



SWEET POTATO AND MILLET PORRIDGE

Vata ↓*, Pitta ↓*, Kapha ↓*

Serves: 2

Cook time: 30 to 35 minutes

*Please follow specific dosha recommendations that are listed below the recipe to accommodate your needs.

INGREDIENTS

- 3 cups water
- 2 cups whole milk or almond milk, divided
- 3/4 cup millet
- 2 cinnamon sticks
- 1 cup chopped sweet potato
- 1 1/2 teaspoons Ayurvedic Breakfast Spices*
- 1 teaspoon ghee
- 1 tablespoon shredded coconut
- Splash almond milk
- 2 to 6 teaspoons honey, divided
- Cinnamon, for garnish
- Shredded coconut for garnish

*Replace this spice blend with 1 teaspoon cinnamon, 1/2 teaspoon ginger powder, and 1/4 teaspoon cardamom powder.

DIRECTIONS

1. Place the water and almond milk in a medium sauce pan over high heat to bring to just below a boil. While waiting, begin to chop the sweet potato into small 1/4 to 1/2 inch cubes.
2. Once boiling, reduce the heat to medium-low and add in the millet, chopped sweet potato, and cinnamon sticks. Cook, mostly covered, for 20 minutes, stirring every 5 minutes.
3. At 20 minutes, check on the consistency of the porridge. If it is too dry, add in more water or almond milk by the tablespoon. If it is too hard, continue to cook, covered, for 1 to 5 more minutes, checking and stirring every minute. Once again, carefully add more liquid as needed.

4. Once the millet is fairly soft, turn off the heat but let the pan sit on the hot burner. Add in the spices, ghee, and coconut.
5. Cover the pan and let the porridge sit for 5 minutes to let the flavors harmonize and the porridge soften.
6. Serve into bowls. Once the porridge has cooled slightly, add in 1 to 3 teaspoons of honey per bowl.
7. Top each bowl with a dash of cinnamon, a splash of almond milk (if needed), and a generous sprinkle of coconut.
8. Eat with awareness and gratitude as you begin this beautiful day!

OPTIONAL DOSHIC RECOMMENDATIONS

Vata:

Since millet is considered dry and light in quality, it will be best for Vata types to increase the grounding, unctuous (oily) qualities in the complementary ingredients. The ghee can be increased to 2 teaspoons and the coconut can be increased to 2 tablespoons. Extra sweet potato can be added (if desired) and the overall cook time should be increased slightly to ensure the porridge is very well cooked and mushy (add more liquid as needed).

Pitta:

Millet can be slightly heating for Pitta dosha, making it beneficial for Pitta types to increase the cooling ingredients in this recipe. The ghee and coconut can both be doubled. The Ayurvedic Breakfast Spices should be reduced to 3/4 teaspoon and the honey should be replaced with equal amounts of maple syrup. Avoid garnishing your dish with extra cinnamon, although the shredded coconut can be sprinkled on generously.

Kapha:

Millet is one of the best grain choices for Kapha due to its dry, light, crunchy, and warming qualities. However, a few changes should still be made to make this breakfast even more balancing for Kapha. Dairy milk should be avoided and homemade almond milk favored instead. The ghee should be omitted and the coconut should be replaced with 2 to 3 teaspoons of freshly ground flaxseed. The breakfast spices can be increased to 2 teaspoons to increase the digestion and get the blood flowing for your morning.