

SWEET SENSATIONAL VEGETABLES

Almost everyone craves sweets. Rather than depending on processed sugar to satisfy cravings, add naturally sweet foods to your daily diet to satisfy your sweet tooth.



Sweet vegetables soothe the internal organs of the body and energize the mind. And because many of these vegetables are root vegetables, they're energetically grounding, which helps to balance out the spaciness people often feel after eating sugar. Adding in sweet vegetables helps to crowd out less healthy foods in the diet.

	SWEET VEGETABLES	SEMI-SWEET VEGETABLES	OTHER VEGETABLES
EXAMPLE	carrots, onions, beets, winter squash, sweet potatoes, yams	turnips, parsnips, rutabagas	red radishes, daikon, green cabbage, burdock
FLAVOR	sweet when cooked	subtly sweet	don't taste sweet, but have a similar effect on the body in that they maintain blood sugar levels, reduce sweet cravings, and break down animal foods in the body

A simple way to cook these vegetables is to follow the recipe on the next page. It has few ingredients and the preparation time is minimal.

SWEET SENSATION RECIPE



PREP TIME 5 min



COOK TIME 15 min



YIELD 2 servings

INGREDIENTS

- Vegetables

DIRECTIONS

1. Use any combination of the sweet vegetables mentioned above.
2. Chop the vegetables into bite-sized pieces.
3. Use a medium-sized pot and add enough water to barely cover the vegetables. Cook uncovered on medium heat until they soften and can be easily-pierced with a fork, about 15 minutes. Check the water level while cooking, and add more water if more than half of the water is gone. Stir occasionally. The softer the vegetables get, the sweeter they become, but avoid overcooking. (they shouldn't become mushy; overcooked vegetables lose nutrients).
4. When the vegetables are tender, remove the vegetables from the pot using a slotted spoon and place in a bowl. Season to taste with spices, salt, or seaweed. For added protein, top with tofu, fish or beans.
5. Enjoy! The leftover cooking water makes a delicious, healing, soothing tonic to drink by itself.

Other cooking methods include steaming, roasting, and stir-frying. Sweet vegetables can also be simmered and pureed to create a soup, or you can simply eat them raw, grated in a salad. Be creative!