



Lara Bernardi

# Fasting

Fasting is an effective way to clean and calm down your body system. When you sleep your body cells can recover. Fasting has an effect like sleeping to your body. Let it relax from time to time.

To fast once or twice a week is a nice ritual and you can integrate it easily into your lifestyle.

You can fast as followed:

- Morning: In the morning till the afternoon you only drink tea like a masala chai and ginger tea.
- Afternoon: You can have some dal without rice or anything else or you can drink a fruit juice (smoothie).
- Evening: You can eat Shabudana.

You can drink ginger tea and water during the whole day. If you're very hungry you can eat some peanuts. If your energy is already very light you can eat a little bit chocolate that you don't feel like flighing the whole day.

## How to prepare Shabudana

Ingredients:

1 onion (if you like it)

Coriander

1 tomato

1 – 2 potatoes

Peanuts

1 green chilli

2 handful of Shabudana

Masala and Himalaya salt

Coconut or sun flower oil to cook the Shabudana

Soak the Shabudana in water for a few hours. You can put it in the water in the morning when you get up.

Preparation:

Put the peanuts in a blender to make peanut flour.

Slice all other ingredients. Put the potatoes in a bit water and boil it till it's soft. Afterwards you heat the oil. Cook all ingredients with the Shabudana in a pan and add masala and salt as much as you like it.