



FOOD SOMA

NOURISHMENT GUIDE

GODDESS BREAD & COOKIES

WWW.SOMATICMODERNARTS.COM



WISDOM IN THE KITCHEN

These recipes in this guide honor that ancient wisdom—offering you food that not only feeds your body but also becomes a ritual of self-care and creative expression.

Both of these recipes were born from my own journey of healing from burnout, learning to work with my body's needs rather than against them.

When conventional bread left me bloated and exhausted, I discovered that with the right ingredients, bread could actually nourish and sustain me.

These aren't just recipes—they're invitations to slow down, to make food with intention, and to remember that how we nourish ourselves matters.



GODDESS BREAD

**Rich in fiber and protein • Simple to make •
Delicious**

This bread has become a ritual in my kitchen.

Each time I shape it, I dedicate it to something—an ancestor I'm honoring, an intention I'm setting, a quality I want to invite into my life.

Some days it becomes a sun wheel for vitality, other days a vulva shape for feminine power, sometimes just a simple loaf made with gratitude.

One of the gifts of this bread is that it requires no kneading—but the shaping itself can become a beautiful somatic practice. As you work the dough with your hands, you might notice what form wants to emerge.

INGREDIENTS (MAKES 12 SERVINGS)

- 125g buckwheat flour
- 125g oat flakes (or make your own oat flour—see tips below)
- 60g mixed seeds (pumpkin, hemp, sunflower, sesame)
- 60g chia seeds
- 1 heaped tsp baking powder
- Pinch of salt
- 350g thick Greek yogurt or cottage cheese (alternatives mentioned below in the text)
- 2 eggs (optional but recommended—helps the bread hold together)

METHOD

- Preheat your oven to 180°C with convection or 200°C in regular mode.
- Gently mix all ingredients until you have a thick dough. Shape into an elongated loaf—or into whatever form calls to you in that moment.
- You can bake immediately, but I often let the dough rest for 30-60 minutes. This waiting becomes part of the ritual.
- Place on a baking sheet lined with parchment paper, or in a loaf tin (approximately 21×11×6 cm), also lined.
- Bake for 50-60 minutes, until it sounds hollow when you tap the bottom gently.

WHY THIS BREAD SUPPORTS YOUR BODY

When eaten with vegetables and protein, this bread has virtually no impact on blood sugar.

Here's why:

Oats contain beta-glucans—soluble fiber that stabilizes glucose, lowers cholesterol, and feeds beneficial gut bacteria. Rich in magnesium and B vitamins for nervous system support and sustained energy.

Buckwheat is naturally gluten-free and packed with rutin, a flavonoid that strengthens blood vessels and reduces inflammation. High in magnesium and quercetin—especially important for stress support and metabolism.

Chia seeds provide plant-based omega-3s for anti-inflammatory effects and hormonal balance. The fiber helps bind and eliminate excess hormones. Rich in calcium, boron, and zinc for bone health.

Mixed seeds offer targeted support:

- Pumpkin: zinc and magnesium for the nervous system, sleep, and libido
- Hemp: perfect omega-6 to omega-3 ratio, complete amino acid profile
- Sunflower: Vitamin E protects cells from oxidative stress
- Sesame: lignans support balanced estrogen metabolism

Greek yogurt/cottage cheese provides highly bioavailable protein for tissue repair and blood sugar stability, plus calcium and vitamin K2 for bone health.

Eggs supply choline—critical for liver detoxification, memory, and cognitive function. The yolks are rich in vitamins D, A, and biotin for hormonal regulation.

HOW I EAT THIS BREAD

I've learned that timing and pairing matter as much as ingredients. I eat this bread in the morning, but not with processed sweets.

Sometimes with natural sweetness—honey, baked apples. But most often with clams, sardines, salmon, goat cheese, or just a simple egg.

My body was depleted in iron, so pairing with fish or seafood supports my blood while keeping me stable and energised.

This is so different from the typical morning of coffee and pastries that used to wreck my system. Now my mornings are grounded, intentional, nourishing.

Creative Variations

To make oat flour: Simply blend oat flakes in a blender until they become a coarse flour. It's fine if small pieces remain—I prefer it this way.

Yogurt alternatives:

- Protein yogurt for extra sustenance
- Almond or coconut yogurt (makes the bread slightly sweeter)
- No yogurt at all: use 300g plant milk + 1 tbsp olive oil + 1 tbsp vinegar

My personal additions: I use less chia but add black sesame, caraway, rosemary, nutmeg, and top with poppy seeds. Sometimes I add dried cranberries or goji berries for color and a touch of sweetness.

Decoration options: Seeds, berries, fresh or dried herbs like thyme and rosemary, sea salt flakes.



GODDESS COOKIES WITH HONEY

Sweet but nourishing • Naturally gluten & lactose-free •

These cookies were born from adaptation and creativity.

I found a traditional Spanish recipe for sweet potato cookies—but they were loaded with sugar and white flour.

So I reimagined them, keeping the warm sweetness but making them actually nourishing.

Now they've become another ritual in my kitchen. The way you shape them—circles, ovals, roses, crescents—becomes another opportunity to bring intention to your food.

I make mine flat so they cook through evenly, but you could make them thicker if you prefer a softer center.

INGREDIENTS

- 1 large sweet potato
- 6-7 tbsp buckwheat flour
- 3-4 tbsp almond flour
- 2-3 tbsp rosemary honey (or any local, natural honey)
- Small pinch of baking powder
- 1-2 eggs (depending on mixture consistency)
- 1 tsp spice blend: nutmeg, cinnamon, dried or fresh grated ginger
- Fresh thyme and rosemary for aroma

METHOD

- Cook the sweet potato in water until soft. Drain well.
- Mash with a fork or blend until smooth. Let cool slightly.
- Add all remaining ingredients and mix well (or blend for a smoother texture). The mixture should be thick enough to shape but soft enough to spread slightly when baking.
- Preheat your oven to 180°C (or your usual cookie setting).
- Using a spoon, shape the cookies on a parchment-lined baking sheet. Make them as circles, ovals, roses, stars—whatever speaks to you. I keep mine relatively flat and not too large so they cook through evenly.
- Bake for 15-20 minutes until golden brown on top. Watch them—every oven is different.

WHY THESE COOKIES NOURISH

Sweet potato is rich in beta-carotene (vitamin A precursor) for immune support and skin health, plus fiber that stabilizes blood sugar despite the natural sweetness. High in potassium and vitamin C.

Buckwheat flour (as with the bread) provides rutin for vascular health and magnesium for stress support—turning these cookies into something that actually sustains you rather than depleting you.

Almond flour adds healthy fats, vitamin E, and protein—helping these cookies keep you satisfied rather than triggering sugar cravings.

Honey contains enzymes, antioxidants, and trace minerals that refined sugar lacks. Using local honey can also support seasonal allergies. The key is using just enough for sweetness without overdoing it.

Warming spices (ginger, cinnamon, nutmeg) support digestion and add natural sweetness, allowing you to use less honey. They're also traditional winter spices that help warm the body from within.

HOW I ENJOY THEM

These are sweet enough to feel like a treat but nourishing enough to eat for breakfast or as a sustaining dessert. They leave you feeling full and satisfied, not craving more sugar an hour later.

I prefer them plain, letting the honey and spices shine through. But if you want to make them extra special, you can drizzle or dip them in melted dark chocolate (70% cacao or higher).

They also make beautiful gifts—shaped with intention and wrapped.

KEEP EXPLORING

This guide is just a beginning—a taste of how food can become a somatic practice, a creative ritual, a way of honoring your body's wisdom.

If you're curious about deepening this work—bringing more awareness to your senses, learning to cook as a practice of presence, or exploring how food connects to intimacy and creativity—I invite you to explore my workshops and offerings.

Find Me

Instagram: [@nadia_gativa](#)

Website: www.somaticmodernarts.com

