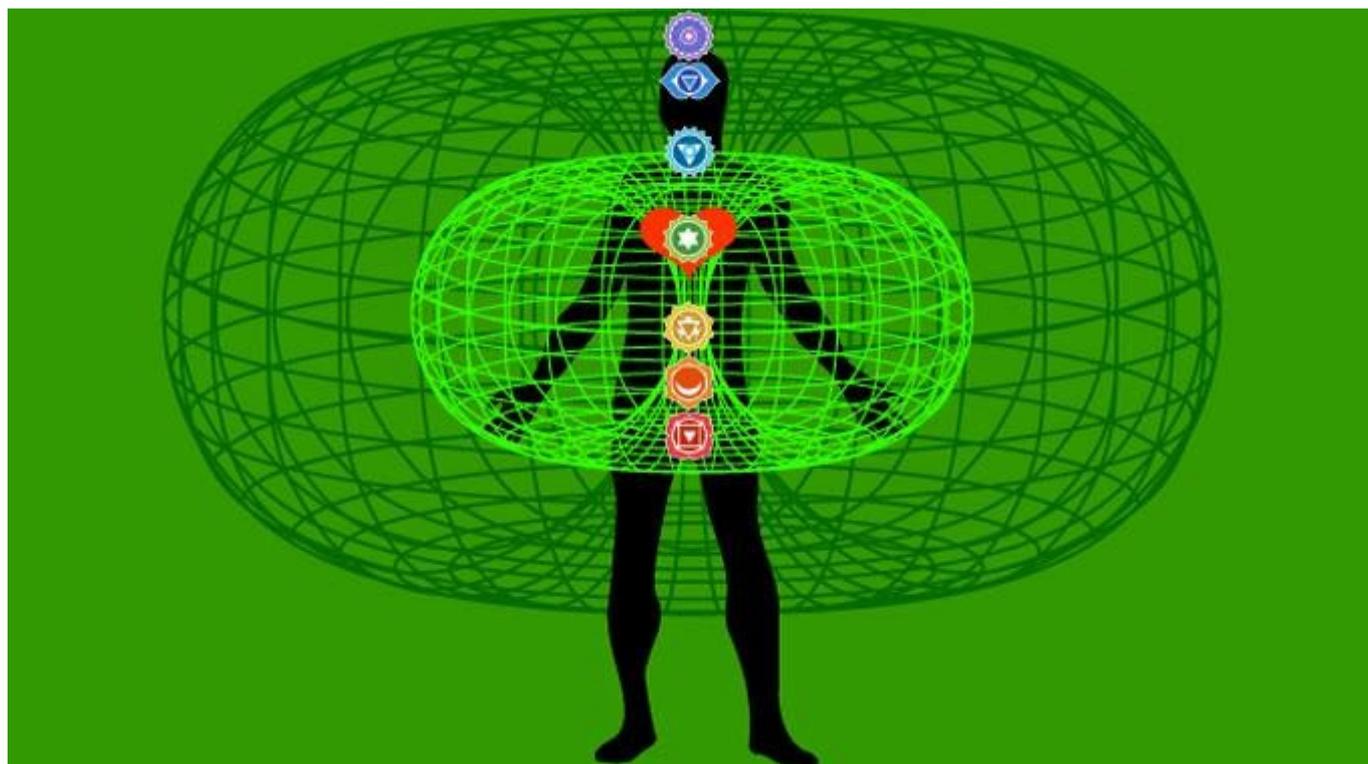


# Cooking For Chakra Balance: 7 Recipes For Physical And Spiritual Health

By: Jennifer Iserloh | [Yoga Journal](#)



Skinny Chef Jennifer Iserloh shares a recipe to balance each chakra physically, mentally, and spiritually from her new Superfood Alchemy workshop.

***Related Article: [Feed Your Body And Soul: 20 Easy \(And Delish!\) Comfort Food Recipes Your Family Will Love](#)***

You've tried cooking and eating for your dosha, but how about for your chakras? The following 7 recipes work on a physical level with the organs and gland systems located at each of the energy centers within the subtle body, and reinforce the mental and spiritual lessons of each one.

Note: In all of these recipes, I use both superfoods and alchemy, the ancient spiritual science of transformation. Each “alchemical operation” benefits each chakra on a physical, mental, and spiritual level.

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## **1.) Root Chakra**

### **Mulled Black Pepper-Hibiscus Wine**

#### **Alchemical Operation: Calcination (heat)**

Fire reminds us of a time when man was more wild and living in a more primal way (the very nature of the Root Chakra). In alchemy, calcination is associated with the fire of thoughts, especially “burning up” negative thoughts of the past and old grudges (which are also stored in the root chakra).

Smoky, earthy black pepper is the ideal spice to allow you to tap into the feeling of calcination. Harness the power of fire to transform negative thinking as you prepare this mulled black pepper-hibiscus wine. When the fire brings the mixture to a boil, burning off some of the alcohol content, imagine that old ways of thinking and negative thoughts about yourself are going up in flames.

## **2.) Sacral Chakra**

### **Cardamom-Crusted Beet Root Carpaccio**

#### **Alchemical Operation: Dissolution**

Water is associated with the Sacral Chakra, which is linked to creativity and sexuality. In the following recipe, as you boil the beets with cardamom, cinnamon sticks, and salt, note the ability of water to flow and change, morph and move, and swell and shrink, much like emotions. The lesson: since emotions, like water, can be hard to control, it’s best to let them

flow. Cardamom also benefits the Sacral Chakra since it helps move and soothe the flow of your digestion, most of which happens at the level of the Sacral Chakra.

### **3.) Navel Chakra**

#### **Turmeric Orange Carrot Soup**

##### **Alchemical operation: Separation (air)**

Sluggish digestion occurs at the level of the Navel Chakra, which is associated with self-esteem and confidence. Using “air” in the kitchen, by sifting, pureeing, and blending, changes the texture of foods, making them lighter and easier to eat and digest.

As you blend this soup, notice how the final dish becomes more refined in both taste and texture. Think also of “sifting” through bad habits and behaviors to find your true self by setting ego aside, unblocking your Navel Chakra and tapping into your personal power.

### **4.) Heart Chakra**

#### **Basil-Spinach Pesto with Gluten-Free Pasta**

##### **Alchemical operation: Conjunction**

The Heart Chakra is associated with love, of course, and self-care is a huge part of learning to love yourself (and having more energy to love/give to others). It starts with healthy eating, which means including plenty of detox-friendly greens and herbs in your daily meals. Basil is particularly heart-healthy, since its compounds can soothe blood vessels and promote better circulation. While preparing the following recipe, think about how you can bring your spiritual practice in conjunction with soulful activities that also nourish the body, beyond cooking to other parts of your life.

[Get the recipes here...](#)