



SAFFRON SPICED QUINOA KHEER

Vata↓, Pitta↓, Kapha↑

Makes: 10 cups

Soak Time: 30 minutes

Cook Time: 40 to 45 minutes

INGREDIENTS

- 2 cups white quinoa, soaked
- 10 saffron stigmas, soaked
- 6 cups water
- 4 cups whole milk
- 1 tablespoon ghee
- 2 tablespoons Ayurvedic Breakfast Spices*
- 3 to 5 cinnamon sticks
- 1/8 teaspoon pink Himalayan salt
- Honey to taste (optional)
- Cinnamon for garnish

*The Ayurvedic Breakfast Spices can be replaced with 1 tablespoon of ground cinnamon, 1/2 teaspoon ginger, 1/8 teaspoon cardamom, 1/8 teaspoon turmeric, and a large pinch of nutmeg and clove powder.

DIRECTIONS

1. Soak the quinoa for a minimum of 30 minutes before cooking. This will ensure a soft and pleasant texture for the kheer. Strain and discard the water before use.
2. Soak the saffron for 10 minutes in 1/4 cup of water to release the flavor and health properties of the saffron. Do not strain the water as it will be added to the recipe.
3. Place 6 cups of water and 4 cups of milk into a large soup pot and heat, covered, on high until it is about to boil.
4. Once hot, reduce the heat to a low simmer and add in the quinoa, ghee, breakfast spices, cinnamon sticks, salt, and soaked saffron (plus soaking water). Stir well until the spices are fully dissolved.
5. Cover the pan, leaving a slight crack in the lid, and cook on a low simmer for 40 minutes. Stir every 10 to 15 minutes.
6. At 40 minutes, check the consistency of the pudding. The quinoa should be very soft and well cooked. The dish itself should be soupy with a small amount of extra liquid. If it is overly soupy continue to simmer for 5 to 10 minutes, checking and stirring every minute or two.
7. Once the desired consistency has been reached, turn the heat off and cover the pot completely, leaving it on the warm burner. This will allow the extra juices to absorb and make it even more soft and creamy.

8. If you wish to add a bit more sweetness add in the honey to taste AFTER the kheer has cooled to about 110 degrees or so. Serve in small dishes and garnish with a small sprinkle of cinnamon.
9. Eat, sit, share, and enjoy in good company.

OPTIONAL ADDITIONS

- Raisins (soaked for Vata types)
- Dates, chopped and pitted
- Extra spices (especially cinnamon and saffron!)
- Slivered almonds, chopped pistachios, chopped walnuts, or chopped cashews (sautéed in ghee is even more tasty!)
- Hemp seeds or chopped pumpkin seeds
- Chia seeds or freshly ground flax seeds
- Shredded coconut or coconut butter
- Cacao nibs or powder (not recommended for Vata types)
- Extra ghee or coconut oil

OPTIONAL DOSHIC VARIATIONS

Vata:

This recipe is great as is for Vata types and during times of Vata imbalances. It is beneficial for strengthening the body, reducing dryness, alleviating constipation, boosting energy levels, and increasing immunity. Due to its warm, well-cooked, soupy nature, this recipe is easy-to-digest and should not upset Vata digestive issues such as gas and bloating.

Pitta:

Overall this recipe is beneficial for Pitta types, although the spices may be a bit heating for some. In this case, one should cut the amount of spices in half and 1/4 cup of rose water should be added directly after the cooking process is complete. Otherwise enjoy as is!

Kapha:

This recipe can be a bit heavy for Kapha due to the dairy involved. In this case, one should replace the cow dairy with a nut milk, seed milk, or goat milk. It is also recommended to reduce the amount of milk to three cups while increasing the water to seven cups. The ghee should be omitted altogether. The spices should be doubled to help lighten this recipe and aid in digestion. Honey is the best sweetener for Kapha, but should be used sparingly. If extra additions are added, the best options would be cacao nibs, chia seeds, freshly ground flax seeds, hemp seeds, or chopped pumpkin seeds. The other suggested additions listed above should be avoided (sorry!).