



# Se7en Spoons

Chakras + Cooking + Community



*Sevenspoons*

**FIVE HERBAL RECIPES TO  
GROUND YOUR ENERGY**

# Sienna Sage Sultry Artisan

**You're the Sultry Artisan** — a soulful creator who brings warmth and intention to every meal. Your kitchen is your sanctuary where rich flavors and slow-cooked magic come alive. You shop thoughtfully, choosing fresh, quality ingredients that nourish both body and spirit. Your tablescapes reflect your artistic soul — cozy, inviting, with natural textures and deep colors that invite lingering conversations. When you entertain, you create intimate experiences that nurture connection and celebrate the senses.

## **HOW I ROLL: CHAKRAS + COOKING + COMMUNITY**

Your rhythm flows with soulful cooking, mindful shopping, and heartfelt entertaining. Each meal is an experience designed to open the Sacral Chakra — creativity and sensuality in full bloom. Your gatherings are less about formality and more about genuine warmth, where everyone feels at home and well-fed in both body and heart.



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### **Sienna Sage**

- Signature Style: Sultry Artisan
  - Cooking Approach: Slow, soulful, artistic
  - Favorite Pampered Chef Tools: Stoneware, wooden spoons, cast iron skillet
  - Chakra Energy: Sacral Chakra (creativity, sensuality)
  - Personality Traits: Bold, passionate, nurturing
  - Signature Dish Types: Comfort foods with flair, slow-cooked stews, decadent desserts
  - Favorite doTERRA Oils: Ylang Ylang (sensual, uplifting), Clove (warm, grounding)
  - Favorite Scout & Cellar Wines: Bold reds like Pinot Noir, rich Zinfandel
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# How to Read This Booklet

## Your Guide to Grounding & Nourishing Your Energy

Welcome, beautiful soul! This booklet is your invitation to slow down, connect, and nurture yourself through simple, earthy recipes aligned with your energy.

**Here's how to get the most from these pages:**

### **Connect with Your Chakras**

Each recipe is aligned with one or more chakras – energy centers that help balance your body, mind, and spirit. Knowing which chakra you want to nourish helps you choose the perfect recipe for your moment.

### **Follow the Ingredients & Instructions**

Clear, simple steps guide you through each recipe. Use your intuition as you cook – feel free to adjust seasonings or swap ingredients to match your taste and needs.

### **Use the Pairings**

We've included Pampered Chef tools, doTERRA essential oils, and Scout & Cellar wine pairings to elevate your cooking experience. These aren't just tools and products – they're part of your ritual to bring calm and intention to your kitchen.

### **Practice the Bonus Touch**

Each recipe ends with a gentle ritual – a mantra, a breath, or a mindful moment. These little pauses invite you to center yourself, deepen your connection to the food, and honor your body's wisdom.

### **Create Your Own Flow**

There's no rush here. Take your time. Brew your tea slowly. Stir your stew with gratitude. Eat with mindfulness. Let this booklet be your friend in slowing down and tuning in to your natural rhythm.

**Remember:** This is more than cooking – it's a way to ground your energy, care for your whole self, and cultivate calm in your busy life.

Welcome home to yourself.

# Lavender Lemon Balm Tea

## Lavender Lemon Balm Tea

**Chakra Connection:** Crown + Root

**Why it grounds:** Lavender calms the nervous system, while lemon balm supports emotional stability and focus.

Vibe: Calm. Clear. Grounded.

**Pair with:** doTERRA Lavender & Lemon Essential Oils | Scout & Cellar Light White Wine

**Pampered Chef Tool:** Deluxe Cooking Blender (for infused teas)

### Ingredients:

- 1 tsp dried lavender or doTerra Lavender oil
- 1 tsp dried lemon balm or doTerra Lemon oil
- 8 oz hot water
- Optional: honey for sweetness

### Instructions:

1. Steep lavender and lemon balm in hot water for 5–7 minutes.
2. Strain and sip slowly in a quiet space, ideally barefoot and outside.
3. Optional: Add honey to taste.

**Bonus Touch:** Breathe deeply as you sip. Whisper: “I am calm, clear, and grounded.”



# Root Vegetable + Lentil Stew

## 🌱 Root Vegetable + Lentil Stew

**Chakra Connection:** Root

**Why it grounds:** Hearty root vegetables carry grounding energy from the earth, nourishing your core.

**Vibe:** Warm. Nourished. Centered.

**Pair with:** doTERRA Rosemary & Thyme Oils | Scout & Cellar Robust Red Wine

**Pampered Chef Tool:** 8 Qt. Brilliance Nonstick Stock Pot

### Ingredients:

- 1 cup diced carrots
- 1 cup diced sweet potatoes
- 1 cup lentils
- 4 cups vegetable broth
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 tsp dried thyme or do Terra thyme
- 1 tsp dried rosemary or doTerra rosemary
- Sea salt & cracked black pepper, to taste



### Instructions:

1. Sauté onion and garlic in olive oil until soft.
2. Add carrots, sweet potatoes, lentils, broth, thyme, and rosemary.
3. Simmer covered for 30–35 minutes until tender.
4. Season with salt and pepper. Serve hot with cornbread or your favorite grain.

**Bonus Touch:** Stir with intention and say: “I am rooted and supported by the earth.”

# Rosemary Garlic Flatbread + Olive Oil

## Rosemary Garlic Flatbread with Olive Oil

**Chakra Connection:** Root + Solar Plexus

**Why it grounds:** Rosemary supports memory and inner strength; garlic is deeply protective and grounding.

**Vibe:** Strong. Connected. Empowered.

**Pair with:** doTERRA Rosemary Oil | Scout & Cellar Light Red Wine

**Pampered Chef Tool:** Stoneware Baking Sheet

### Ingredients:

- 1½ cups all-purpose or gluten-free flour
- ½ tsp salt
- ½ tsp baking powder
- 2 tsp chopped fresh rosemary or doTerra rosemary oil
- 1 garlic clove, minced
- 2 tbsp olive oil, plus extra for brushing
- ½ cup warm water



### Instructions:

1. Mix dry ingredients in a bowl.
2. Add olive oil, garlic, rosemary, and warm water. Stir to form a dough.
3. Roll into flat rounds about ¼ inch thick.
4. Cook on a hot skillet 2–3 minutes per side until golden.
5. Brush with olive oil before serving.

**Bonus Touch:** Enjoy with a mindful bite, grounding yourself with: “I am strong and centered.”

# Chamomile + Oatmeal Bake

## Chamomile + Oatmeal Bake

**Chakra Connection:** Sacral + Root

**Why it grounds:** Oats offer slow energy; chamomile soothes the gut and heart.

**Vibe:** Restful. Comforting. Balanced.

**Pair with:** doTERRA Chamomile Oil | Scout & Cellar Sparkling Rosé

**Pampered Chef Tool:** Stoneware Baking Dish

### Ingredients:

- 1 cup rolled oats
- 1 tbsp ground flaxseed
- 1 tsp dried chamomile (or chamomile tea leaves) or doTerra Chamomile oil
- 1 ripe banana, mashed
- 1 cup almond milk
- 1 tbsp maple syrup
- ½ tsp cinnamon
- ½ tsp vanilla extract

### Instructions:

1. Preheat oven to 350°F. Grease baking dish.
2. Mix all ingredients in a bowl until combined.
3. Pour into baking dish and bake for 25–30 minutes until set and golden.
4. Let cool slightly before serving.

**Bonus Touch:** Breathe deeply and say: “I rest and restore with ease.”



# Walnut + Mushroom Grounding Bowl

## 🌰 Walnut + Mushroom Grounding Bowl

**Chakra Connection:** Root

**Why it grounds:** Walnuts fuel brain and body; mushrooms bring earthy umami flavor.

**Vibe:** Nourished. Grounded. Energized.

**Pair with:** doTERRA Clove & Cedarwood Oils | Scout & Cellar Earthy Red Blend

**Pampered Chef Tool:** Stainless Steel Skillet

### Ingredients:

- 1 cup cooked quinoa
- ½ cup sautéed mushrooms
- ¼ cup chopped walnuts
- A handful baby spinach
- 1 tbsp olive oil
- Juice of half a lemon
- 1 tsp tamari or soy sauce



### Instructions:

1. In a bowl, layer cooked quinoa, sautéed mushrooms, walnuts, and spinach.
  2. Drizzle olive oil, lemon juice, and tamari over the bowl.
  3. Toss gently and eat slowly, savoring each bite.
- Bonus Touch: Set an intention: “I nourish my body and ground my energy.”

# Sienna Sage Sultry Artisan

🌿 Sienna Sage — The Sultry Artisan 🌿

Thank you for stepping into my earthy, soulful kitchen. I'm so grateful you've chosen to stir, simmer, and season your life with these warm, grounding recipes. Every dish in this booklet is a sensory ritual — slow, intentional, and rooted in the art of nourishment. Cooking isn't just a task... it's a love language, a sacred rhythm, and a personal renaissance. Here's to smoky spices, golden oils, slow roasts, and late-night bites. Here's to soul food — not just Southern, but spiritual. Stay connected with the sultry flow:

🛒 Shop my curated favorites — think stoneware, spice blends, and soulful cookware.

✉️ Join my list for seasonal recipes, sensual rituals, and slow-living kitchen wisdom.

🛍️ Host a gathering — we'll stir, sip, and serve with meaning.

🤝 Collaborate with me to craft an unforgettable cooking experience.

🔥 Ready to walk in purpose? Join my team and build a business that feels like art.

Breathe deep. Cook slow. Live deliciously.

— Sienna



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