

# Safety Questions from our Listeners

Tune in to this 2nd episode of #HowWeHeal where we answer a question from one of our loyal listeners on how we can break habits that our autonomic nervous system has developed over time. Check out episode 1 of this #podcast to learn more about how our bodies respond to feelings of #safety.

Watch this episode on my YouTube channel here!

To learn more about #gemmotherapy, #polyvagal theory and #easternmedicine, check out our websites below!

laurenhubele.com (gemmotherapy)

cameronscottma.com (Polyvagal)

aculemp.com (acupuncture and eastern medicine)

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## Vegan Moussaka

I really haven't thought about Moussaka in years, actually decades. The last time I had it in fact was at a pub in Oxford for heaven's sake. I do remember it being an amazing comfort food and that was exactly what I was searching to serve at last meal for months with Foix friends.

Once again I made enough to feed a small village and there was not a morsel left.

Enough for a 9" x 11" baking dish and 4-6 good appetites.

## Ingredients

- 4 medium eggplant, cut into 1-2" cubes
- 6-8 large firm potatoes, cut in quarters lengthwise, steamed and peeled
- 4 Shallots peeled and diced
- 1 red onion, peeled and diced
- 1  $\frac{1}{2}$  lbs of mushrooms, halved and sliced
- Fresh parsley, finely chopped
- 2 16 ounce cans of chopped tomatoes, or whole peeled tomatoes
- 1 tube or 28-ounce jar of tomato paste
- 2 tablespoons of maple syrup

### Cashew cream

- 3 cups of raw cashews, soaked overnight or in hot water for an hour
- 1 14 ounce can of coconut cream or full-fat coconut milk— begin adding only  $\frac{1}{2}$  of the can then adjust to reach a thick cream of pouring consistency
- 1 cup of Almond milk
- 1 Veggie broth cube
- $\frac{1}{2}$  cup of nutritional yeast
- Salt
- Pepper
- Red pepper flakes
- 1tbl of fresh or dried oregano
- 1 branch of thyme or 1 tea of dried thyme
- Cinnamon stick or 1 tea ground cinnamon
- 1 teaspoon Allspice
- $\frac{1}{2}$  tea of freshly grated nutmeg
- A handful or two of pinenuts

# Directions

1. Preheat oven to 400 degrees
2. Toss eggplant with olive oil, lightly salt, spread on a baking sheet covered with parchment paper
3. Roast in the heated oven for 20-30 mins until pieces are tender but not falling apart
4. While the eggplant roasts, cover the bottom of a heavy dutch oven with olive oil and begin sauteing the shallots and onions over medium heat.
5. Add oregano, thyme, red pepper flakes, and allspice.
6. Add half of the mushrooms, cooking until brown, adding additional oil if necessary.
7. Remove cooked mushrooms to a plate and finish cooking the remainder, returning the others to the pan
8. Add chopped or whole tomatoes, using a wooden spoon to crush a bit, the tomato paste, maple syrup, the cinnamon stick, and salt and pepper to taste. Allow to gently simmer and thicken.
9. Begin assembling the moussaka by laying the bottom layer of potatoes, arranging them in the baking dish. Cover potato mixture with the eggplant, then pour over the tomato mushroom sauce.
10. Cover with foil, reduce oven temperature to 350 degrees and begin baking for 60 minutes.
11. While the moussaka bakes prepare the cashew cream topping. Combine all ingredients in a high-speed blender or use an immersion blender and process until very smooth and creamy. Taste and adjust seasonings.
12. 15 minutes before moussaka is finished, remove the foil and pour a layer of the cashew cream over the top. Sprinkle with a bit of nutmeg and the pinenuts. Turn up the oven to 400 degrees and cook until the cream is set and beginning to brown.
13. Allow moussaka to set for 15- 30 minutes before serving.
14. Enjoy!

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# Spiced Butternut Soup

The weather has turned cold here in Foix these final days of winter with a mix of snow and rain each day. This delightful and colorful soup brightened the dreary day and was delicious!

## Ingredients

- 2 leeks, chopped fine
- 2 large kohlrabi peeled and cut into chunks
- 3 large potatoes, peeled and cut into chunks
- 1 large butternut squash, peeled and cut into chunks
- Chopped fresh or frozen spinach or kale
- Olive Oil
- 1 Tbl of freshly grated turmeric or 1 tea turmeric powder
- 1 Tbl of freshly grated ginger
- 1 tea cumin powder
- 2 cubes of vegetable broth cubes prepared with hot water

## Directions

In a heavy dutch oven heat olive oil over medium heat, add leeks, saute slowly allowing them to gently soften and not brown. Add spices, mix well, and broth. Remove from heat and set aside.

Steam each of the prepared vegetables (kohlrabi, potatoes, and squash) separately until just fork tender, being very careful not to overcook.

Add to broth. Simmer gently for 15 mins.

Add chopped kale or spinach.

Adjust seasonings and liquid as needed.

Enjoy!

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## Defining Safety

In this very first episode of How We Heal, we will define what safety really means to us and how our sense of safety affects our everyday lives. Join me, Lauren Hubele, and my colleagues Meagan Lemp and Cameron Scott as we dive into safety from perspectives in gemmotherapy, psychotherapy and eastern medicine.

To watch this episode, check out my YouTube channel!

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## Trailer for How We Heal

Healing can begin only once you feel safe, in your body and in our world. What will it take to learn to feel safe enough to heal?

Get a quick glimpse of all the juicy goodness to come in these rich doses of organic conversations with Japanese Acupuncturist Maegan Lemp, Gemmotherapist Lauren Hubele and Polyvagal Consultant Cameron Scott.

Listen to this alchemy of healing as these wise women offer

proven practices, real life experiences and personal insights to guide you to safety.

Listen here and subscribe to my YouTube Channel so you don't miss a beat.

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## Spicy Cauliflower Snacks

I will admit I have a problem with these cauliflower snacks. I honestly can not stop myself from eating these and can easily consume an entire head of cauliflower in this fashion, on my own. I'm not saying I am proud of this fact, just sharing in case you have the same problem yourself. I did warn you.

### Ingredients

One full head of cauliflower cut into bite-sized flowerets

2 cups of Besan flour, this is slightly different from the chickpea flour you might buy in your grocery store but either can be used

Filtered water

1-2 cups of mild cooking oil

A dash of Cayenne pepper, or more if you like

1 tsp Tumeric

$\frac{1}{2}$  tsp Ground cumin

$\frac{1}{2}$  tsp Ground coriander

1 tsp Salt and more to taste if needed.

Chutney store-bought or try this amazing Green Chutney

## Directions

Pour the besan flour into a large mixing bowl. Add all of the spice and blend with a wire whisk. Next add water gradually, whisking until the mixture is the consistency of a pancake batter.

Let this set for at least 15 minutes and up to an hour if possible.

Add cauliflower pieces coating all well. You may need to add a bit more flour or water, adjusting the spices accordingly.

Heat oil in a large heavy skillet and when hot shallow fry the cauliflower pieces over medium heat. Be careful oil does not become too hot because these pieces need to cook all the way through, maybe 10-12 minutes total cooking time. Turn as they cook with tongs or a slotted utensil.

Lay cooked snacks on a tray lined with paper towels and keep warm in the oven until ready to serve.

Offer chutney alongside.

Please excuse me that these are instructions and not an exact recipe, my apologies up front if that makes it challenging for you. I trust you will forgive me once you have eaten your share of these.

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# **Announcing: How we Heal**

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