.

Volunteers are also welcome for public outreach programs, periodic job-specific work days, seasonal group projects, children's services and community fundraising efforts. All are welcome.

You Are Our Guest



teachings about Bhakti Yoga.

All are welcome.

Weekly Bhakti Yoga Family Experience

The happy practices of Bhakti Yoga can be experienced by all ages. Kids have at the Sunday Feast have their own chance to explore deep philosophical and spiritual concepts in the most playful ways by making art, playing, cooking, tasting special meals, exploring the natural beauties of the Ashram and expressing their hearts while making meaningful friendships. All are welcome.











Cooking and art classes are so much fun! We hope to see your family having fun here with us!

Come Taste an Amazing Feast

We invite you to join us every Sunday at 11:30 a.m. for the Sunday Feast, an uplifting gathering that culminates in a wonderful multi-course feast of vegan and vegetarian dishes, served free to everyone in attendace.





Our cooks are famed throughout the world for preparing incredible feasts of vegan and vegetarian dishes with compassion, love and devotion that burst with unforgettable flavors.















We can't wait to have you taste this cookbook's recipes, here, in The Kitchen of Love.



Continue your Bhakti Yoga journey



Compiled here is an introduction collection of <u>freely downloadable e-books</u> published by Sri Chaitanya Saraswat Math . Click on the title and dive deep into the Bhakti Yoga world of compassion, devotion and love.



Home Comfort

Home Comfort is compiled from informal talks of Srila Bhakti Raksak Sridhar Dev-Goswami Maharaj. It covers the most essential topics of the rare and valuable human form of life and its purpose. Srila Sridhar Maharaj calls one and all to remember that their true home is in the sweet land of spiritual nourishment and that that happy home life is available to all sincere seekers of spiritual truth.



Inner Fullfilment

The need for every one of us in this world is to solve the real problem of suffering caused by our existence in this mortal world. The solution is well-known to those special souls who are truly acquainted with the eternal spiritual realm, and they are able to impart that to others. Inner Fulfillment is an introduction to these secrets by the modern day saint, Srila Bhakti Raksak Sridhar Dev-Goswami Maharaj.



In Search of the Original Source

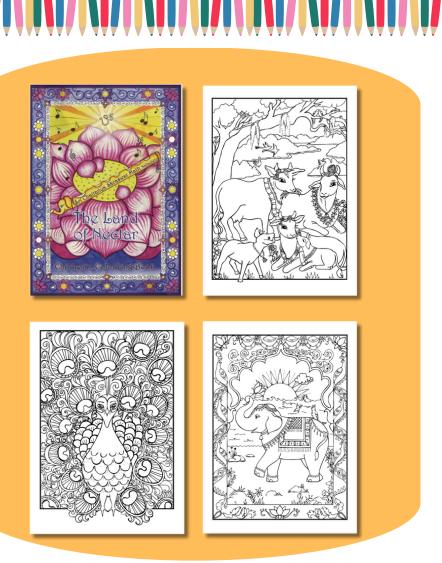
Srila Govinda Maharaj is renowned for his clear and practical explanation of the goal of life and the process to achieve it. His preaching style is exemplified in this transcription of a lecture given in Mexico in 1997 during his 9th World Tour. In this lecture Srila Govinda Maharaj gives much reason, inspiration, and guidance for all seekers on their search for the Original Source.

Continue your Bhakti Yoga journey



Compassion, non-violence, devotion, spirituality can be fun an colorful!

Click on the image below to download for free The Land of Nectar
A delightful colouring book suitable for children of all ages.













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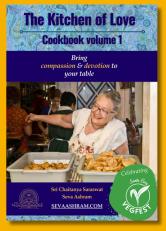


Om means "Yes". Always, wherever we cast our glance to search, in one word the answer is yes. "Yes, what you are searching for, is. You are searching for happiness, pleasure, joy, fulfilment. You are in want, and in one word—yes—fulfilment is there."

Follow us online to dive deep into Bhakti Yoga concepts, practices, free experiences, recipes and events! www.SevaAshram.com

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Volume 1 - English



Volume 2 - Spanish



Cooking Classes at the Kitchen of the Love in Soquel Seva Ashram with Sri Vrinda Quintero Devi Dasi and more.

VISIT US AT THE SEVA ASHRAM



<u> 2900 N Rodeo Gulch, Soquel, CA 95073</u>

"Foods cherished by those who dwell in the realm of goodness extend the journey of life, elevate one's essence, and bestow strength, vitality, joy, and contentment. These foods are succulent, nourishing, and delightful to the soul."

Bhagavad Gita 17-8

