



## **GOLDEN ENERGY BUCKWHEAT BREAKFAST**

Vata ↓, Pitta ↓, Kapha ↓

**Serves:** 2

**Cook Time:** 20 minutes

### **INGREDIENTS**

- 2 cups water
- 1 cup raw buckwheat groats
- Pinch salt
- 1 cup unsweetened almond milk (page xx)
- 1/2 teaspoon turmeric\*
- 1 teaspoon cinnamon
- 1 teaspoon ashwagandha\* (optional)
- 1/4 teaspoon cardamom\*
- 1/2 teaspoon ginger\*
- 30 raisins
- 2 teaspoons shredded coconut
- 1 teaspoon ghee
- Splash almond milk
- 2 to 4 teaspoons honey
- Cinnamon, for garnish
- Dash cinnamon, for garnish

\*These ingredients can be replaced with 2 teaspoons of our Svastha Golden Milk blend.

### **DIRECTIONS**

1. Heat water in a small sauce pan to bring to a boil. Once boiling, reduce the heat to low and stir in buckwheat groats and a pinch of salt.
2. Cover the pan, leaving a slight crack to avoid overflow and cook here for 15 minutes or until the buckwheat has plumped up and the liquid is almost gone. Stir every 5 minutes.
3. Stir in almond milk, turmeric, cinnamon, ashwagandha (if used), cardamom, ginger, raisins, coconut, and ghee. Stirring frequently, cook here covered for an additional 2 to 3 minutes or until the buckwheat obtains the desired softness.
4. Serve into two bowls. Top each bowl with a splash of almond milk, and a sprinkle of cinnamon. Once the groats have cooled slightly stir in 1 to 2 teaspoons of honey per bowl.

5. Enjoy this dish regularly as a light and energizing breakfast. It is balancing for all dosha types and can be eaten all year round.

## **OPTIONAL DOSHIC VARIATIONS**

### **Vata:**

Due to the light nature of the buckwheat, Vata types may need to blend 1/2 cup of steel cut oats with 1/2 cup of buckwheat (instead of the full cup of buckwheat alone). This will add a bit more heartiness which will help to ground Vata for the morning. Similarly extra ghee and shredded coconut can be added in for their Vata-reducing benefits. Otherwise this is a great easy-to-digest breakfast for Vata to enjoy all year round!

### **Pitta:**

This recipe is overall Pitta balancing. The ashwagandha and the honey may be too heating for some Pitta types in which the same amount of shatavari powder and maple syrup can be used as a replacement respectively.

### **Kapha:**

This recipe is an amazing breakfast option for Kapha types and during Kapha imbalances such as sluggish digestion, slow metabolism, diabetes, obesity (or general weight issues), congestion, high blood pressure, high cholesterol and heart issues. For times of severe Kapha imbalance the ghee, raisins, salt and shredded coconut should be omitted (or reduced) and the almond milk should be used sparingly (replace with extra water if needed). As always, Kapha will benefit by adding a generous amount of spices to help aid in digestion and increase the metabolism.