

Recipes for Self-Care

Feeding Resistance



Texas Equal Access Fund

making reproductive rights a reality

Featuring the
favorite recipes
among TEA Fund
staff and
volunteers.

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Learn how to make a few personal care products, using only natural, nontoxic ingredients.

“

CARING FOR MYSELF
IS **NOT SELF-INDULGENT**,
IT IS SELF PRESERVATION
AND THAT IS AN ACT OF
POLITICAL WARFARE

”

audre lorde



What is self-care?

Self-care refers to deliberately engaging in an activity with the intention of caring for one's own physical, emotional and mental health. While self-care may seem like a simple concept, it is often misunderstood. Some confuse it for self-improvement, which derives from a motivation to 'fix' something about ourselves. Sometimes, people mistake numbing behaviors with self-care. According to one survey, 44% of people believe it is not possible to practice self-care without sufficient time, and 35% believe it is not possible without enough money. Such misconceptions can be detrimental to our health and overall well-being. (1)

The benefits of self-care are long-lasting and can be profound. Self-care is known to improve one's overall mood and reduce anxiety. (1) Some studies have found a relationship between self-care and an increase in productivity, creativity and empathy as well as an improvement in cognitive functions. Finally, self-care gives individuals a greater capacity to help others. (2) TEA Fund feels that self-care is an act of compassion and must be prioritized.

How is it an act of resistance?

The fight for reproductive justice can be tiring, especially in Texas, where several state policymakers continuously act upon their desire to deny people their right to bodily autonomy. We and other activists in Texas are constantly having to combat restrictive abortion legislation, yet maintaining the legal status of abortion is only **one step** in the pursuit of reproductive justice. This can be emotionally draining, which is why self-care has become an integral part of our work.

Some of us might feel wrong or even guilty taking the time to rest or seek pleasure. We all have a right to rest and pleasure. Self-care is an act of resistance because it gives you the energy needed to remain committed to the cause.

Self-Care Recipes

In the next section, TEA Fund staff and a few other supporters will share their recipes with you. Some of them are family recipes that have been passed down through generations, and others are simply favorites. Each recipe embodies some component of self-care, whether it be making the recipe, enjoying the recipe, or sharing the recipe. We hope you appreciate our recipes as much as we do!



Image created by Charlie Hughes

REMINDER: Self-care is your right so please enjoy these recipes 100% guilt-free!

Pakistani Biryani

A Family Recipe From: Maleeha Aziz | Community Organizer



INGREDIENTS

- 1 cup of cooking oil
- 2 lbs basmati rice
- 3 lbs bone in chicken (cut in pieces)
- 1 large onion
- 1 lb of tomatoes
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 cup plain yogurt
- 5 whole cardamoms
- 3 pieces of mace
- 7 whole cloves
- ¼ nutmeg chopped finely
- 2 whole aniseed flowers
- 7 whole black peppers
- 1 tsp turmeric
- 1.5 tsp red chilli powder
 - less if you want it less spicy
- Orange food color
- Saffron to taste

DIRECTIONS

Heat up one cup of oil and add the finely sliced onions till they are golden brown. Add the ginger and garlic paste and simmer. When the onion is thoroughly cooked, add 1 lb of finely chopped tomatoes and let it simmer on low heat. Remove from heat when there is a pasty consistency. Add 1 cup of yogurt and mix well. Put the pot back on medium heat and add cardamom, mace, nutmeg, aniseed flowers, black peppers, cloves, turmeric and chilli powder. Add the chicken to this mix and cook it till it is half done. In a separate pot boil rice with ½ tsp of salt and a few drops of oil till half done. Soak in water for 20 mins before boiling to speed up the process. In a flat bottomed pot add a little of the chicken curry gravy, a little oil and half of the rice. Add the chicken curry over the rice and spread it out (layering) and add the rest of the rice on top of it. Mix a pinch of food color in a cup of hot water, add a few flakes of saffron to this and pour it over the rice. Cover the pot with foil and place the lid on top tightly. Put the pot on low heat till you see steam coming out of the sides of the lid. Garnish with cilantro and serve hot. The Biryani is done. Enjoy!



Image created by Charlie Hughes

English Tea

A Favorite from:

Charlie Hughes | Intake Director

INGREDIENTS

- Black Tea Bags
- Sugar
- Water
- Milk

DIRECTIONS

Pour water into a tea kettle and boil. After it's done boiling, pour the water into a teapot. Place a black tea bag of your choice into your mug.

Then, pour the hot water from the teapot into mug. Stir with a spoon, pushing the tea bag onto the sides of the cup.

Take tea bag out, and add milk to taste and 1 tbsp of sugar.

As a queer disabled woman I work in reproductive justice because I believe choices with autonomy are truly important for people to live their most fulfilled lives. Everyone has a body and it's their right to decide what to do with it.

Charlie Hughes, she/her
TEA Fund Intake Director

Chocolate Coconut Flour Mug Cake

A Recipe from: Nikiya Natale | Advocacy & Outreach Director



INGREDIENTS

- 2 tablespoons of coconut flour
- 1 tablespoon of raw cacao powder
- 1/8 teaspoon baking powder
- 1/8 teaspoon of baking soda
- 1 teaspoon cinnamon
- 1 tablespoon maple syrup
- 1 egg

DIRECTIONS

Combine all dry ingredients in your favorite (social justice) mug. In a bowl, whisk together the egg and maple syrup.

Pour the egg and maple syrup mix into the mug with the dry ingredients and mix.

Microwave on high for about 90 seconds. Top with dried coconut flakes, if desired. Enjoy!

No Bake Peanut Butter Balls

A Recipe from: Nikiya Natale | Advocacy & Outreach Director



INGREDIENTS

- 2 cups of smooth, unsweetened peanut butter (you can use any nut or seed butter)
- 3/4 cup of coconut flour
- 2 tablespoons of maple syrup

DIRECTIONS

Combine and mix all ingredients in a large mixing bowl. If the batter seems too watery, add a bit more coconut flour to firm it up.

Using your hands, roll the dough into balls and place them on a glass dish or on a plate.

Put the balls in the fridge for at least 30 minutes. Yum!



Chocolate Chia Seed Pudding

A Recipe from: Nikiya Natale | Advocacy & Outreach Director

INGREDIENTS

- 1/4 cup of chia seeds
- 1 8oz can of full-fat coconut milk
- 1 tbsp maple syrup
- 1 tbsp raw cacao powder
- 1 tsp cinnamon
- 1 tsp salt

DIRECTIONS

Combine all ingredients in a mason jar. Shake the jar well until the pudding is completely mixed up.

If you see clumps of chia seeds sticking to the side of the jar, use a spoon to mix them in with the rest of the pudding.

Store the jar in the fridge overnight. If desired, top with fruit when it's time to eat. Delicious!



Chicken Tinga

A Recipe From: Denise Rodriguez | Communications Manager

INGREDIENTS

- 1 - 2 lbs of boneless chicken - can be any cut, dark or light meat
- Half an onion (use more if you like onion)
- 1 can of diced tomatoes (I use the one with chiles)
- 1 can of chipotle chiles
- Knorr Chicken Bouillon
- 1 can of tomato sauce (if you use the Knorr with tomato you can skip this)
- Onion & Garlic powder
- Salt & Pepper
- Oil



DIRECTIONS

Bring water, onion powder, garlic powder, salt, pepper, and chicken to a boil. *Add a bay leaf if you want to get fancy. When chicken is cooked, set aside 1 cup of broth and shred the chicken. *You can use a hand mixer to shred the chicken quickly. Slice your onion into thin strips. In a pan, heat up some oil -- enough for the onions. Cook the onions until they are clear. Add the can of diced tomatoes. *I drain the can but if you didn't save enough broth from the chicken, you can leave the liquid. Saute until they are all mixed and cooked.

Add shredded chicken and mix with tomatoes and onions.

In a blender, add chicken broth, Knorr bouillon to taste, can of tomato sauce if needed, and a can of chipotle chiles. Blend until smooth. Add mixture to pan and let simmer for 5-10 minutes.

You can make tacos out of this or as a protein for salads. Also tasty on baked potatoes!

Vegan Chili

A Recipe From: Briana McLennan | Social Worker



INGREDIENTS

- 3 cloves garlic
- 1 Small Yellow Onion, diced
- 2 Green Bell Peppers, diced
- 3 ribs Celery, diced
- 3 small Carrots, sliced
- ¼ cup Ancho Chili Powder*
- 1 tbsp Cumin
- 1 tsp Dried Oregano
- 1/2 Tsp Cayenne Pepper (optional)
- 2 15 oz cans Red Kidney Beans, drained
- 2 15 oz cans Pinto Beans, drained
- 2 28 oz cans Crushed Tomatoes
- 1 cup Filtered Water
- Salt and Black Pepper, to taste

***Optional Toppings: Green Onions, Nutritional Yeast, Vegan Sour Cream

DIRECTIONS

First add the Onion, Celery, and Green Pepper to a large nonstick pot over Medium-High heat with ⅓ cup of Water. Cook until all the water evaporates, stirring occasionally. Once the pot is “dry” and the vegetables start to turn golden brown, deglaze the pot with an additional ¼ cup of Water. This process should take around 10 minutes total. Add the Garlic, Spices, and Carrots to the pot, then sauté for a few minutes, adding a small splash of water if things start to stick. Finally, add the drained Beans, Crushed Tomatoes, and 1 cup of Filtered Water to the Pot. Bring everything to a boil over high heat, then reduce the heat to a simmer, cover, and cook for 10 minutes. Remove the lid from the pot and cook uncovered for 5-7 additional minutes, until the Carrots are tender and the Chili reaches your desired thickness. Stir this mixture occasionally, to make sure nothing sticks to the bottom of the pot. Serve warm, and choose your toppings as desired. Leftovers can be stored in the fridge for up to 7 days, or in the freezer for up to one month.

Apple Salad

A Favorite from: Kamyon Conner | Executive Director



INGREDIENTS

- 6 apples
 - Gala recommended
- 2 lemons
- Cilantro

DIRECTIONS

Chop the apples up into tiny kernel-like pieces and put them in a bowl.

Squeeze 2 lemons worth of juice onto the apples.

Chop fresh cilantro, add to the bowl. Stir well and serve chilled!



Rum Cake

A Family Recipe from Kamyon Conner | Executive Director

INGREDIENTS

- Yellow cake mix/pudding recipe
 - pillsbury plus or add a pkg. of vanilla pudding to a yellow cake mix
- 1/2 cup Bacardi Rum
- 4 eggs
- 1/2 cup vegetable oil
- 1/2 cup water
- Chopped pecans
- 1 stick butter
- 1 cup of sugar
- 1/4 cup water
- 1/4 cup Bacardi Rum

DIRECTIONS

Pre-heat oven to 350 degrees and spray bundt pan with oil/flour spray. In a mixing bowl, combine the first five ingredients. Stir together until thick.

Put chopped pecans in the bottom of the bundt pan, pour cake mixture into bundt pan. Bake at 350 degrees for 45 to 50 minutes.

When 10 minutes of cooking time is left-melt butter in saucepan slowly stir in sugar, add 1/4 c. of water, keep stirring until sugar dissolved and sauce begins to boil.

Remove from heat and pour in 1/4 c. of rum. Place saucepan back on stove for 1 minute, continuing to stir. The sauce does not thicken.

Puncture bottom of cake, flip cake onto plate and puncture top and sides of cake. Spoon over sauce from pan.



King Ranch Chicken

A Recipe From: Casie Pierce | Development Director

INGREDIENTS

- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 onion, diced
- 1 can of cream of mushroom soup
- 1 can of cream of chicken soup
- 1 can of Rotel
- 1 cup of chicken broth
- 1 can of sliced mushrooms, drained
- 2 tablespoons of sour cream
- 3 cups of cooked, shredded chicken
- Cumin, chile powder, & garlic to taste
- 2 cups of shredded cheddar cheese or blend of cheddar and monterey jack
- 10 or so corn tortillas
- 2 fresh jalapenos, seeded and sliced



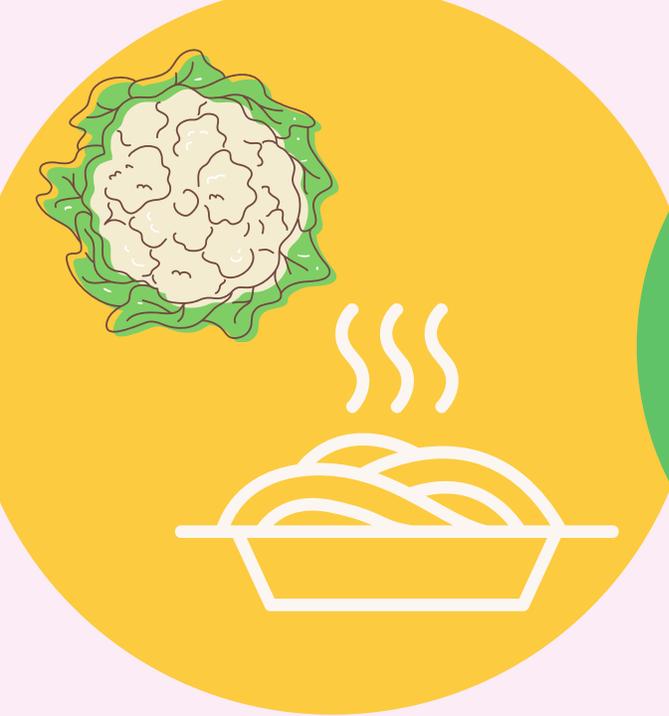
DIRECTIONS

Saute the onions and bell peppers in a tablespoon of hot oil until warm, about two minutes. In a bowl, combine the onions and peppers with both soups, chicken broth, sour cream, Rotel, mushrooms and the spices.

In a 9x13" baking dish, spread about two tablespoons of the mixture across the bottom of the pan, It doesn't have to be even. Then take the tortillas and tear them into pieces and spread a layer of them on the bottom of the pan. Then spread half the shredded chicken on top of the tortillas. Then spread half the sauce mixture evenly on top of the chicken. Then add half the shredded cheese to the top of the sauce. Then repeat the process again with a layer of torn tortilla pieces, a layer of chicken, a layer of sauce, and a final layer of cheese.

Bake in a preheated oven at 350 for about 25 minutes. Then take out and top with the jalapenos and bake for another 10 - 15 minutes, until bubbly and the cheese is golden brown.





CAULIFLOWER ALFREDO (VEGAN & NUT- FREE)

A Favorite from:
Jess Hale | TEA Fund Intern

DIRECTIONS

Sauté minced garlic in olive oil in a small saucepan over low heat. Add 1 cup of water and the cauliflower to the saucepan, and bring the water to a boil. It's okay that the water will not entirely cover the cauliflower.

Lower the heat to a simmer and cover the pot to cook until the cauliflower is fork-tender and very soft, about 10 to 15 minutes. Transfer the entire contents of the saucepan into a blender or food processor, and season with salt and pepper.

Process until very smooth and creamy, with a texture similar to traditional cream sauce. Always be careful when blending hot liquids— the steam pressure can blow the lid off your blender. Cover the vent in your blender lid with a thin kitchen towel to allow venting.

Season with additional salt and pepper, if desired. Serve hot over your favorite pasta, and enjoy!

INGREDIENTS

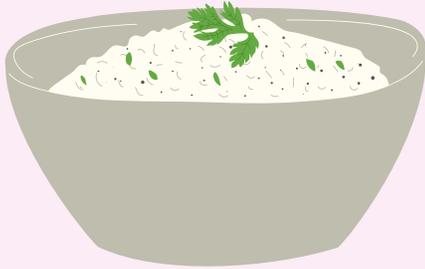
- 1 teaspoon extra virgin olive oil
- 2 cloves garlic, minced
- 12 ounces cauliflower florets (about 3 cups)
- 1 cup water
- 1/2 teaspoon fine Himalayan salt , or more to taste
- black pepper, to taste



A Favorite from:

Ghazaleh Moayedil | TEA Fund Board Member

Persian Rice with Tahdig



INGREDIENTS

- 3 cups Basmati Rice
- Salt
- Butter or Oil of preference

DIRECTIONS

Wash the basmati rice until the water runs clear. Then, leave the rice soaking in salted water anywhere from 30 min to a few hours. Next, pour it in a big pot and salt the water until it tastes like the ocean. Boil the rice until it is al dente, and pour it through a strainer. Put oil or butter, liberally, in the bottom of the same pot you used to boil the rice and put the drained rice back in that pot.

Take a spoon or spatula and poke holes into the mound of rice to release steam. Put some more oil or butter in the holes and around the sides of the pot for extra crispy love. Then, take a kitchen towel and wrap it around the lid of the pot and then put the lid back on with the rice in it. Next, turn the pot on the lowest heat possible, and cook it for 30 to 45 minutes. Remove the lid and put a plate on top of the pot (using it like a lid) and then flip the pot onto the plate. The rice should look like a cake. Enjoy!



Chocolate Banana Shake

A Favorite from: Darci Phillips | MPH Intern

INGREDIENTS

- Almond Milk
- 1 banana
- Vanilla Soy Yogurt
- Spinach
- Chocolate Sauce
- Peanut Butter



DIRECTIONS

Chop the spinach into small pieces. Cut the banana into small pieces. Add to blender.

Then, add vanilla soy yogurt (or other yogurt of your choice), almond milk, peanut butter, and chocolate sauce.

Blend all of the ingredients together. Pour into a cup and enjoy your shake!

— PRO —
ABORTION
ABORTION
ABORTION



Green Cake

A Favorite from:
Ashley Whitaker | Board Member

DIRECTIONS

Preheat oven to 375 degrees.
Mix all the ingredients together.
Spray bundt pan with nonstick
cooking spray and put the
batter in it.

Bake for 45 to 55 minutes.
Check to make sure cake is dry
by using a toothpick. Enjoy!

Optional: Can make a glaze for
the top of the cake by mixing
powdered sugar and milk on
top

INGREDIENTS

- A box golden yellow cake mix
- 4 large eggs
- 1 cup of sour cream
- 1/3 cup of vegetable oil
- 1/4 cup of water
- 1/4 cup of granulated sugar
- 2 boxes of pistachio pudding mix
 - I like to sift out the pistachios so there are not pieces in the cake



"When we get
abortions we do
so in the best
interest of our
lives and the
lives of our
families."

Ashley Whitaker
TEA Fund Board
Co-President

**ALL ABORTIONS ARE
NECESSARY & ESSENTIAL.**



teafund.org/donate



When asked, TEA Fund shares how they practice self-care:

Playing with my daughter

Online shopping

Mindfulness meditation

Connecting with my friends
and family

Chilling on the couch and
watching T.V.

Coloring

Being a plant mom

I have a self-care buddy to
keep me accountable

Skin-care routine

Limit intake of the news

Watching Netflix

Cooking

- trying out new recipes
in the air fryer

I go to counseling

Walking my dog

Essential oils

Painting without an agenda

Virtual Reality & VR Chat

I have a self-care plan
(virgo/social worker)

Walking

Yoga



**ABORTIONS ARE
HEALTH CARE**

Part 2 continued on next page

Part 2



Makes time to speak with friends

Give and receive massages

Practice self massage

Drink water

Meditate daily

Limit screen time

All Natural face masks made from items at home

Running outside for the scenery

Pedicure at home

Therapy

Watching a romance movie

Practice good sleep hygiene

Pet cats

Eat ice cream

Partake in enjoyable movement (exercise, yoga, dance, stretching, mobility, etc.), daily if possible

Breathe

Read a good book

Play video games

Doing crafts (kawaii crafting)

Knitting

Dancing (a form for me expressing art)

A moisturizing spell for increasing your confidence:

Gently anoint your belly, heart area,
and throat with sweet almond oil
containing a few drops of
sandalwood or ylang ylang
essential oil.

As you do this say:

With this sacred oil, I call now forth
all of my charms.

Believe it and it will happen.

Caution: Doing this more than once
a moon cycle will dilute its
effectiveness.

Self-Care Tip from:

Denise Rodriguez



**Abortions
Are
Self Care**

Nontoxic Deodorant

INGREDIENTS

- Coconut Oil
- Shea Butter
- Arrowroot Powder
- Baking Soda
- Essential Oils
 - I use grapefruit.

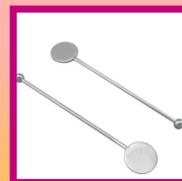
DIRECTIONS

Melt equal parts coconut oil & shea butter over a double broiler. If you don't have a double broiler, that's okay! Just put the coconut oil & shea butter into a jar and close the lid. I like to use the same jar I'll be using to store my deodorant. Put the jar, containing the coconut oil & shea butter, into a bowl (not stainless steel). Pour hot water into the bowl so that the coconut oil and shea butter will melt together. I like to put something on top of the jar so that it doesn't float up. ***Refer to the picture on the right. Once everything has been melted and stirred thoroughly, put equal parts baking soda and 2x the amount of arrowroot powder. (EX. 3 TBSN coconut oil/shear butter/baking soda & 6 TBSN arrowroot powder). Put your deodorant in the refrigerator for 20 minutes and then add 15-20 drops of your preferred essential oil. Stir thoroughly and enjoy!



TIP

I bought these metal coffee stirrers so my hands stay dry while applying my deodorant



Nontoxic Lotion



INGREDIENTS

- Coconut Oil
- Shea Butter
- Cocoa Butter (optional)
- Arrowroot Powder
- Essential Oil

DIRECTIONS

Use equal parts coconut oil, shea butter and cocoa butter. I usually use about 1/2 cup each. Melt the three ingredients using a double boiler. If you don't have a double boiler, that's okay! Just put the coconut oil, shea butter, and cocoa butter into a jar with a lid. I like to use the same jar I'll be using to store my lotion. Next, put the jar, containing these ingredients into a bowl (not stainless steel). Pour hot water into the bowl so that the ingredients melt together. I like to put something on top of the jar so that it doesn't float up (refer to the picture on the previous page for nontoxic deodorant.) If you decide to use cocoa butter, keep in mind that it will take longer to melt so it might be a good idea to keep the lid slightly open to prevent any risk of the glass breaking. After the ingredients have been melted or close to melted, stir thoroughly using a whisk or hand mixer.

Next, put equal parts arrowroot powder and continue to stir. Arrowroot powder will prevent the lotion from being too oily so feel free to use as much or as little as you'd like. Put your melted jar of lotion in the refrigerator for 20 minutes and then add 15-20 drops of your preferred essential oil. If you are using cocoa butter, orange goes best and it will have a lovely orange, chocolatey fragrance. Stir thoroughly and put it back in the refrigerator if it needs more time! Finally, use and enjoy!

Self-care product from Darci Phillips

Did you know

that most store bought lotions contain toxic ingredients such as: (1) Butylated Hydroxyanisole (BHA) (endocrine disruptor); (2) DMDM Hydantoin (formaldehyde-releasing preservative and known eye & skin irritant); and (3) Parabens (hormone disruptor & linked to breast cancer. Look for lbutylparaben, isobutylparaben, methylparaben, propylparaben, or ethylparaben on the label)? (4)

Spiced Massage Oil

INGREDIENTS

- **Essential Oils:** clove, tangerine, cinnamon, camphor (optional)
- **A Carrier Oil:** jojoba, almond, grape seed, sunflower, etc.
- A glass or plastic bottle with pump or snap top



DIRECTIONS

Pour 3 to 5 ounces of chosen carrier oil into a glass or plastic bottle. Add 2 or 3 drops each of the tangerine, cinnamon, and clove essential oils. Optionally, add 1 or 2 drops of camphor essential oil. Seal and shake. Massage on achy muscles. Do not touch your eyes.

Self-Care product from: Moniqa Paullet
TEA Fund Volunteer/Board Member

"I am very proud of it because I made it up entirely on a whim and really enjoy it."

References

(1) <https://www.healthline.com/health-news/self-care-is-not-just-treating-yourself#Care-for-your-community>

(2) <https://www.damemagazine.com/2018/09/24/is-self-care-an-act-of-resistance/>

(3) <https://detoxinista.com/creamy-cauliflower-alfredo-dairy-free-nut-free/>

(4) <https://www.prevention.com/beauty/a20507577/harmful-ingredients-in-body-lotion/>