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KATJA MATHES

Blessed FOOD

COOK WITH A NEW
AWARENESS

OVER
50
VEGAN AND
ENERGIZED
RECIPES

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FOOD

**COOK WITH A NEW
AWARENESS**

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photocredit: cover, photo p.15, p.17, p.18, p.26, p.38: Ben Northover;

p.6: Grit Siwonia; illustrations symbols: Nicole Pfeiffer (nicolepfeiffer.com);

p.8, p.9, p.11, p. 12, p.33-37, illustration postscript: Sarah Engeldhardt (bubbel.tv); recipe

photos: Katja Mathes; p.8, p.11, p.12, p.21, p.23, p.33, p.37, p.127, photo on the back page:
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Publisher:

Limarutti Verlag

Schröttergasse 8

8010 Graz

Austria

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ISBN: 978-3-904005-18-0

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receive a diagnosis or any necessary medical advice treatment.

I bless Mother Earth, Father sky and all beings on this planet.

Y

I thank the angels for their company and support

Y

With deep humility, gratitude and respect.

Y acts like an amplifier and multiplies the information.
You can find out more about it here: www.praneohom.de

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Foreword

For a long time i couldn't imagine writing a book. My mind had made up plenty of good reasons not to: am i even able to do it? Aren't there enough books already on the market?

And i almost listened. If there hadn't been the signs from the universe and the voice of my heart it would probably never had happened. A few years earlier i had been working at vegan and raw food fairs and had been developing my own recipes, and had experimented and learnt a lot. Through previous jobs i gained an insight into photography, then specifically food photography and styling and it developed into a new passion. The more I showed people my food pictures, the more i heard „You have to write a cookbook“.

One day i was meditating about this and I asked the angels to guide me. In my meditation i saw a symbol, excited I immediately I drew it and then searched the internet and found my symbol at Limarutti Verlag, a publisher who had produced many books on these symbols.

I was so excited as I ordered all the books and then read them voraciously. I started cooking using the symbols and immediately felt their powerful effect, it quickly became clear to me, i wanted to share my recipes with people in combination with the the symbols.

I contacted the publisher and immediately felt a really good connection with him. He was excited by my idea of writing a cookbook incorporating the cosmic symbols in the recipes to bless and energise the food.

Then suddenly i had the time to write the book too. I imagined, how it would feel, to hold my own book in my hands someday, my inner voice, very softly and quietly exclaimed: „YESSS“. At the

same time i felt lightness and joy in my heart and a tingling in my belly it really was magical.

Now it felt right and in alignment with my heart, so I embarked on my project. The journey definitely wasn't easy, It took a lot longer than I had anticipated and I went through incredible ups and downs and felt pushed and pulled all over the place emotionally. From euphoria to pure despair and often the feeling that „I'll never finish“ I went through a rollercoaster. During this process i learnt so much about myself.

And this is exactly what the book is about: the magic, the inspiring tingling, the inner voice and the wisdom of the heart. But above all, it is about YOU – the connection back to you, your own nature, your soul and mother nature.

This is my biggest wish, to inspire humans to see and feel themselves as a part of the big whole. For me this journey started with my diet, but in this book my aim was to inspire: to step away from dogmas, diets or rigid nutritional concepts; towards more joy, childlike curiosity and playfulness. For me cooking is a way to perceive, listen and nourish the body, mind and soul.

All of the recipes in this book are plantbased, because for me it's currently the most coherent way to feed myself. But that doesn't mean, I'll never eat animal products again. I make my own decisions every day to my highest good and I would like to encourage you to do this as well. To strive for a world where we have more compassion for ourselves and for others, for more togetherness, understanding and love.

I wish deeply from my heart that you will love and feel the blessings that I have combined with the recipes and that they truly make your soul happy.

Mother

EARTH



My Journey – my realization

Everything starts with our mother earth, with gaia sophia, pachamama. Nearly all creation myths tell about it. We are part of it! Often had i heard these words on my spiritual journey – but they stayed strangely abstract, not tangible. Until i experienced and understood myself what it meant to me. It was an autumn day. I was in the final stages of this book and since days nonstop in my apartment. Tie was flying by, the book should have been finished long ago. I sat myself enormously under pressure and the words flowed slowly onto the paper.

The next day, despite all the time pressure, i decided to drive into the forest. I took the risk that, i might not create a lot that day and that the release date would be further delayed. Feeling powerless and low on energy, I looked at a river, glinting in the sunlight, I leaned my back against a tree, and what happened next I wasn't expecting, a wonderful energy flowed through me. I had arrived in nature and truly felt connected with myself. I saw beauty everywhere around me and i could clearly feel my heart as I absorbed every magical moment.

Eat and cook

INTUITIVELY

Eat intuitively

We all come into the world as „intuitive eaters.“

Babies cry when they are hungry and want to be nursed and breastfed. And they stop drinking when they are full. This natural instinct is innate in us.

Infants still feel pure and primal, they perceive the signals of their body clearly and distinctly and express their sensations without any filters. They do not yet have beliefs about food or dietary recommendations

internalized. Already when growing up in the womb, the baby determines which nutrients it needs and wants to be fed through the umbilical cord. Not for nothing women may eat completely different things during pregnancy than they ate before. Or they suddenly reject animal products and have a craving for fruit and vegetables. Our body is a marvel and incredibly intelligent.



Blessing

THE FOOD

With the words „bless“ or „blessing“ many people associate something „churchy,“ the Bible or religion in general. But these terms are negative for many people, which is why many people – especially in the Western world – have turned away from blessing and do not practice it. I felt the same way for a long time: I never had any connection to these words, let alone knew what they meant exactly.

The Meaning of Blessing

Blessing is an expression of approval or „saying good“, which has an enormous power, with which we can change our lives. But above all this power changes us, because blessing is love that comes directly from our heart, opens our heart and lets the blessing flow back to us. So let us use this power consciously. It helps us to appreciate the moment and to transform it into something positive. Blessing is the connection to the universe, because everything is interconnected and influences each other, consciously or unconsciously. Everything is energy. We can use this energy as a creative force for ourselves as well as for our fellow human beings and our beloved Mother Earth. If we become aware of the power we have within us, we can change everything and take back responsibility for ourselves. Blessing is an expression of joy, happiness or gratitude for something or a person. I had a key experience when I heard about Masaru Emoto. The Japanese scientist recognized that everything is energy and vibration and that everyone can approve something, bless it.

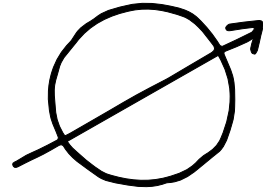
With our blessing, with loving words and thoughts, we can raise vibrations. When I understood this, I wanted to immediately raise my vibration and the vibration of my environment. So I started with blessing my food. But how do I know that this really works? The process of blessing is not directly visible. Masaru Emoto made his theory visible through scientific studies and experiments and showed through dark field photographs that our thoughts, feelings, words and music emit vibrations which give structures to the water. He took water from different sources and exposed it to different situations.

He then froze the water samples and photographed the resulting crystals under the dark-field microscope. The results were amazing: Thoughts and words of love and gratitude, harmonious classical music and blessings created beautiful water crystals. Whereas thoughts and words of hate, rejection, heavy metal music and feelings of fear had the opposite effect. The water crystals appeared unstructured, inharmonious and as if defective.

The same effect can be seen if you take two sheets of paper, writing „love“ on one of them and „hate“ on the other and place a glass of water on each one for at least ten minutes.

We can even observe it on plants: Whoever has a feeling for plants and takes good care of them, who cares for them with words or thoughts, you are sure to have already experienced





TALG

is the detoxification and de-jamming symbol. It neutralizes food, animal feed, medicines, detergents, cosmetics and much more. Place your goods for at least 10 minutes on the symbol. Liquids for at least 5 minutes.



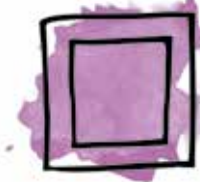
ARIGA

erases worries and lifts unreal fears. Thus energy patterns are cleansed and receive a lightful alignment. Your creativity, which drives and guides you on your life path will be awakened. Unimagined and dormant potentials can unfold.



SINDAL

sees itself as a force that breaks through into new dimensions of manifestation. From images, realities are created which still exist in the realm of ideas and subtlety exist.



MEGAMIN

brings clarity between a blocked unconscious and the divine-cosmic total consciousness. Through clear insights living spirituality becomes possible. Megamin prevents premature ageing, promotes creativity and sexuality.



KOB

KOB awakens the willingness to realize the potential for fulfilling partnerships by recognizing, developing and by, for example, reducing the fear of closeness.

The chakras

HOW TO NOURISH THEM WITH FOOD

In all the great spiritual traditions of the earth, they speak about the of so-called „energy centers“.

Through my yoga teacher training in India, I first came into contact with the „chakras“. Chakras in Sanskrit, the ancient Indian language of the Vedas are called Energy centers.

Translated from Sanskrit, chakra means something like as „wheel“. This refers to the energy centers in the body of the human being. These are subtle energy centers or energy vortices, which absorb the universal life energy, transform, lead and finally supply our body. They act like a kind of „control center“. So that this energy can distribute itself well there are energy channels in the body. In the Vedas, they are called „nadis,“ but for us, they are known from traditional Chinese medicine, in short: TCM, as „meridians“ or energy pathways. At best, this energy flows freely and evenly, then we are healthy.

There are seven main chakras in our body, located in places with strong nerve plexuses are located. From here they connect and supply glands and organs.

The chakras are always in motion – rotating, more or less activated, it depends on the state of consciousness of the respective person. They differ in function and form of existence: Each chakra is associated with a specific color and sound as well as spiritual and mental consciousness, which in turn influences our emotions and organs and thus

influences our entire body.

If our chakras are not in balance, but are in an over- or underfunction – caused by shock and trauma, emotional stress, negative energies, „dead“ food, too many toxins and other causes – this can have an impact on our spiritual, mental and physical health.

What chakras are there and what nourishes them?



The 1st chakra, the root chakra is called in Sanskrit „Muladhara“. It is assigned the color red. It stands for the most original rootedness with mother earth and lies at the lower end of the

spine, more precisely, between the the anus and the genitals or perineum. The root chakra connects us with the physical world. All survival mechanisms, stability, security, inner strength, vitality, and the will to be here on earth as well as a harmonious connection with Mother Earth are energetically controlled by this chakra.

The root chakra is important for all chakras above it as it acts as a kind of foundation. In addition, here is also an inexhaustible energy-reservoir – the Kundalini energy. In the ancient Vedic scriptures it is represented as a „sleeping“ snake. When this energy awakens, it „snakes“ its way up along the spine and in the optimal case leads to awakening and ultimately to enlightenment.

The Connection

Amaranth-Spirulina-

CUPS WITH FIGS

For 2 persons,
Duration approx.
15 min.

100 g puffed amaranth
½ cup vegetable yogurt
1 pinch of ground vanilla
2 large frozen bananas
Spirulina powder or tablets
100 ml coconut milk
or any other vegetable milk
2-3 figs
fresh mint (optional)
edible flower petals (optional)

Amaranth is the power grain when it comes to getting out of bed in the morning. It not only counteracts exhaustion, and provides you with a lot of protein, iron and magnesium. In combination with spirulina, figs, vegetable yogurt and bananas it gives you the kick for the day. Spirulina also helps infections strengthens your immune system, has an anti-inflammatory effect and provides large amounts of chlorophyll.

For the Cup

Put the puffed amaranth the yogurt a pinch of vanilla in a bowl and mix everything with a spoon.

Then mix the frozen banana with the spirulina powder or the spirulina tablets, which you have previously pulverized in a blender, together with the coconut milk to Spirulina ice cream.

Layer everything in a glass: start with the amaranth mixture, then the quartered figs, spirulina ice cream, amaranth, and so on until your glass is full. Top with figs, fresh mint and edible flower petals.

TIP

Since the cup is slightly cooling, this breakfast is perfect for spring and the summer.



LUUM



Heart- | Solarplexus chakra

Delete primal fears

Avocado fries

WITH VEGAN MAYONNAISE

For 2 persons,
Duration approx. 40 min.

For the fries

3 avocados
135g chickpea flour
215ml unsweetened vegetable milk
salt, 1 tsp cumin
2-3 tsp garlic powder

For the breading

100 g spelt flakes
Onion granules
¼ tsp turmeric. ¼ paprika
Chili flakes

For the vegan mayonnaise

See page 82.

French fries made from avocados? Yes and yes! This healthy alternative to conventional fries is so special and also so particularly delicious. In addition, avocados provide you with secondary plant substances such as lutein and they make you full.

For the avocado fries

Cut the avocados into shapes like French fries and loosen them from the skin with a large tablespoon. In a bowl, mix the chickpea flour, the vegetable milk, salt, cumin and garlic powder.

For the breading

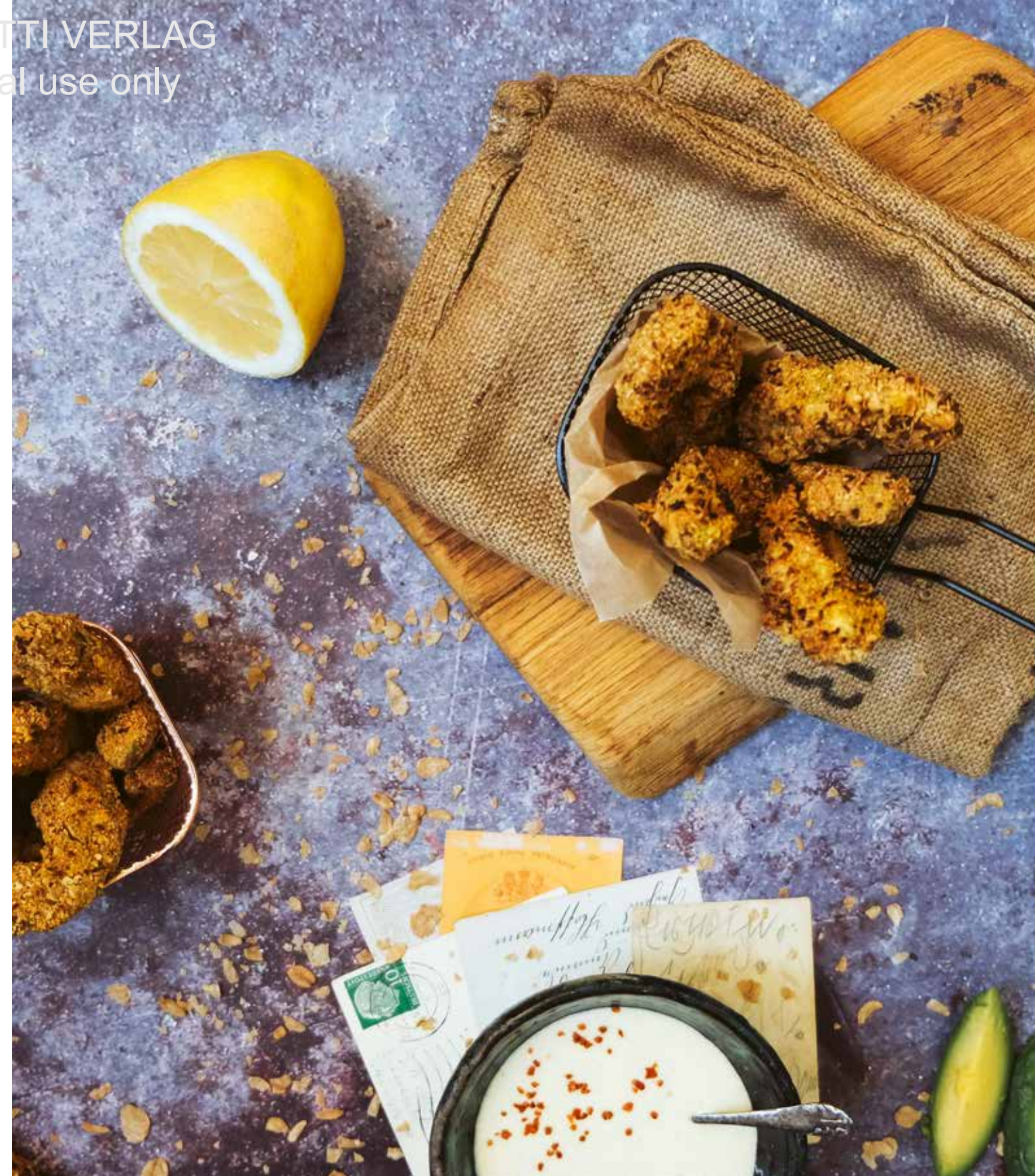
In another bowl, mix the breading of spelt flakes, onion granules, turmeric, paprika and chili flakes. Now dip the avocado slices first into the bowl with chickpea flour, then into the bowl with the with the breadcrumbs. The avocado fries turn out best with some sprayed oil in the Airfryer at 170 °C in about 10 minutes. Otherwise its also possible to bake them in the oven on baking paper at 200 °C top/ bottom heat for 20-25 minutes. After half the time they should be turned. The recipe for the vegan mayonnaise can be found on page 82.

TIP

The fries also work with zucchini. Simply replace the avocados with zucchini.



TEMPLA



Sweetpotato-Brownies

For 4 people,
Duration approx. 55 min.

For the brownies

450 g sweet potatoes
150 g sprouted buckwheat
or oats, whole
2 tablespoons chia seeds
3 tablespoons water
150 g baking chocolate
200 ml vegetable milk
5 tbsp. cocoa powder
1 banana
2 tsp. baking powder
2 tsp vanilla powder or extract
½ tsp cinnamon
4 tsp. coconut blossom sugar
3 tbsp. cocoa nibs

For the chocolate sauce

4 tsp. coconut oil, 3–4 tsp. cacao
maple syrup, vanilla powder

Sweet potatoes in dessert? Fits perfectly, because they have a lot of antioxidants, fiber, vitamins A, C, E and beta-carotene. Baked in a brownie with chia seeds, which contain omega-3 fatty acids, and sprouted buckwheat, which replenishes your mineral stores and is a healthy alternative to traditional grains. This brownie is super moist and as delicious as it looks!

For the brownies

Steam or boil the sweet potato. Process the sprouted buckwheat or whole oats in a blender to make flour. Mix the chia seeds with the water – this replaces the eggs. Melt the baking chocolate in a water bath. In the blender, blend everything together, including the sweet potatoes, buckwheat flour or oat flour, the chia seeds and water mixture as well as the melted baking chocolate, the plant milk, the cacao powder, the banana, the baking powder, vanilla powder, cinnamon and coconut blossom sugar. At the end add the cocoa nibs and mix them in. Give everything in a pan and bake at 200 °C convection oven for approx. 40 minutes.

For the chocolate sauce

Put the coconut oil in a small saucepan, then add the cocoa and finalize with maple syrup and vanilla powder.

TIP

You can also substitute half a sweet potato for a cooked beetroot. Especially suitable for children who do not like to eat vegetables. Due to the sprouted buckwheat these brownies are completely gluten-free.

If the baking chocolate is sugar-free, I recommend you to increase the amount of coconut blossom sugar to 9-10 tsp.



LAGER



*We are nature – we are like the tree –
in the heart – we are one.*

*May we and Mother Nature be deeply
connected and blessed.*

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The key lies **WITHIN YOU**

In this book you will find 50 +1 lovingly selected, self developed and photographed recipes, which are assigned to the chakras in combination with self-balanced symbols, which can raise the consciousness of every human being.

Saving the Earth is the most important issue of our time. But how can we really make a difference? What is really in our hands? Already as a child Katja Mathes asked herself these questions. Through her own deep healing path she came to plant-based nutrition, yoga, meditation and intensive introspection. From this she developed the gift of intuitive cooking and eating and a loving reconnection to Mother Earth, accompanied with the realization that we are part of her and that she can only heal when we heal ourselves.

The author shows ways to find back to oneself – back to one's very own human nature with the power of blessing – the spiritual elemental power – and with symbols – the tools of the universe.

Never before have I experienced such a soulful and loving, intense and healing cookbook as this one. – Reader's opinion