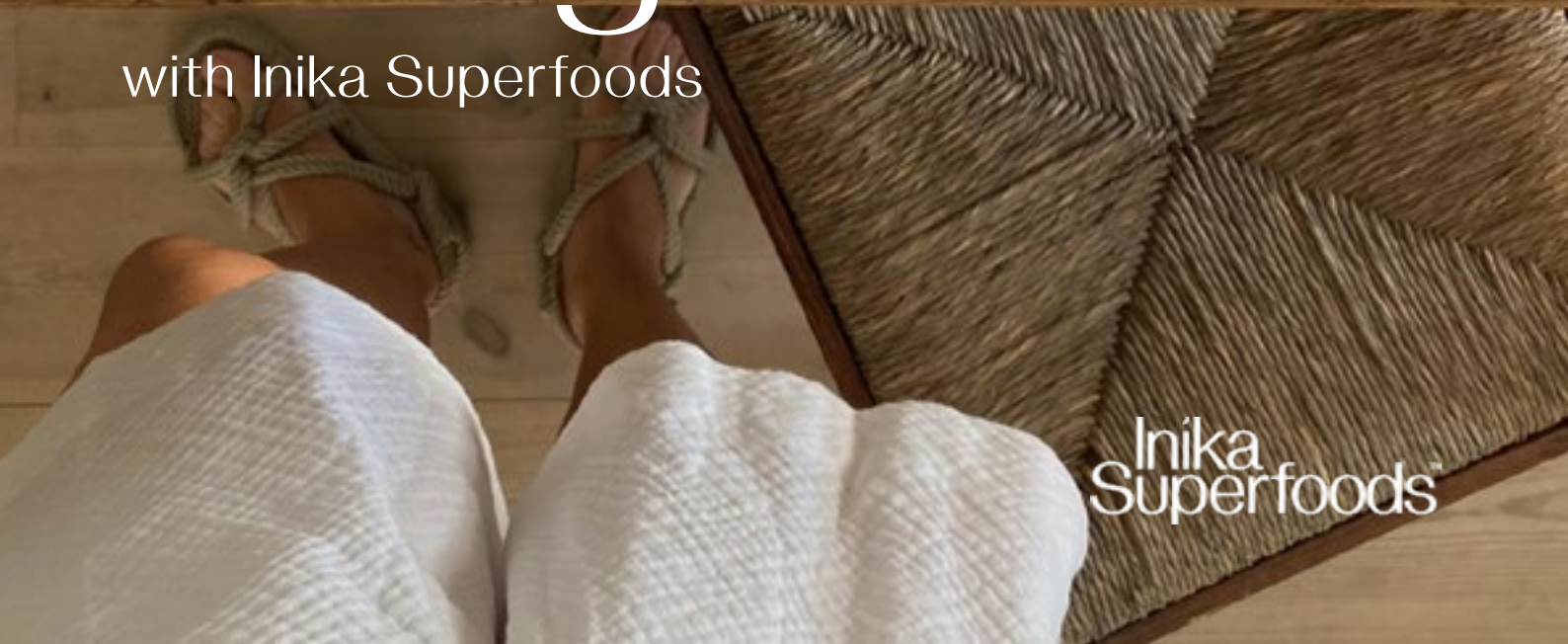




Living in Flow

with Inika Superfoods



Inika
Superfoods

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Intro

Welcome to the Inikan community, one born out of love for people and wellbeing. Inika (iḍikā) means 'little Earth' in Sanskrit. A beautiful reminder of the finite nature of our planet, and how our and the planet's wellbeing interconnect. Just like we only have one Earth, we only have one body – and we need to treasure them both.

We believe in a holistic approach to wellness, in sync with Mother Nature, and we exist to nourish your body and mind. We draw inspiration and knowledge from the powerful collective wisdom of humanity's various cultures and philosophies around that concept. We aim to enable you to live a life in flow - full of energy and with time to enjoy your passions.

“A life lived to the fullest is a life lived in flow:
where body and mind are nourished, and
you can focus on what matters”

We at Inika Superfoods are building a transparent, informative, plant-based movement for anyone aspiring to live an active but healthy life. Wellness is multifaceted, and diet is only one of its many components. Our approach to wellness is holistic, and we not only want to inspire you to take steps towards a healthy body, but also a peaceful mind. We hope this book inspires you to live more in tune with yourself, adding a little more flow into your life. That way you can thrive, for yourself and your community.

Because when we thrive, we can make our Inika – our 'little Earth' - thrive too.

Love,
Inika Superfoods



A note from our Founders

We dreamt up Inika Superfoods in Nicole's kitchen in Stockholm. It was the spring of 2020, this strange time in history, when suddenly the whole world's vibration felt dampened. We were all looking for a change.

When we met, we realised that there was an immediate, deep connection between us. We both share the same spiritual and positive outlook in life, and we both firmly believe that natural and healthy food can help heal and turn things around for body and mind. During this time in our lives, we were seeking for balance and for ways to help the world around us. This is how we knew we had to join forces, and work together to create a difference in people's lives.

Gabbie's calm and rational attitude combined with Nicole's creativity and intuition, quickly proved to be the perfect recipe needed to bring our dream to life. We were able to merge our knowledge and experience within engineering, food, nutrition and lifestyle, and apply it to our joined love for people and holistic health.

A year and many late nights in the kitchen later, gave birth to what we hope will be the positive, healthy force needed within the "convenience food" space – Inika Superfoods. We hope to be able to nourish both your body and your mind, and ultimately to help you live your best life – without compromises.

With love,
Gabriella Åfeldt & Nicole de Geer

Self-Love

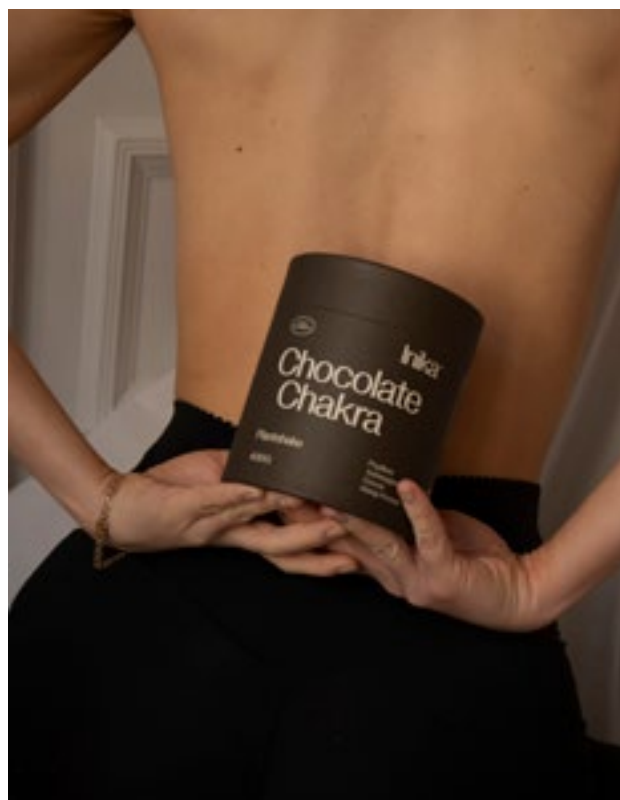
Self-love is about so much more than getting your hair or nails done, or taking a relaxing bubble bath. Here are some of our favorite ways to practice self-love:

Nourish Yourself with Natural Vibrant Foods

To feel your absolute best it's essential that you fuel your body with natural, unprocessed, earth friendly foods. Our Bars and Plantshakes are made to nourish your body and provide you with all the energy you need to live the life of your dreams.

Move in Ways that Make you Feel Amazing

Movement shouldn't feel like a boring chore, it should be enjoyable, and you are allowed to change your workout routine anytime you like. If you feel like going for a run, do that. If going to a sweaty yoga class sounds like fun, do that. If you have had a busy day and you just need to wind down with a yin yoga class, go do that. Or maybe you prefer going for long hikes in nature a few times every week.



Rest, Rest, Rest

Rest is essential. You are not a robot that can just power through 24/7. Rest is about more than your beauty sleep. Rest can also look like turning off your phone for a day and curling up with a good book and a cup of tea. Rest can also be sitting outside in the sun with your morning coffee before heading off to work.

Practice Self-Compassion

We tend to be the hardest on ourselves. The truth is we all mess up, make mistakes and fail. That is part of life and being human. Learn from your mistakes, but don't beat yourself up about them or let them define you. Practice self-compassion by speaking to and about yourself in loving and kind ways.

How to Improve Gut Health

Did you know that gut bacteria manufacture about 95 percent of the body's supply of serotonin? Serotonin influences both mood and GI (gastrointestinal) tract activity. That's why gut health is essential not just for your physical health, but also for your mental health.

Here are some of our favorite ways to keeping your gut healthy, happy, and thriving:

Mind What You Eat

As much as possible feed your body with whole, unprocessed foods in a rainbow of colors. Adding in fermented foods like, kombucha, sauerkraut, and kimchi is also a good idea as they contain beneficial bacteria and are rich in healthy probiotics.

Another easy tip is starting the day with a big glass of water. It will help your body reduce toxins and get a bowel movement started.

Generally try to eat whole grains, nuts, veggies, beans, fresh fruits, spices like turmeric, ginger, and cinnamon, and drink green tea. Limit artificial sweeteners as much as possible.

Reduce Alcohol Intake

Alcohol has a negative effect on both your sleep and gut health. When consumed in big quantities, alcohol inhibits the production of your precious digestive enzymes. It's perfectly fine to enjoy a drink or a glass of wine every now and then, but keep alcohol to a minimum.

Reduce Your Stress Levels

Stress directly affects the gut bacteria, digestion, immune system and energy. Therefore try to reduce your stress levels by doing calming practices like yin or restorative yoga, a warm bubble bath, turning off your phone & journaling.

Keep on Moving

Move as much as you can during the day by walking or biking instead of driving, taking the stairs instead of the elevator and perhaps go for a brisk walk around the block after lunch. Go hiking with your friends, go to a yoga class or dance while your morning coffee brews.

Movement will help your intestinal walls expand and contract, making digestion as smooth as it can be.



Photo: Lina Paciello



Created by Therese Elquist
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Protein Bliss Balls with a Peanut Butter Surprise Filling

MAKES ABOUT 16 BLISS BALLS

Chocolate Bliss Balls

Ingredients

Chocolate Bliss Balls

3 dl rolled oats

12 fresh dates, pitted

1/2 dl coconut oil

3 scoops Inika Chocolate Chakra

1 pinch salt

Filling

1 dl peanut butter

For Coating

100 grams dark chocolate

Flake salt

Berry Bliss Balls

Ingredients

Berry Bliss Balls

3 dl rolled oats

12 fresh dates, pitted

1/2 dl coconut oil

2 scoops Inika Berry Blush

1 pinch salt

Filling

1 dl peanut butter

For Coating

100 grams dark chocolate

Shredded coconut

How to

Mix all the ingredients for the bliss balls together (either the chocolate ones or berry ones - or both, but one at a time) until a smooth dough forms. Put in the fridge.

Spread out the peanut butter on a small plate, put in the fridge for 15 minutes.

Take a small handful of the bliss ball dough in your palm, form in to a ball, press down a hole half way down using your thumb. Scoop a small spoonful of the cold peanut butter and put in the hole. Fold over the bliss ball batter to enclosure the caramel filling.

Do the same with all of the batter. Put in on a plate and let sit in the freezer while you melt the chocolate in a bowl - placed over boiling water - or in a microwave.

Stick a skewer or a fork in a ball, just enough to be able to dip it in the melted chocolate. Sprinkle with salt or coconut, remove the skewer or fork, put the ball on a plate. Do the same with the rest of the balls.

Store in the fridge. Serve well chilled.

Almond Chocolate

A seductive treat. A chewy, wholesome and deliciously bitter-sweet dance between whole toasted almonds wrapped in 77% dark, vegan chocolate.

- Sacred cacao & crunchy almond (45%) bar.
- Joy-inducing superfood bar of natural ingredients.
- Long-lasting energy thanks to its high fiber & low sugar content.
- Gut-friendly - 8 g fiber per bar.
- Protein-rich - 5 g protein per bar.
- No added refined sugars.
- 100% natural ingredients, vegan, additive & gluten free.



Blueberry Cashew

A superhero duo. Antioxidant-rich blueberries and wholesome cashews form a winning and impossibly delicious combination for your tastebuds and overall wellbeing.

- Delicious blueberry & wholesome cashew bar.
- Joy-inducing superfood bar of natural ingredients.
- Long-lasting energy thanks to its high fiber & low sugar content.
- Gut-friendly - 7 g fiber per bar.
- Protein-rich - 3 g protein per bar.
- No added refined sugars.
- 100% natural ingredients, vegan, additive & gluten free.



Coconut Chocolate

A box of irresistible treats. These naturally sweet coconut bars dipped in 77% dark vegan chocolate might just be your new favorite, guilt-free and nourishing pleasure.

- Naturally sweet coconut & vegan chocolate bars.
- Joy-inducing superfood bars of natural ingredients.
- Long-lasting energy thanks to their high fiber & low sugar content.
- Gut-friendly - 11 g fiber per bar.
- Protein source - 2 g protein per bar.
- No added refined sugars.
- 100% natural ingredients, vegan, additive & gluten free.





Coconut
Chocolate

100%
Cacao

Inika

Sunny Salutation Smoothie Sundae with Mango and Peanut

SERVES 3

Ingredients

2 bananas
2 dl mango, frozen
1/2 dl raspberries, frozen
2 scoops Inika Sunny Salutation
1/2-1 dl plant milk

Raspberry sauce

2 dl raspberries, thawed if frozen
1 tsp agave syrup

Frozen Peanut Butter Brittle

1/2 dl smooth peanut butter

Topping

Coconut cream, or any other plant-based cream
1 Tbsp toasted chopped hazelnuts
Mango hazelnut bliss balls
(see recipe below)
Fresh mango, cut in cubes

How to

Put the peanut butter in a plastic bag, roll it out to a thin (about 3 mm) rectangular shape. Put in the freezer overnight or for minimum 4 hours.

Put the coconut cream in the fridge for at least 30 minutes for it to chill - this makes it easier to whip it. Then whip until fluffy.

Mix the raspberries and agave. Drain through a fine mesh strainer to remove the seeds. Set the sauce aside.

Peel the bananas. Mix all the ingredients, until they form a smooth but rather thick smoothie. Divide into two glasses. Top with a dollop of cream. Stick a couple of bliss balls + a piece of mango on a skewer, put in the smoothie. Take out the frozen peanut butter and cut in pieces. Stick them in the whipped cream. Drizzle with hazelnuts and raspberry sauce.

Serve straight away!

Mango Hazelnut Bliss Balls

MAKES ABOUT 12 BALLS

Ingredients


100 grams dried mango
8 fresh dates, pitted
2 dl hazelnuts
1 dl grated coconut
2 Tbsp chia seeds
1 pinch sea salt

How to

Put the dried mango in a bowl. Pour boiling water over, let sit for 5 minutes. Rinse.

Mix all the ingredients in a food processor until you get a crumbly dough. Form the dough in 16 balls.

Store in an airtight container in the fridge.



An exhilarating plant-based
smoothie sundae to get
your weekend going
- whatever you're up to!

Created by Therese Elgquist
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Mindful Eating

Mindful eating is about focusing on what you are eating. Mindful eating will make you enjoy your food more, you will eat less and overall you will have a more pleasant eating experience.

Here are some of our favorite tips for practicing mindful eating:

Try to Use Plates, Glasses and Cutlery you Love

How often have you eaten ice cream straight out of the box? Or snacks straight from the bag? Whenever possible try making your food look good by using plates, glasses and cutlery you like looking at.

Eat in a Calm Environment

As often as possible eat in a calm environment. This also means that for instance you shouldn't have hard conversations with your spouse over dinner. It also means not eating when you are anxious or stressed out. If you're feeling anxious, take a few deep breaths until you feel calm before eating.

Eat Without any Distractions

Try not to watch Netflix, scroll through social media, flip through magazines etc. when eating as you really can't focus both on eating and watching your favorite show.

Eat When You're Hungry (or if something sounds really good)

Most of the time try to only eat when you are hungry. Of course, sometimes all we want is just a piece of rich chocolate simply because it looks good. That is okay. Having a treat without being hungry is perfectly fine, but try eating your main meals when you're actually hungry.

Stop Eating When You're Full

Try not to eat past your fullness. It never feels good to overeat. Naturally, don't undereat either. Try to hit the sweet spot.

Eat Slowly

Take your time when eating your meals. Eating slowly will also help you enjoy your food more.

Savor your Food

Lastly, make sure you actually enjoy and savor your food. Food is delicious, and it is meant to be enjoyed.

How to Manifest Your Dreams

Maybe you dream of writing a book. Or perhaps you see yourself teaching yoga on the beautiful island of Bali. Maybe you see yourself traveling the world as a digital nomad. No matter the dream, one thing is for sure: we all want to make our wildest, craziest dreams come alive.

Follow these steps for manifesting your dreams and watch how your life changes:

Get Clear on What You Want

First of all you have to be really clear about what it is you want. The more specific you can be the better. For instance if you dream of writing a book, be as specific as possible. So instead of saying 'I want to write a book' say 'I want to write a book on how to manifest your dreams'.

Write it Down

Once you are clear on your dream, write it down on a piece of paper or in a notebook.

Visualize Your Dream

Sit down, close your eyes and visualize yourself living your dream life. Again, the more specific the better. You can do a visualization every night before going to bed, every morning or any time that works for you.

Get to Work

The universe will meet you halfway but you have to put in the work. This doesn't mean you should work yourself to the ground. But you do have to work hard towards your dream, whether that means saving extra money for your dream vacation by skipping your morning to-go latte or working on your book for 30 minutes every morning.

Live your Life as if Your Dream is Already Happening

How would you feel if your dream was happening right now? Tap into those feelings and start living your life as if your dream were already happening. Remember, the universe responds to energy.

Trust the Universe

Above all, have faith that things will work out. As Gabby Bernstein says: trust that the universe has your back.





Created by Therese Elquist
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American Style Pancakes with Berries and Coconut Chocolate Chunks

SERVES 4

Ingredients

5 dl spelt flour
2 tsk baking powder
1 Tbsp maple syrup
2 tsp apple cider vinegar
2 dl water
2 dl plant milk
1 pinch salt
Coconut oil, or plant-based butter,
for frying

FOR SERVING

2 Inika Coconut Chocolate bars
125 grams fresh berries, or frozen thawed
2 dl coconut yoghurt
Fresh mint
Ground cinnamon (optional)
Maple syrup (optional)

How to

Whisk together the ingredients until you get a smooth batter. Let sit for 10 minutes.

Chop the coconut chocolate bar in smaller pieces. Set for garnish.

Heat up a frying pan, drizzle some oil, pour a few spoon fulls of batter in the pan and fry your pancakes until golden on both sides. Do the same with the rest of the batter.

Let the pancakes cool slightly and top with coconut yoghurt, fresh berries, Inika bar and mint, dust with some cinnamon and drizzle some extra maple syrup.



How to Live a Balanced Life

Eat Nourishing Foods

Eating a variety of nutritious, nourishing foods is essential for living a balanced life. If you're eating lots of processed foods, empty calories, and drinking too much coffee, then you most likely won't feel your best. Of course eating a cupcake or a bowl of ice cream every now and then is perfectly fine. But make sure you're mostly eating nutritious, nourishing foods that leave you feeling vibrant.

Keep on Moving

Movement is good for both your mental and physical health. It promotes a good night's sleep, and it keeps those digestive juices flowing. Dance with your friends, walk, run, take the stairs, go to a fun yoga class. Make sure to move in ways that bring you joy and make you feel good.

Healthy Work-Life Balance

Scandinavians are world-famous for their work-life balance, and with good reason! Take vacations, take a day off, spend time with friends and family, turn off your phone... Whether you're working 30 hours or 50 hours per week it's important that you find a healthy work-life balance that works for you.

Get Your Beauty Sleep

Getting enough sleep is essential for living a balanced life. Everyone has tried sleeping too little or being jet lagged, and noticed what it does to you. Being sleep deprived is probably one of the worst things you can do for your overall health. Aim to get about eight hours of sleep every night.

Pamper Yourself

It's okay to pamper yourself a little bit extra sometimes. That's part of living a balanced life. Perhaps that means treating yourself to a nice massage, buying fresh flowers for your home every weekend at the farmer's market, getting a manicure once a month or taking a bubble bath once a week.

Find a Hobby

Whether it's knitting, painting, cooking, DIY projects or something entirely different try finding a hobby that is just that; a hobby. Something fun that isn't about achieving or performing.

Yoghurt Bowl with Cooked Strawberry Swirl and Almond Chocolate Chunks

SERVES 4

Ingredients

4 dl coconut yoghurt (or any plant yoghurt of your choice)
2 Inika Almond Chocolate bars
2 tsp chia seeds
1 handful fresh mint

Cooked Strawberries

250 grams frozen strawberries
2 tsp coconut sugar
1/2 organic lime, juice + zest
1/2 tsp ground cardamom

How to

Put the strawberries in a saucepan and add sugar, lemon and cardamom. Bring to a simmer and let simmer for 10 minutes, until you get a strawberry compote. Let cool.

Put a couple of spoonfuls of yoghurt in a bowl, top with a couple of spoonfuls of the cooked strawberries, Almond Chocolate bar, chia seeds and fresh mint.

Created by Therese Elgquist
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Berry Blush

A berrylicious, pink, beauty plantshake inspired by classical beauty rituals, for those 'me' moments.

You are what you eat – so drink your way to glowing skin and healthy hair with this plantshake full of powerfully beautifying bright reds. Juicy strawberries, vibrant cherries and acerola work in synergy to deliver a gorgeous pink cocktail of skin brightening, immune system strengthening and collagen formation aiding vitamin C.

A gorgeous, protein-rich and fiber-rich beauty potion, ready to enjoy in seconds daily. Sip away on this filling plantshake for an inside-out glow.



Chocolate Chakra

A rich, chocolatey, zen plantshake inspired by Mesoamerica's wisdom and Ayurvedic philosophy, for moments of joy.

The ancient Mayan and Aztec civilisations used cacao to prime themselves. Cacao combined with hemp and the ancient Ayurvedic adaptogen ashwagandha, that helps your body combat stress and achieve a state of balance, will work together so you'll feel mindful and inspired.

A trusted friend when life gets busy and you crave a little bliss, this zenful plantshake will help keep you grounded, optimistic and tuned-in. Include it into your daily routine as a pleasurable health hack for a boost in focus, calmness and joy.



Glorious Greens

A delicious, green, detox plantshake inspired by ancient Greek medicine practices, for moments of flow.

Ancient Greeks believed that the root of health is found in the foods we eat. It couldn't be any easier to nurture your body than with this plantshake containing some of the world's most powerful greens – vibrant nettle leaf, wheatgrass, protein-rich spirulina, chlorella, and mighty spinach.

A glorious, fibre-rich blend of green superfoods, that can support your body's natural ability to detoxify. Perfect for when you want to gently cleanse your system or boost your overall feeling of wellbeing.



Golden Milk

A spicy, golden, sensory plantshake inspired by Ayurvedic cuisine, for grounding moments.

The 4000 years old Ayurvedic cuisine and medicine, with its enormous sophistication around herbs and potent ingredients, inspired this plantshake that embraces you as a warm, healing hug, while its aromatic taste takes your mind to India and beyond. Spices such as turmeric, ginger, cinnamon, and cardamom are some of its carefully selected ingredients for a full sensory experience.

Get glowing with this deliciously flavored, filling potion – a gut friendly, soothing drink for the busy body and soul. Everyone can benefit from bringing a little Ayurvedic wisdom into their lives.



Blueberry Forest

A tempting, vivid, warming plantshake inspired by Nordic living traditions, for heart-warming moments.

A walk in a forest is filled with rejuvenating breaths, enjoying the warm embrace of tall trees and being surrounded by powerful superfood berry bushes. Rich blueberry, blackberry and blackcurrant flavors prominent in Nordic forests, join another powerful berry from the Amazon forest, açai. Paired with smooth, aromatic cardamom, the result is a warming, soothing potion that will immediately connect you to nature.

This soulful, delicious plantshake is packed with carefully freeze-dried berries, helping keep their nutritional properties in tact. The perfect friend for a stimulating boost of inspiration and mental clarity that will awaken your palate and delight your senses.




Sunny Salutation

A fruity, bright, invigorating plantshake inspired by modern-day Surya Namaskar and Ayurvedic cuisine, for refreshing moments.

Saluting the sun awakens the body and senses, a favourite sequence flow in any yoga practice. No better way to follow it up than with this invigorating fusion of sweet mango surrounded by vibrant, fresh passion fruit and buckthorn flavors, reminiscent of bright, life-giving sun rays.

A summer-filled, protein-rich and fiber-rich, bright cocktail, that can awaken the mind and nourish the body. The best companion for creating moments of happiness, energy and productivity.



A glass of red smoothie sundae with cookies, berries, and chocolate. The smoothie is a deep red color, topped with a layer of white cream, chocolate chunks, blueberries, and a drizzle of caramel sauce. Three cookies are stacked on top of the glass. The glass is on a light blue wooden surface with some crumbs and berries scattered around it.

A mouth-watering plant-based smoothie sundae with berries and cookies - the perfect combination!

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Blueberry Forest Smoothie Sundae with Chocolate Chip Cookies

SERVES 2

Ingredients

2 bananas
1 dl blueberries, frozen
1 dl lingonberries, frozen
2 scoops Inika Blueberry Forest
1/2-1 dl plant milk

Topping

4 small chocolate chip cookies
(see recipe on next page)
2 spoonfuls whipped coconut cream,
or any plant cream
A small handful of fresh blueberries
hazelnuts, toasted and chopped
2 tsp condensed coconut milk*
2 pieces dark chocolate

How to

Put the coconut cream in the fridge for at least 30 minutes for it to chill - this makes it easier to whip it.

Chop the chocolate. Whip the coconut cream until fluffy.

Peel the bananas. Mix all the ingredients, until they form a smooth but rather thick smoothie. Divide into two glasses.

If possible, put the cookies on a straw, then put the straws in the glasses. Top the smoothie with a good spoonful of coconut cream, blueberries, chopped hazelnuts and chocolate. Drizzle with the condensed coconut milk.

Serve straight away!

**If you cannot find condensed coconut milk in store it is easy to make it yourself. Bring 4 dl coconut cream and 1 dl coconut sugar to a boil in a saucepan. Let simmer until reduced by half and a light golden brownish colour has appeared. Let cool. Drizzle on top of pancakes, waffles, porridge, ice cream or bake with it! Store in the fridge for about 5-7 days.*

Chocolate Chip Oat Cookies

12 COOKIES

Ingredients

100 grams plant-based butter
1 dl coconut sugar
6 dl rolled oats
2 dl oat flour
1/2 tsp vanilla powder
1 tsp baking powder
1 pinch flakey salt
2 Tbsp water
80 grams dark chocolate

How to

Preheat the oven to 175°C.

Roughly chop the chocolate. Set aside.

Mix plant-based butter and sugar until fluffy using an immersion blender, or electric whisk. Fold the rolled oats, oat flour, baking powder, vanilla powder, water and salt together, until a sticky batter forms. Add the chopped chocolate, fold together and then form 16 balls. Place on a baking tray. Bake in the middle of the oven for 20 minutes. Let cool completely.

Store in an airtight container at room temperature, or in the freezer if you plan to eat them a few days/months later.

Tip! If making cookies for a stick to go on a smoothie sundae; make the cookies slightly smaller (bake for 15 minutes) and – before putting them in the oven – make a hole in the middle of each cookie using the straws you plan to use later. This makes it easier to put the cookies on the straws when serving.

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Sustainable Living

Living a life more aligned and in harmony with nature and our planet, doesn't necessarily have to be hard. Here are a few easy tips to live a more sustainable life:

Practice Minimalism

Before purchasing an item ask yourself: do I really need this? Do I love this item? If the answer is no, don't buy it. Whether it's a dress, a kitchen appliance, the latest iPhone or a nail polish. Try practicing minimalism by only buying the things you really need and love.

Ditch Plastic and Single-Use Items

Politely decline single-use items whenever possible. Bring your own reusable cup when you get your to-go coffee instead of getting a paper cup. Bring your own tote bag whenever you leave the house so you can decline plastic bags. Other ideas are bringing your own reusable water bottle and reusable cutlery set.

Switch Off the Lights

Remember to always turn off the lights when you leave a room, you're watching a movie or you just don't need the lights turned on.

Use Soap Nuts

Switch to soap nuts instead of laundry detergents. They are much better for the planet, and they are just as effective.

Invest in a Menstrual Cup

Each year millions and millions of pads and tampons end up in landfills and our oceans. One cup does the job of around 1,700 tampons, and you never again have to run to the store at 11 PM when you suddenly realize you are all out of tampons and pads.

Let Your Clothes Air-Dry

If possible let your clothes and bed linen air-dry as opposed to using the dryer.

Avoid Food Waste

Get creative around food waste by using brown and spotted bananas for banana bread, smoothies or nice cream. Freeze veggies and fruit if you're about to leave for a vacation. Find fun, new recipes on Pinterest to use up all your food.



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Golden Chocolate Coconut Scones with Tahini and Raspberry Sauce

SERVES 4

Ingredients

3 dl spelt flour
1 1/2 dl rolled oats
2 scoops Inika Golden Milk
1 Tbsp coconut sugar, optional
1 Tbsp chia seeds
1 tsp baking powder
1 pinch salt
75 grams plant-based butter
2 1/2 dl plant milk
2 Inika Coconut Chocolate bar

Raspberry sauce

225 grams frozen raspberries
1 tsp coconut sugar

FOR SERVING

Plant-based fresh cheese
Light tahini

How to

Chop the Inika bars in smaller pieces.

Mix together all the dry ingredients in a bowl. Chop the plant-based butter in to smaller pieces and add to the bowl, pinch together with the dry ingredients using your fingers. Add the Inika bar and plant milk, stir together until combined, but without kneading at all. Divide the batter in to 4 big scones, put on a baking tray, press down lightly and using a knife lightly cut a cross (half way down) on each scone.

Pre heat the oven to 225°C. Bake the scones for 15-20 minutes, until golden brown.

Mix the raspberries and sugar, using an immersion blender, until smooth. Add more sugar for a sweeter taste.

Serve with plant based fresh cheese, tahini and the raspberry sauce - or any jam that you like.

How to Balance your Chakras

We have seven chakras in the body, and while there are specific things you can do to balance each chakra, there are also some general things you can do to balance all seven chakras.

Meditation

Meditation can be practiced by everyone, and it is one of the most effective ways to balance the chakras. You can find several chakra meditations on YouTube, but you can also practice chakra meditations on your own. Each chakra has a sound and a color which can be used during the meditation. If you're new to chakra meditations, find a guided class online, and then you can always practice on your own afterwards.

Yoga

By practicing yoga you are naturally balancing the chakras. You can do a yoga class specifically designed for balancing the chakras as each chakra is associated with certain yoga poses. However, yoga in general, no matter which style, is very effective for balancing the chakras. Practicing yoga regularly is better for balancing the chakras than only practicing once in a while.

Pranayama

Pranayama is another powerful practice for balancing the chakras. The best pranayama practice for balancing the chakras is Nadi Shodhana (also known as alternate nostril breathing).

Spend Time in Nature

Doesn't it seem like nature can heal and balance almost anything? Nature has a calming and grounding effect on most people. Reconnect with nature by taking a walk in the garden barefooted, going on a hike in the woods or simply just finding a beautiful spot in nature where you can sit quietly for a few moments and just be.

Essential Oils

Essential oils are a wonderful and easy way to balance your chakras. There are different essential oils for each chakra so be mindful about which oils you choose to use. You can either diffuse the oils or apply them topically. Remember to always dilute essential oils with a carrier oil, such as jojoba oil or sweet almond oil, when using the oils topically.



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Chocolate Waffles with Cashew Vanilla Sauce and Blueberry Cashew Chunks

SERVES 4

Ingredients

3 dl oat flour
1 dl rolled oats
4 scoops Inika Chocolate Chakra powder
1 1/2 tsp baking powder
4 1/2 dl plant milk
25 grams plant-based butter
+ more for frying
1/2 tsp salt

Cashew Vanilla Sauce

2 dl cashews, soaked for at least 4 hours
1 1/2-2 dl water
4 fresh dates, pitted
1 pinch of sea salt

How to

Soak the cashews. Rinse.

Mix with the rest of the ingredients until smooth.

Whisk together all the ingredients for the waffle batter. Let sit for 10 minutes. Brush your heated waffle iron with plant-based butter. Pour the batter in to the iron. Cook until crisp.

Chop the Blueberry Cashew bar in smaller pieces.

Serve the waffles with dollops of cashew vanilla sauce, blueberries, chopped up bar and fresh lemon balm.

FOR SERVING

Fresh blueberries
Fresh lemon balm
2 Inika Blueberry Cashew bar

Green Smoothie Bowl with Chia Pudding, Apple Compote, Coconut and Chocolate

SERVES 4

Ingredients

6 dl green peas, frozen
1 fennel
4 handfuls of fresh spinach
4 cm fresh ginger
4 fresh dates, pitted
1/2 lemon, juice + zest
3 dl plant milk or water
3 scoops Inika Glorious Greens

Chia Pudding

4 Tbsp chia seeds
1 pinch pure vanilla powder
3 dl plant milk

Apple Compote

2 red apples
1 tsp ground cinnamon
1 dl water
1 pinch of salt

How to

Whisk together the ingredients for the chia pudding, let sit and whisk again after 5 minutes to dissolve any lumps. Let sit in the fridge for minimum 30 minutes.

Chop the fennel into smaller pieces. Wash the ginger, cut into smaller pieces. Pitt the dates. Mix all the ingredients for the smoothie until completely smooth. Add a bit more water for a more runny consistency - or if you wanna drink it.

Apple compote: Chop the apples into smaller pieces. Put all ingredients in a saucepan and bring to a boil, let simmer for 10 minutes, until apples are completely soft. Mash using a fork and stir until you get a chunky compote.

Divide the smoothie into four bowls. Top with a spoonful of the chia pudding, apple compote, raspberries and the chopped bars. Garnish with dried flower sprinkle.

FOR SERVING

Plant-based fresh cheese
Light tahini

Inika
Superfoods

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How to Build Healthy Habits

Set Yourself up for Success

If for instance you would like to eat healthier, then it might be helpful to hit the farmer's market every weekend and stock up on fruits and veggies. If your fridge is empty every night you come home, chances are you will opt for the unhealthy, fast alternative. If you want to get up earlier, perhaps set a timer on your coffee machine so you wake up to freshly made coffee.

Stack Your Habits

Experts say that the best way to create a new habit is to tie it to an existing habit. Say you would like to meditate for five minutes every day. Then you might choose to meditate for five minutes every morning after brushing your teeth.

Get Outside Support

Building new, healthy habits can be challenging. Especially if you are alone. Getting outside support from a health coach may be a good idea. A health coach can help you create healthy habits and lasting change.

Be Patient

For something to become a habit you have to commit to it for 21 straight days. Once it has become a habit, keep up the good work for another 90 days and then it's no longer just a habit: it's a lifestyle. That's almost four months you have to do something for it to become fully integrated in your life. So give it time - it will get easier.

Have Fun

Lastly, in order for anything to last it has to be fun too. If you want to eat healthier but all you ever make is steamed broccoli, chances are it won't last, simply because it's boring. Find fun recipes and experiment with new foods. If you would like to exercise more, but you find going to the gym utterly uninspiring, maybe go for a hike in nature, join a yoga studio or take a dance class.

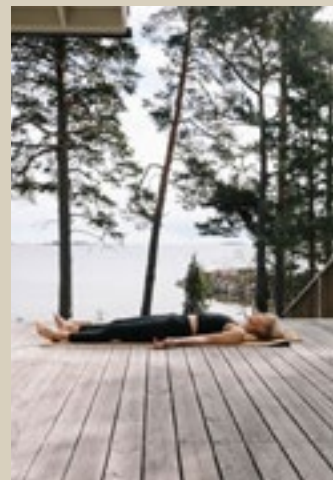
Morning Yoga Flow

Salute the sun and stretch your body to start your day invigorated. This simple yoga flow suits all levels and is perfect for incorporating in your morning routine. Pair this practice with a glass of Sunny Salutation and your intentions for a bright day ahead.



Evening Yoga Flow

Get grounded and wind down from the day with this easy evening flow. A set of gentle movements that will help you release tension from your body and prepare you for the best night's sleep. Incorporate a glass of Chocolate Chakra for the ultimate relaxation ritual.





Information and content in this book are not intended to replace qualified medical or nutritional advice.
Information contained here is presented for inspirational purposes only.

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