

# *Sacred Heart Vortex*

*Presents*

## *Inspired Living SuperFood Plant Nutrition*



*with Philip and Susan Miller Madeley*



### *Connect with Us*

Website: [SacredHeartVortex.com](http://SacredHeartVortex.com)

Meet Up: [Meetup.com/Sacred-Heart-Vortex](https://www.meetup.com/Sacred-Heart-Vortex)

FaceBook: [Facebook.com/SacredHeartVortex](https://www.facebook.com/SacredHeartVortex)



## Table of Contents

|  |           |
|--|-----------|
| <b>Introduction</b>                      | <b>4</b>  |
| <b>Shopping List</b>                     | <b>4</b>  |
| Ingredients (all organic)                | 4         |
| Equipment                                | 4         |
| <b>Celery Juice</b>                      | <b>5</b>  |
| <b>Super Simple Nut and Seed Mylk</b>    | <b>6</b>  |
| <b>Super Power Berry Smoothie</b>        | <b>7</b>  |
| <b>SuperCharged Hot Chocolate</b>        | <b>8</b>  |
| <b>SuperFood/ Herb Nut/Seed Mylk Tea</b> | <b>9</b>  |
| <b>Chocolate Chia Pudding</b>            | <b>10</b> |
| <b>Vanilla Chia Pudding</b>              | <b>11</b> |
| <b>Coconut Yogurt</b>                    | <b>12</b> |
| <b>About Philip</b>                      | <b>13</b> |
| <b>About Susan</b>                       | <b>14</b> |
| <b>Class Notes</b>                       | <b>15</b> |

# Introduction

Fresh whole plant based foods and filled with the life force of the earth, packed with vitamins, minerals, phytonutrients, essential fatty acids and yet unknown elements. Minimally processed whole, fresh, raw and living foods are the foundation for an inspired life. Love your body by adding in more of variety of these foods.

## Shopping List

### Ingredients (all organic)

- Nuts/ Seeds of Choice:  
Pumpkin, Sesame, Almond
- Coconut Shreds
- Cinnamon
- Cacao Powder
- Cacao Butter
- Celery
- Fresh and/or Frozen Berries
- Bananas
- Vanilla extract or powder
- Almond extract
- Favorite SuperFoods
- Lecithin
- Psyllium Husks
- CocoYo Coconut Yogurt
- Sweetener of Choice: Honey, Coconut Sugar, Dates, Maple Sugar

### Equipment

- Nut Seed Mylk Bag
- High Speed Blender
- Crock Pot or Yogurt Maker
- Quality Cutting Board and Knife
- Food Thermometer

# Celery Juice



## Ingredients

- 1 Head Celery
- 1 Cup Spring or Purified Water

## Instructions

- Blend for 30 Seconds
- Strain through cloth/bag
- Drink Immediately on Empty Stomach

## Equipment

- Blender: Nutribullet, Vitamix (high speed blender)
- Straining Cloth: Nut Mylk Bag, Paint Strainer, Fine Mesh Nylon Bag

# Super Simple Nut and Seed Mylk



## Ingredients

- ½ Cup Nut or Seeds of Choice (fav: pumpkin seed)
- ½ Cup Shredded Coconut (or ½ nut/seed of choice)
- 6 Cups Spring or Purified Water

## Instructions

- Blend for 30 Seconds
- Strain through cloth/bag
- Chill and Serve
- Store in Sealed Mason Jar (keeps good 3 days)

## Equipment

- Blender: Nutribullet, Vitamix (high speed blender)
- Straining Cloth: Nut Mylk Bag, Paint Strainer, Fine Mesh Nylon Bag

# Super Power Berry Smoothie



## Ingredients

- 2 Cups Favorite Nut Seed Mylk
- 2 Cups Favorite Fresh and/or Frozen Berries
- 1 Banana
- 1-2 T Favorite SuperFoods

## Instructions

- Blend for 30 Seconds
- Serve

## Equipment

- Blender: Nutribullet, Vitamix (high speed blender)

# SuperCharged Hot Chocolate



## Ingredients

- 2 Cups Favorite Nut Seed Mylk
- ½ T Cacao Powder
- 1 T Coconut Cream/ Cacao Butter/ Coconut Oil
- 1 T raw honey/ coconut sugar/ 4 dates/ maple sugar
- 1 T Favorite SuperFoods
- 1 t Lecithin (optional)
- 1 t Cinnamon
- 1 t vanilla

## Instructions

- Blend for 30 Seconds
- Warm on Stove to Desired Temperature

## Equipment

- Blender: Nutribullet, Vitamix (high speed blender)



# SuperFood/ Herb Nut/Seed Mylk Tea



## Ingredients

- 1 Cups Favorite Nut Seed Mylk
- 1 Cup Favorite Herbal Tea/Tea Blend (e.g. Cat's Claw, Tulsi, Oatstraw, Rose Hips, Nettle, Lavender, Medicinal Mushrooms, etc.)
- 1-3 T Favorite SuperFoods (e.g. Lucuma, Carob, Vanilla, Ashwagandha, Mucuna pruriens, Chaga 1:1, Reishi 1:1, Maca etc.)
- 1 T Coconut Cream/ Cacao Butter/ Coconut Oil
- 1 T Raw Honey/ Coconut Sugar/ 4 Dates/ Maple Sugar.

## Instructions

- Blend for 30 Seconds
- Warm on Stove to Desired Temperature

## Equipment

Blender: Nutribullet, Vitamix (high speed blender)

# Chocolate Chia Pudding



## Ingredients

- 1-½ Cups Nut/Seed Milk
- ¼ Cup Cacao
- 5-9 Dates
- ½ tsp Vanilla
- ⅓ Cup Chia Seeds
- Pinch of Salt

## Optional

- ½ tsp Cinnamon
- ½ tsp Almond Extract
- 1 Tbs. Melted Cacao Butter

## Instructions

- Thoroughly blend all ingredients except the chia seeds.
- Pour Mixture Into a Mason Jar (or bowl)
- Add Chia Seeds slowly while stirring briskly.
- Let Set at Room Temperature for One Hour while Chia Plumps Up - Stirring a few times to keep out the clumps.
- Refrigerate for 4-6 hours or best choice - overnight.

# Vanilla Chia Pudding



## Ingredients

- 2 Cups Nut/Seed/Coconut Milk
- 2 Bananas
- 1 tsp Vanilla
- 1 tsp Cinnamon
- ½ Cup Chia Seeds
- ½ tsp Almond Extract (optional)

## Instructions

- Thoroughly blend all ingredients except the chia seeds.
- Pour Mixture Into a Mason Jar (or bowl)
- Add Chia Seeds slowly while stirring briskly.
- Let Set at Room Temperature for One Hour while Chia Plumps Up - Stirring a few times to keep out the clumps.
- Refrigerate for 4-6 hours or best choice - overnight.

# Coconut Yogurt



## Ingredients

- Coconut Milk-Cream
  - 3 Cups Shredded Coconut
  - 4 Cups Spring or Purified Water
- 1 T Lecithin
- ½ T Whole Psyllium Husk
- 1 T. Probiotic Powder or ¼ Cup CocoYo Living Coconut Yogurt

## Instructions

- Make the Coconut Milk-Cream:
  - Blend Shredded Coconut and Water for 1.5 minutes until warm and strain through cloth/bag to yield 4 cups
- Briefly blend Coconut Milk-Cream with Psyllium, Lecithin, and Probiotic.
- Keep warm for 24-48 hours (118-125 degrees F.)

## Equipment

- Blender: Nutribullet, Vitamix (high speed blender)
- Straining Cloth: Nut Mylk Bag, Paint Strainer, Fine Mesh Nylon Bag
- Crock Pot, Yogurt Maker or Dehydrator - to maintain warmth.
- Food Thermometer

## About Philip

MA Vegan Live Food Nutrition, David Wolfe Nutrition Certification, Contributing author Rainbow Green Live Food Cuisine by Gabriel Cousens, M.D.

Living exclusively on organic plant food since 1996, Philip believes in the power of reading and continuous self-study. He led Tree of Life Conscious Eating and Live Food Apprenticeship programs for 7 years; also teaching health education, business and raw food prep. Philip is a leader at Excelsior Alchemy, manufacturer for HealthForce SuperFoods; from 2010 he has promoted quality standards, implementing and maintaining Quality Systems including cGMP, NSF, Organic, Vegan, Kosher and Gluten Free Certifications.

With 15 years of experience with all raw food living, Philip's passions are understanding excellent health, fitness, fasting, motivation, meditation and spirituality. He loves earthing, ice cold therapy, yoga, breathing, biohacking, mountain biking and all things healthful. Philip is a member of the David Wolfe Inner Circle. His mentors include Gabriel Cousens, Joe Dispenza, David Wolfe, Medical Medium; and the greats of the past, R. Steiner and V. Schauberger.

## About Susan

MA Vegan and Live Food Nutrition, Tree of Life Foundation;  
Ordained Priest with the Modern Essenes;  
Michigan School of Professional Psychology, MA, Clinical and Humanistic Psychology;  
David Wolfe Raw Nutrition Certification;  
Institute for Professional Excellence in Coaching (iPEC), Chicago, IL.

Susan's intimate knowledge and lifelong interest in healthy food and positive psychology merge with her passions for a live-food lifestyle and empowering others to enjoy life. As a modern Essene, she follows a compassionate lifestyle as seen in *Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini*, Gabriel Cousens, M.D.

"My husband and I are avid explorers of vegan live food health. It is what we do together for fun. We love sharing and helping others find inspiration in this marvelous way of life. My latest creation is an easy wonderful coconut yogurt and vegan cottage cheese."

Eating well, thinking well, and loving well can:

- Strengthen All Relationships
- Power-Up the Brain
- Heal and Rejuvenate the Body
- Connect and Empower the Spirit
- Bring Compassion to the Planet

Susan created a safe, nourishing recipe to support mother's breast milk and, along with husband Philip Madeley, conducted a study to verify the health of babies born to vegan mothers.

# Class Notes