

Ayurvedic Porridge Recipe

GROUNDING

Ingredients

- 1 cup of organic oats or grain of choice
- 3 cups water
- 3 tsp. ghee
- ½ tsp. mineral salt
- ½ tsp. cinnamon powder
- ¼ tsp. clove powder
- ¼ tsp. ginger powder

Directions

Add all ingredients to a pot. Bring to a boil, cover and simmer for 20 to 30 minutes. Add more water for a thinner porridge or use a little less if you prefer it to be thicker.

Notes

It is good for our digestive fire to have variation. You can create variations of this recipe by substituting any grain for the oats and using different spice combinations.

This recipe uses a warming and sweet blend which is great for Autumn and Winter seasons as well as Vata dosha. Cinnamon and fennel is a great mix for Spring. Fresh ginger, mint and coconut oil is a wonderful mix for Summer.

Cumin and coriander can be used to make a savory porridge.

These breakfast recipes are easy to digest, nourishing and grounding. All making for a great way to start your day!

