



BREAKFAST KITCHARI

Vata ↓, Pitta ↓, Kapha ↓

Serves: 2

Prep Time: 5 minutes

Cook Time: 25 minutes

INGREDIENTS

- 3 cups water
- 2/3 cup mung dal
- 1 cinnamon stick
- Large pinch salt
- 1/2 cup basmati rice
- 1/2 cup grated carrots
- 1-1/2 teaspoons Ayurvedic Breakfast Spices*
- 4 dates, pitted and chopped
- 2 tablespoons cashew pieces
- 1 tablespoon shredded coconut
- 2 teaspoons ghee
- 2 to 4 teaspoons honey (use maple syrup for Pitta)
- Cinnamon, for garnish
- Coconut, for garnish

*Substitute with 1/2 teaspoon turmeric, 1 teaspoon cinnamon, 1/2 teaspoon ginger powder, and 1/4 teaspoon cardamom powder.

DIRECTIONS

1. Heat water in a medium sauce pan to bring it to a boil. Once boiling, reduce the heat to a low-medium setting. Stir in the mung dal, cinnamon stick, and a large pinch of salt.
2. Cover the pan, leaving a slight crack to avoid overflow and cook here for 10 minutes, stirring half way through.
3. Add in the basmati rice and the grated carrots. Stir well and replace the cover, cooking for an additional 15 minutes and stirring every 5 minutes.
4. Reduce the heat to low and add in the Breakfast Spices, chopped dates, cashew pieces, coconut, and ghee. Turn the heat off but leave the pan on the hot burner. Cover the pan completely and let it sit for an additional 5 minutes.

5. Serve into two bowls. Once the kitchari has cooled slightly, add in 1 to 2 teaspoons of honey per bowl and sprinkle with cinnamon and coconut.
6. Enjoy this dish regularly as a healthy, healing breakfast for all bodytypes and all seasons. It is especially beneficial during times of digestive issues, detoxification, weight loss, illness, post-cleansing, and general weakness.

Health tip: For times of Kapha imbalance or weight loss, it is recommended to replace the basmati rice with equal amounts of quinoa or millet. These healthy grains are lighter in quality, less refined, and provided more nutrients overall (and fewer calories!).