



OJAS INCREASING OATMEAL

- **DOSHIC EFFECT:** Vata ↓, Pitta ↓, Kapha ↑
- **SERVING:** 2
- **TIME:** 35 minutes

INGREDIENTS:

- 3 c water
- 1 c steel cut oats (can be replaced or mixed with buckwheat groats)
- 10 raisins
- 2 dates, pitted and chopped
- 2 dried figs, chopped
- 2 Tbsp shredded coconut
- 1 tbsp tahini
- 1 tsp ghee (can be replaced with coconut oil)
- 1/4 tsp cinnamon
- 1/8 tsp cardamom
- 1/8 tsp turmeric
- Pinch of ginger
- Pinch of clove
- Honey to taste (substitute with maple syrup)

DIRECTIONS:

1. Boil the water and then reduce the heat to low. Add the steel cut oats, raisins, chopped dates, and chopped figs.
2. Cook the oats covered (leaving a slight crack to avoid overflow), for 30 minutes over low heat.
3. Remove from heat and add the spices, coconut, tahini and ghee. Stir until everything is evenly mixed.
4. Once the cooked oats are cooled a bit, add the honey to taste. Sprinkle with a dash of cinnamon if desired.
5. Eat, enjoy and energize!