

The Yoga of Eating Workshop

One of the greatest opportunities to live our values – or betray them – lies in the food we put on our plates. –Jonathan Safran Foer

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1) Yoga Ethics and Food

Ahimsa (Non-violence)

At the core of its teachings the Yoga Sutras instructs us in non-violence, both in thought and action, on every foreseeable level. It has been said that if we can fully understand and live out this tenet then all other yogic principles will fall into place organically.

Ultimate truth can be attained only through ahimsa [and] no self-realization is possible without ahimsa. --Sri Swami Sivananda

Taking a closer look at this first yama, Patanjali suggests that we focus our practice on this yama in order to attain enlightenment. We can see this first yama, this first step is the essence of spiritual growth and attaining bliss; the oneness of being. Why is ahimsa so important? Why is this yama the foundation of eternal happiness, bliss and joy? By practicing this yama, all other yamas fall into place. For example, if we do not hurt others; we will tell the truth (Satya), we do not steal (Asteya), we do not misuse or abuse our energy (brahmacharya) and we are not greedy (Aparigraha). Taking a vow to live a life of Ahimsa, which will lead you to spiritual bliss.

One is dearest to God who has no enemies among the living beings, who is nonviolent to all creatures. -- Bhagavad Gita

Many practitioners of yoga would like to play down the connection between yoga and diet, after all, the mental and physical elements in a yoga class, be it the breath, the movement or the meditation, make us feel great all by themselves. Diet is a separate subject, right? In reality the two subjects are inextricably linked. The concept of non-violence has a direct bearing on both our practice of physical yoga and on the food that we choose to consume. Ahimsa is not only the first obligation of a yogi but also the first concern of a vegan. A vegan diet, consisting only of food that comes directly from the earth is the most important step one can take in order to minimize their effect on the environment. It also prevents us from financing the torture of billions of animals, that are not only raised in cages just to be killed, but must be fed copious amounts of water and food, more than enough to remedy the thirst and starvation among humans worldwide. But as wonderful as the vegan diet can be it also has many pitfalls if practiced without nutrition in mind.

Satya (Truthfulness)

Satya is being truthful. That is a simple statement, but a very powerful action. Satya is as simple as recognizing that withholding information, fudging the truth, exaggerating, gossiping, or retelling a story that we aren't exactly sure is accurate, are all forms of misinformation and thus harmful. It is knowing that when we engage in right speech, our words and message will be heard.

It is my belief today, that if most would take time to find out the truth about the origin of the food that they choose to put on their plate, they would most likely steer clear of factory raised meats, processed foods and fast foods.

We can't plead ignorance, only difference. Those alive today are the generations that came to know better. We have the burden and the opportunity of living in the moment when the critique of factory farming broke into the popular consciousness. We are the ones of whom it will be fairly asked. What did you do when you learned the truth about eating animals? Excerpt from the book *Eating Animals* by Jonathan Safran Foer

Saucha (Cleanliness)

Not everyone can stand on his or her head all day, meditate in silence for three years, or chant the name of God continuously, but everyone usually eats every day. If you do nothing else, make eating your spiritual practice. -- Sharon Gannon and David Life - from Jivamukti Yoga

The second limb in the Yoga Sutras is Niyama (or self-disciplines), and the first Niyama is Shaucha, meaning cleanliness or purity. In Yogic traditions teachers often make the analogy between the human body, where the soul resides, and a temple of worship, where we go to pray and commune with God. From an early age it is obvious to us that we would not want to enter a temple wearing torn, soiled clothing, or smelling of a hard days work. God would doubtlessly accept us if our prayers are sincere, but there is an innate feeling within us all that we should be clean when going to a holy place. Similarly, when we practice yoga, thereby making our bodies into a temple that we carry around wherever we go, it becomes important for our one and only body to be clean, inside and out. Keeping the body, mind, and spirit clean helps us to stay alert and vigilant in our yoga practice.

Vairagya (Non-attachment)

The notion of non-attachment to material objects, other people, and even to our own body is another basic precept that is present in nearly all forms of yogic thought. Likewise, a simple diet that remains close to nature, without reliance on processed foods, helps us to overcome the nearly universal addiction of taste cravings and sensory indulgence.

A human can be healthy without killing animals for food. Therefore if he eats meat he participates in taking animal life merely for the sake of his appetite. --Leo Tolstoy

Ahamkara (Ego-separateness)

As yoga practitioners, our practice grows when we learn to simply get out of the way of our ego driven, analytical mind. Similarly with vegan foods, we heal ourselves and grow stronger, both physically and mentally, when we allow the body's miraculous immune system to do its job with minimal interference from food, processed or otherwise. By constantly 'letting go' of life's excesses and all things temporary we become a true naturalist -- living as one small part of the whole.

2) Nutrition Basics

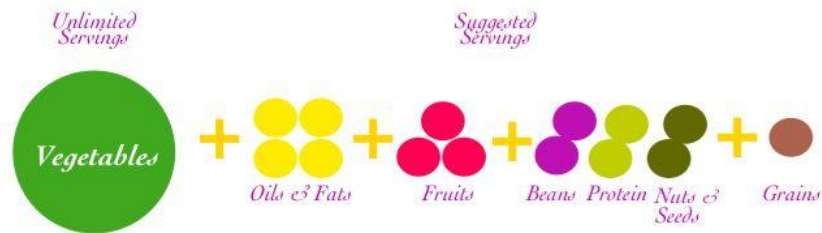
What are Whole Foods?

Whole foods are edible substances which are as close to their "whole" or natural state as possible. They have not been pre-processed in any way which would disturb their nutrition or flavor. They are therefore free of all processing additives or subtractions.

The overall idea of whole foods, is to buy foods which are -

- As whole and in their most simple form as possible
- In season from as close to the source as possible
- As chemically and additive free as possible
- In bulk and not pre-packaged

SERVING SIZE RECOMMENDATION



VEGETABLES

- Eat a minimum of 4 servings/day; try to eat them with every meal
- Consume veggies raw, juiced, steamed, sautéed (best to use organic coconut oil) or baked
- Frozen veggies do not contain the same amount of nutrients as fresh
- 1 serving is approximately 10-25 calories and equals ½ cup

Alfalfa sprouts	Carrots	Green or yellow beans	Sea Vegetables: seaweed,
Artichoke	Cauliflower	Kale	kelp
Asparagus	Celery	Kohlrabi	Snow peas
Avocado	Chives	Leeks	Spinach
Beets and beet tops	Cucumber	Lettuce	Squash
Bell Peppers	Daikon radish	Okra	Sweet potatoes, yams
Bok Choy	Dandelion greens	Onions	Swiss chard
Broccoli	Eggplant	Parsley	Tomato
Brussels sprouts	Endive	Radishes	Water chestnuts
Cabbage	Escarole		Watercress
			Zucchini

OILS & FATS

- A serving size is 1 tsp which is 40 calories
- Eat 4-7 servings/day
- All oils should be cold pressed

Almond	Grapeseed	Safflower
Avocado, 1/4	Olive: extra virgin first cold pressed	Sesame
Flaxseed	Pumpkin	Sunflower
		Walnut

FRUIT

- Eat these fruits fresh, juiced or frozen. Buy organic, local and seasonal whenever possible; this limits chances for food allergy
- Eat a minimum of 2 servings/day and up to 4 servings/day; each serving is equal to approximately 80 calories

Apples, 1 medium	Cherries, 15	Nectarines, 2 small	Pomegranate, 1
Applesauce, ¾ cup	Figs (fresh), 2	Papayas, ½ medium	Raspberries, 1 ½ cup
Apricots (fresh), 3 medium	Kiwi, 2	Peaches, 2 small	Strawberries, 1 ½ cup
Bananas, 1	Lemon, lime	Pears, 1 medium	Watermelon, 2 cups
Blackberries, 1 cup	Mangos, ½ medium	Plums, 2 small	

BEANS

- Each serving is 110 calories and is equal to ½ cup cooked
- Eat 1-3 servings/day
- Eat canned, dried or sprouted beans

Edamame Beans	Pinto	Adzuki
Lentils	Kidney	Mung
Peas	White	Refried (organic only)
Chick peas	Lima	
Navy	Split peas	

PROTEIN FOODS

- 1 serving is 150 calories (which about the size of a deck of cards), cooked and is equal to 3-6 ounces

Organic Non GMO Tofu	Protein powder (1-2 scoops): hempseed, rice, Vega
Organic Non GMO Tempeh	

NUTS AND SEEDS

- Eat only raw and unsalted nuts and seeds; can also be consumed as nut and seed butters; 1 tbsp is a serving
- 1 serving is 100 calories
- Eat 1-2 servings/day

Almonds, 10-12	Hazelnuts (filberts), 15	Pumpkin seeds, 2 tbsp
Cashews, 8	Pecans, 8	Sesame seeds, 2 tbsp
Flaxseeds, 2-4 tbsp	Pistachios, 2 tbsp	Sunflower seeds, 2 tbsp
		Walnuts, 8

GRAINS

- 1 serving is 75-100 calories and is equal to ½ cup cooked
- Eat 1-3 servings/day
- The following are all non-gluten grains

Amaranth	Millet	Rice: brown, wild, basmati
Arrowroot	Quinoa	Teff
Buckwheat		Tapioca

Other gluten grains:
Barley

Kamut
Oats
Rye
Spelt

OTHERS

DAIRY SUBSTITUTES

Almond Milk
Rice Milk
Oat Milk
Hemp Milk

VINEGARS

Apple cider
Balsamic
Red wine
Rice
Ume plum

HERBS AND SPICES

Basil (many varieties)	Coriander	Nutmeg	Tarragon
Black pepper	Cumin	Oregano	Thyme
Carob	Dill	Parsley	Turmeric
Cayenne	Dry mustard	Rosemary	Pure vanilla extract
Chives	Garlic	Sage	Zataar
Chili Powder	Ginger	Sea salt	
Cinnamon	Herbamare		
Clove	Kelp powder		

3) Vegetarianism, Veganism and Raw Foodism

Are you a vegetarian????

A vegetarian is someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products, flesh foods and eggs.

A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustacean, or slaughter by-products.

From the American Dietetic Association

Well planned vegetarian diets are appropriate for all individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.

Vegetarian diets tend to be lower in saturated fat and cholesterol, and have higher levels of dietary fiber, magnesium and potassium, vitamins C and E, folate, carotenoids, flavonoids, and other phytochemicals.

Vegetarian diets are often associated with a number of health advantages, including lower blood cholesterol levels, lower risk of heart disease (which alone accounts for more than 25 percent of all annual deaths in the nation), lower blood pressure levels, and lower risk of hypertension and type 2 diabetes. Vegetarians tend to have a lower body mass index (BMI)...and lower overall cancer rates (cancers account for nearly another 25 percent of all annual deaths in the nation.)

Or a Vegan????

A Vegan does not eat dairy products, eggs, or any other animal product or by products (for most this includes honey).

- **Raw Foodism.** A lifestyle that falls under the vegan umbrella, promoting the consumption of uncooked, unprocessed, and often organic whole foods.

Why Go Veg?

Cruelty to Animals

More than 27 billion animals are killed for food every year in the U.S. alone. Animals in factory farms have no legal protection from cruelty that would be illegal if it were inflicted on dogs or cats, including neglect, mutilations, genetic manipulation, drug regimens that cause chronic pain and crippling, transport through all weather extremes, and gruesome and violent slaughter.

Your Health

Vegetarian foods provide us with all the nutrients that we need, minus the saturated fat, cholesterol, and contaminants that are found in meat, eggs, and dairy products. Plant-based diets protect us against heart disease, diabetes, obesity, strokes, and several types of cancer. Vegetarians also have stronger immune systems and, on average, live 10 years longer than meat-eaters do.

For the Environment

More than half of the water used in North America today goes to animal agriculture, and since farmed animals produce 130 times more excrement than the human population, the run-off from their waste is fouling our waterways. Animal excrement emits gases, such as hydrogen sulfide and ammonia, that poison the air around farms, as well as methane and nitrous oxide, which are major contributors to global warming. Forests are being bulldozed to make more room for factory farms and feed crops to feed farmed animals, and this destruction causes soil erosion and contributes to species extinction and habitat loss. Raising animals for food also requires massive amounts of food and raw materials: Farmed animals consume 70 percent of the corn, wheat, and other grains that we grow, and one-third of all the raw materials and fossil fuels used in the U.S. go to raising animals for food. In short, our country's meat addiction is wrecking the earth. Read more about factory farming and the environment.

World Hunger

Raising animals for food is extremely inefficient—for every pound of food that they eat, only a fraction of the calories are returned in the form of edible flesh. If we stopped intensively breeding farmed animals and grew crops to feed humans instead, we would easily be able to feed every human on the planet with healthy and affordable vegetarian foods.

Moving Toward a Vegetarian Diet

If you are considering changing your diet, try these suggestions:

- Cut back on junk food. Try replacing junk food with nutritious substitutes: fruit juice for sodas, whole grain cookies for those made with refined flour, roasted soy beans instead of peanuts, baked chips instead of fried, and so on.
- Increase the number of servings of fresh fruit, whole grain cereals, and starchy vegetables such as potatoes, corn, and winter squash. These foods provide the feeling of "fullness" that signals us we have had enough. Their complex carbohydrates fuel our bodies and minds for many hours.
- Add more fruits and vegetables. Nine out of ten Canadians do not eat the recommended number of servings of these vitamin-, mineral-, and fiber-rich foods. Focus on dark green leafy vegetables such as kale, mustard and turnip greens, and Chinese cabbage. The cruciferous vegetables — cabbage, cauliflower, broccoli, and Brussels sprouts — are cancer preventers. Go for darker fruits such as mangoes, melons, and apricots, as well as dried fruits, to maximize your nutritional intake.
- Replace meat, poultry, and fish entrees with legumes (peas, beans, and lentils), including soy products such as tofu and tempeh.

4) Yoga of Eating

Your Food Philosophy

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you *not* to be?

Excerpted from *A Return to Love: Reflections on the Principles of A Course in Miracles* by Marianne Williamson.

Goals

To help you clarify your personal yoga eating plan, please take a few moments to fill in the following.

For the month

1. _____

2. _____

3. _____

For the Year

1. _____

2. _____

3. _____

Setting up for Success

Tools of the Trade

Beyond Basics

Blender
Food Processor
Cake Pans
Citrus Press
Cutting Boards
Funnels
Garlic Press
Grater
Kitchen Knives (especially chef knife, utility knife and cleaver)
Mesh Bags or Milk Bags
Measuring Cups
Fine Mesh Sieve
Strainers
Zester

More Advanced

Coffee or Spice Grinder
Champion Juicer
Dehydrator

High Speed Blender
Mandoline

Pantry Staples

Dried Fruit

Apples
Apricots
Blueberries
Cherries
Coconut
Cranberries
Dates
Figs
Goji Berries
Mangoes
Pineapple
Prunes
Raisins

Grains

Buckwheat
Kamut
Millet
Quinoa
Spelt
Wild rice

Legumes

Adzuki
Black Beans
Chickpeas
Edamame
Kidney Beans
Lentils

Navy Beans
Mung beans
Pinto Beans
Soy beans
Split Peas
White Beans

Nuts

Almonds
Brazil Nuts
Cashews
Hazelnut
Macadamia Nuts
Pecans
Pine nuts
Pistachios
Walnuts

Seeds

Chia seeds
Flax seeds
Hemp seeds
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds

Oils

Almond Oil
Avocado Oil

Coconut oil (Cold Pressed)
Cold pressed Virgin Olive oil
Flaxseed Oil
Grape seed Oil
Hemp oil
Pumpkin seed Oil
Sesame seed oil
Walnut Oil

Sweetners

Agave nectar
Honey
Maple syrup
Stevia (liquid or powder)

Seasonings

Nama Shoyu
Bragg Liquid Aminos

Celtic Sea salt
Edible flowers (Calendula, Hibiscus,
Lavender, Nasturtium, Pansy, Rose,
Violets)
Herbs and spices

Misc

Apple Cider Vinegar
Bee Pollen
Cacao nibs
Carob powder
Mesquite powder
Miso
Nutritional Yeast
Sea Veggies
Spirulina
Vanilla Bean
Vanilla Extract

Overcoming Obstacles

Tips and tricks to help you maintain a healthy vegetarian lifestyle.

1) Baby Steps

Take things slowly... If you jump in fast, you might find yourself jumping out again just as quick! Since it takes 28 days to change a physiological pattern and create a new positive habit, it's just one more reason to take it easy. Enjoy each step, and feel your body react. Learn to listen hard to what your body is trying to tell you. If you find this difficult to start with, fear not, it only gets easier!

2) Detoxify your kitchen

Out of sight out of mind. Getting rid of all the processed and refined food in your cabinet, freezer and fridge will make it much easier for you to maintain your new healthier lifestyle and much harder for you to 'cheat'.

3) Make some firm goals

What do you actually want to achieve? What's the end result for you? For e.g. weight loss, eating 100% vegan, or simply you just want to be a little healthier?

4) Prepare for the Day

Preparation and organization is the key to success with being successful with live food lifestyle. Make sure you have yummy, healthy stuff on hand! Get in the habit of taking a lunch with you to work, on road trips and when you're out and about. Make sure to take enough food to get you through the day, you know you are going to get hungry why not be prepared. Another great idea is having an emergency stash of nuts, dried fruits, and vega shake packs or bars at your desk, in your car, or even in your purse. This can help you maintain your vegan lifestyle.

5) Prepare for the Restaurant

The biggest test of your willpower will come when you visit a restaurant. A visit to the restaurant is unavoidable. We all are required to visit restaurants on special occasions, whether it's a friend's birthday, a wedding, or another special occasion. You may be surprised at the selection of great foods available at restaurants, even though they aren't listed on the menu.

-Call the Restaurant

The easiest way to go about this is to call the restaurant in advance and ask them to prepare you a special vegetarian, or vegan dish.

- Eat Before the Restaurant

This prevents hunger from taking over. You should feel satisfied with eating an appetizer with a small salad or a fresh plate of fruit, avocados, nuts, seeds or small smoothie.

How to gain the support of Family and Friends

1) Be a Leader

Don't try to force your ideas, beliefs, and eating patterns on your family or friends. Just lead by example, and once you start seeing results from your excellent eating habits people will start asking you what your secret is.

2) The Power of Asking

Tell your family and friends that you are setting goals to transition to a vegan diet and you would appreciate their support and help. If you ask them for support be receptive to it and they will give it to you.

3) Prepare Beautiful and Delicious Gourmet Food

One of the best ways to introduce people to the vegetarian or vegan lifestyle is through more gourmet dishes. The gourmet recipes taste so good that people will be amazed and impressed and may not even realize they are eating healthier food. The food will effortlessly sell the diet to your friends and family, and you won't need to do any work.

4) Feed the mind

Bring your family and friends along with you to health and wellness lectures, vegetarian or vegan food demos and workshops. In participating in healthier food workshops your family and friends will be able to learn, ask questions and connect with others who are living this type of food lifestyle.

Recipe Repertoire

Green Smoothies

Green smoothies are simple – take any fresh greens (40%) you like and blend them with fruit (60%) and add a splash of lemon for a truly refreshing smoothie. Some of our favorite greens to use are kale, spinach, Swiss chard, parsley and cilantro. Some of our favorite fruits to use are pears, apples, blueberries, mangos, papayas, and pineapples.

Ingredients:

2 cups of Greens

2 cups of Fruit

2 cups of water and/or ice

Place all the ingredients in blender and blend until smooth and creamy approx. 45 seconds.

Marvelous Muesli

Serves: 2

2 handfuls of nuts

1½ cup of small berries

1 apple, cut into small pieces

1 banana, sliced into half moons

1/3 cup dried fruit of your choice

Sprinkle coconut flakes

Sprinkle of sesame seeds

Mix together all the nuts, berries, and fruit in a bowl and top with coconut flakes and sesame seeds, if using. If you want milk, simply blend a handful of your favorite raw nuts with 3 to 4 cups of pure water and strain well.

Add your favorite milk (almond, sunflower seed, hemp) to your muesli and enjoy!

Morning Hemp Milk

Yields: 1 ½ cups

1/2 Cup Hemp Seeds

1 Cup water

1 tsp agave nectar or honey

½ tsp cinnamon

Blend all together in blender until smooth. Enjoy right away or store in a glass mason jar in the fridge. For best results and taste drink within 24 hrs.

Flavorful Marinated Greens

Serves: 4

1 bunch kale

1 cup of parsley, chopped

juice of 1/2 lemon

2 Tbsp Olive Oil

1 Tbsp of Bragg's
1 clove garlic, minced
Sea salt to taste

Wash kale and cut stems off. Cut or tare Kale leaves into small pieces. In a large bowl add kale and pour flax oil and squeeze one lemon on greens and mix with hands. Add parsley, garlic, Bragg's and sea salt and combine until evenly distributed. Eat right away or even better let it sit for few hours and marinate. This will keep for 3 days in the fridge. Enjoy!

Apple and Spinach Salad with Maple Cider Dressing

Sugared Curried Pecans

1 (6-oz.) package pecan halves
2 tablespoons extra virgin olive oil
3 tablespoons sugar
¼ teaspoon ground ginger
1/8 teaspoon curry powder
1/8 teaspoon sea salt
1/8 teaspoon ground pepper

Maple-Cider Vinaigrette

1/3 cup apple cider vinegar
2 tablespoons pure maple syrup
1 tablespoon Dijon mustard
1/4 teaspoon sea salt
1/4 teaspoon pepper
2/3 cup extra virgin olive oil

Salad

1 (10-oz.) package fresh baby spinach, thoroughly washed
1 Gala apple, thinly sliced
1 small red onion, thinly sliced

Prepare Pecans: Preheat oven to 350°. Toss pecans in oil. Stir together sugar and next 4 ingredients in a bowl; add pecans, tossing to coat. Spread in a single layer on a non-stick aluminum foil-lined pan. Bake 10 to 13 minutes or until lightly browned and toasted. Cool for 20 minutes; separate pecans with a fork.

Prepare Vinaigrette: Whisk together cider vinegar and next 4 ingredients. Gradually whisk in oil until well blended.

Prepare Salad: Combine spinach, apples, and red onion in a bowl. Drizzle with desired amount of Maple-Cider Vinaigrette; toss to coat. Sprinkle with pecans. Serve salad with any remaining vinaigrette.

Note: Pecans may be made up to 1 week ahead. Store in an airtight container. Vinaigrette may be made up to 3 days ahead. Cover and chill until ready to serve.

Zucchini Fettuccine in Alfredo Sauce

Serves 6

Pasta

6 Zucchini, julienned
1/2 lemon, juiced
1/4 cup Fresh peas, shelled
1 red pepper, julienned
1/2 cup cherry tomatoes, halved
1/4 cup green onions
1/4 cup parsley
1 Tbsp lemon zest

Sauce

3/4 cup water
1/2 tsp honey
1 clove garlic
1/3 cup lemon juice
1 tsp sea salt
1/2 tsp pepper
1/4 tsp nutmeg
1 1/4 cup cashews

To make the Zucchini Noodles, cut zucchini into thin noodles with a mandolin or alternatively with a vegetable peeler. Toss in a small amount of lemon juice to prevent oxidization.

Fig and Date Bars

2 Cups pecans
1/2 tsp sea salt
1 vanilla bean
2 cups dried figs, chopped
2 cups dates, pitted
1/4 cup of shredded coconut

In a food processor process the pecans, salt and vanilla until a coarse meal is achieved. Slowly add the chopped dried figs and dates and process until well incorporated. In the bottom of an 8" square pan sprinkle half of the shredded coconut, as if you were flouring a pan. Spread the nut mixture over top and mold it with your hands so that it forms to the pan. Sprinkle the rest of the coconut on top and press in. Refrigerate until set and enjoy.

Coco Pudding

Serves: 2-4

2 Avocados
1 Banana
1/2 cup maple syrup
2 Tbsp coconut Oil
1 tsp vanilla extract
1 tsp balsamic vinegar

½ tsp Bragg's Liquid Aminos
1 Cup pure cocoa powder or carob powder

In a food processor, blend avocado, banana, maple syrup, coconut oil, vanilla extract, balsamic, and Bragg's until smooth and creamy.
Add cocoa powder and blend until smooth. Spoon into serving dishes and refrigerate for 2 hours. Top with fresh fruit of choice and enjoy.

Spiced Baked Apples

4 large firm, tart apples such as Crispin, Granny Smith, or Jonagold
1 tablespoon lemon juice
¼ cup maple syrup
¼ cup dried organic cranberries
¼ cup finely chopped, toasted pecans or walnuts
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 cup apple cider (or ½ cup water if not available)

Preheat the oven to 350 degrees F.

Core apples whole or, alternatively, cut in half and remove core with a small knife. Sprinkle with lemon juice. Place apples in glass or other non-reactive baking dish. Mix maple syrup or agave, raisins, nuts and spices. Fill apples (or apple halves) with mixture. Pour apple cider into bottom of dish and cover with a lid or foil. Bake 25 minutes. Remove foil, baste apples with pan juices and bake, uncovered, for an additional 10-15 minutes, or until apples are tender but not mushy.