

OJAS-INCREASING OATMEAL

Vata ↓, Pitta ↓, Kapha ↑

Serves 2 to 3 / Prep Time: 5 minutes / Cook time: 25 minutes

- 3.25 cups water
 - 1 cup steel cut oats
 - 1/8 teaspoon salt
 - 20 raisins
 - 2 medjool dates, pitted and chopped
 - 2 tablespoons shredded coconut
 - 1 tablespoon almond butter
 - 1 1/2 teaspoons cinnamon powder
 - 1/4 teaspoon cardamom powder
 - 1/2 teaspoon ginger powder
 - 1 teaspoon vanilla extract
 - 2 teaspoons ghee
 - 1 to 2 tablespoons honey (optional, use maple syrup for Pitta)
 - Dash cinnamon, for garish
 - Coconut, for garnish
1. Place the water into a medium sauce pan. Bring the water to a boil and then reduce the heat to a low-medium setting.
 2. Add in the steel cut oats and salt. Cook the oats covered for 20 minutes over low-medium heat. The lid may need to be cracked to avoid overflow. Stir every 7 to 10 minutes.
 3. Turn the heat off but keep the pan on the hot burner. Add in the raisins, chopped dates, coconut, almond butter, cinnamon, cardamom, ginger, vanilla, and ghee. Stir until everything is evenly mixed. Cover the pan for 5 minutes to allow the oats to soften.
 4. Serve into bowls and add 1 to 3 teaspoons of honey (if used), a dash of cinnamon, and a sprinkle of coconut onto each serving.
 5. Sit, eat, enjoy, and energize.

Reheating tip: Double this recipe for your work week. To reheat, place the amount desired in a pan, stir in 1/2 cup of milk or milk alternative, and set the heat to low. Cook for 5 to 10 minutes stirring frequently. Adding in some fresh cinnamon and ghee will help to liven up the flavor.