



A couple of nights ago, while chanting along with [Mukti's](#) sweet CD "Light of the Sun," I made this really yummy vegan green salad. To enjoy a similar salad yourself, top fresh green lettuce leaves with the following:

- raw cacao nibs
- dried cranberries
- raw sunflower seeds
- black pepper
- cumin powder
- Himalayan krystal salt
- flax oil
- maple syrup
- fresh lemon juice
- curly parsley sprigs

Please buy organic whenever possible. It is better for our bodies and it is better for the environment of our beautiful Mother Earth!

Also, whenever we eat, let's say a prayer for the 1 billion people who are starving on the planet right now. Let's each help raise the vibration of the human species so that things shift here on earth... I envision a shift in which each person has food to eat each day.

May all beings everywhere know Peace and Happiness.

Om Shanti (Peace),

Yogini Tejaswini

Photo of light on Teja's salad by Teja Shankara.