

**THE
Kama
Sutra
KITCHEN**

AN APHRODISIAC RECIPE BOOK

ASHLEY APPLE

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DEDICATION

May everyone know immeasurable pleasure and experience a juicy sex life.

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For many centuries there has been a huge repressive energy around the topic of sex, sexuality and lovemaking. At the same time, the topic of sex and sexuality has a lot of dynamic energy and “movement” behind it.

The media uses sex to sell everything from movies to cars to household cleaning supplies! Even those people that renounce sex are still fiery and heated about the subject.

Whether you are open for explorative sexual adventures or conservatively discreet and virginal till marriage, the fact of the matter is that sex intrigues and inspires powerful energy.

If you are already titillated and intrigued, then hurry up and turn the page!



INTRODUCTION

This is a recipe book for creating aphrodisiac treats that increase sexual desire, passion, sensation, vitality, stamina and intensify orgasm. The secret to successful aphrodisiacs is in the alchemy of creating. In this book I introduce the concept of alchemy as a process of understanding the ingredients, the flavors, the textures of the raw ingredients while entertaining a sensual mood and loving state of consciousness. Everything about this book is designed to increase sensuality to support the proper mood while concocting aphrodisiac recipes. Allow the pictures to inspire your sensual urges. Most important, allow your hands to feel every ingredient with reverence and sensuality as they mix together to create edible bliss.

Each section of the book is short and sweet, designed to introduce you to the basic concepts of alchemy and herbal medicine. Reading about the individual herbs and super foods will give you a background for creating a specific effect. A lot of the recipes include raw cacao, or raw chocolate. I offer my own discoveries of blending and creating raw chocolate treats as a tool for simple kitchen alchemy. At the end of the book I have included suggestions for romantic bedroom menus. A guide to sexy seduction with your own home made aphrodisiacs!







CHAPTER 1

APHRODISIAC QUEEN

When people find out what I do and learn about my passion for aphrodisiac plants they often ask me how I got started. I suppose it seems like a strange area to specialize in, although to me it came about quite naturally.

The story unfolds in the beginning of my herbal studies. I was always fascinated with the plant remedies that tasted good. As a child I used to hate all the foul tasting medicines that were a part of sickness and healing. With plant medicine I found there were many ways to make preparations taste good. Some were definitely more tasty and appealing than others. Sometimes with the right blending I could take an unpleasant tasting plant medicine and make it extremely tasty. Take herbal tea as an example. Drinking a daily tonic tea full of vitamins and minerals can taste like the lawn clippings from the front yard, but with the right mint, flowers, spices or fruit the same drink becomes a delicious beverage.

While I was attending herb school in Boulder, Colorado, I discovered a passion for creating herbal remedies that people actually desired and enjoyed! And then I met the plant damiana. It was love at first taste. The taste was floral and bitter with a sweet smelling aroma that intrigued me. damiana was the first plant I worked with on a daily basis. I tried it in tea, I made a tincture, sprinkled



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it inside an apple pie, and hey, I even put it in a pipe and smoked it! During my damiana infatuation I discovered beautiful Goddess-shaped glass bottles from Mexico filled with damiana liquor. The effects were amazing! I became infatuated with the idea that a plant can make me feel so good. I began to research other plants that had an immediate effect on the body's nervous system. I noticed myself consistently drawn more and more to the plants that affected sensuality. Perhaps it is due to my own Venetian, sensual nature that I found it so attractive or maybe it was just fate, but I quickly discovered an infatuation for plants that incited passion.

These days you can find all kinds of aphrodisiac/libido pills and formulas on line or in your local vitamin shop. Some of them really work, but I wonder: "How sexy is a pill?" I kept thinking about the essence of sexuality and decided that by making an aphrodisiac deliciously sensuous it would transform the person taking it and support a greater awakening of passion. What if eating a delicious mouth watering chocolate mousse in a sensual way could do as much or more as popping a pill?

What I have learned over the last ten years is the magic of alchemy and intention. When herbs are used for their medicinal effects and combined with delicious ingredients you have a pleasurable way of ingesting a medicinal preparation. By taking the plants and blending them into a desirable treat, it is possible to infuse the "medicine" with all kinds of potency. When you enjoy eating a "medicine" you increase its power and effects.

Over the years I took every opportunity to experiment on my friends. I brought some form of aphrodisiac to every potluck or social gathering. I would sit back and watch people enjoy them and notice how they ate them. Some recipes inspired people to eat slowly and savor the flavor. Sometimes the effects were fast and people would leave a gathering early, snuggled up against their lovers with that knowing look in their eyes thinking, "I can't wait to get you home!" I even hosted sensual theme parties in attempts to saturate my friends with love potions and plant passion. In time I became known for my passion inducing

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treats, and was often introduced as the “Tantric Aphrodisiac Love Goddess” or the “Aphrodisiac Queen.”

Over the years I have finessed my recipes through trial and error. Some of the treats in this book have been inspiring sexual bliss for over ten years! I invite you to use these recipes to indulge your deepest passions and desires. May these recipes inspire you to discover new places and open to more love!





CHAPTER 2

AN APHRO-WHAT?

Aphrodisiac aph·ro·dis·i·ac (āf'rə-dīz'ē-āk', -dē'zē-)


adj.

Arousing, increasing, or intensifying sexual desire. *n.*

An aphrodisiac drug or food.

Aphrodisiac: A substance that increases, restores, arouses, enhances and intensifies sexual desire, urge, activity and potency. Aphrodisiacs are often used to stimulate erotic intentions and feelings.

What is an Aphrodisiac? An aphrodisiac is defined as any form of stimulation that arouses sexual excitement. Sexual desire and sensuality can be triggered by events, emotions, foods, herbs and spices. The word aphrodisiac comes from the name of the Greek Goddess Aphrodite. She is the Goddess of desire, love and beauty. Aphrodite had a son, Eros, also known as Cupid, the God of love, whose magical arrows could incite passionate love and tender affections. It is this idea that inspires many people to seek out help from plants and foods as a way of fanning the flames of ardor.



The search for aphrodisiacs is often fueled by the hope that our favorite exercise, sex, can be enhanced. It seems this desire for better sex is not limited by time, place, race or culture. Every major culture has searched out potential “love potions” that could increase desire and sexual drive. There are many plants that have a history among traditional people as potent aphrodisiacs and sexual tonics which tone the reproductive and hormonal systems. These “folk remedies” although unproven clinically have been used successfully for hundreds of years. A lot of the recipes in this book have been inspired by time tested plant combinations that were passed down through tradition and culture. Others are from my own formulating and experimentation.

