



Ingredients

- **1 cup Oats**

(steel cut is preferred, (need a longer cookign times- but may be pre-soaked) otherwise rolled oats are the next best option.
Instant/quick oats - not recommended)

- **2 cups warm Water / vegan milk**
- **1 TBSP Ghee**
- 1/2 - 1 tsp freshly grated Ginger
- 1/2 tsp ground Cinnamon
- 1 - 2 whole Cloves, alternatively
 - 1/8 tsp ground Cloves
- 1/4 tsp ground Cardamon
- 1/4- 1/2 tsp Salt

****optional: options**

- **1.5 TBSP raisins** (pre-soaked for a few hours & water becomes part of the recipe)- great for iron
- **4-6 pre-soaked prunes** (also use soaking water in porridge)
- or **3-4 dates** chopped in small pieces

later - for serving

- 1 TBSP Seeds
(Sesame for Vata,
Pumpkin -. Lotus - or Sunflower seeds
for Pitta,
Pumpkin Seeds for Kapha.)

- 1 TBSP Nuts / Nut butter
- (Almonds for Vata,
Coconut shavings/butter or
Walnuts for Pitta, Walnuts for
Kapha)

AYURVEDA -CLASSIC MORNING BOWL

In Ayurveda Oatmeal is one of the TO_GO Breakfast as it is fast to prepare, easy to digest and leaves you with a soothing & grounding feeling energized for the day. The combination of Oats, Ghee with Nuts & Seeds make this meal a great Ojas builder. Toasted Nuts & seeds adds great aroma to the meal.

Oats are gluten-free, however often processed in factories where wheat is processed, thus may be Gluten contaminated. Look out for the Gluten free Oats indicated options, should you have a gluten intolerance.

*Oatmeal may be eaten with poached/ sauteed Fruit like Apples, Berries and Pears. (keep it simple, by just using 1 fruit option & limit to sub-acidic fruit options- if to be mixed)
Ayurvedic prepared Oats will be without dairy as grains combined with dairy form a combination which may become to heavy to digest easily. The spices are our little digest agents and ensure good transformation of food as well as mental clarity.*

Water or vegan milks are the best mediums for cooking grains in. Personally I prefer water with Ghee as most Vegan milks are to much processed. Vegan milks may be prepared at home & organically which becomes an excellent choice.



PREP TIME
5 MIN



COOK TIME
10 - 20 MIN



SERVINGS
2 SERVINGS

Instructions

- 1.Heat Ghee in saucepan on medium heat.
- 2.Add dry Oats and ‘stir-toast’ for a while until fragrant. Add all the spices and ‘stir-toast’ for a further minute
- 3.Add water/ vegan milk and allow to simmer until oats are soft. (5-8 min & rest 5 min). Stir often.
- 4.**optional: add raisins/ other options to porridge & simmer together
- 5.in the meantime dry roast seeds until fragrant & lightly brown
- 6.once oats are soft and reach desired porridge texture, stir in nut butter (if using).
- 7.Dish up & sprinkle with toasted Seeds and/or nuts

****optional and only if needed:**

add 1/2 tsp natural raw sugar/ honey/ maple syrup for taste, however if raisins are used - the meal is already sweeter due to its natural high sugar content.

Doshic Adjustments

VATA & PITTA BALANCING (VP-, K+)

for **Kapha Imbalances**

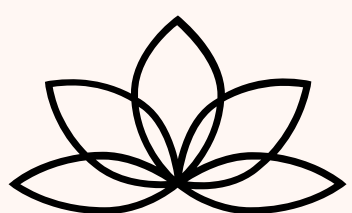
- reduce quantity of portion. (Guideline: 1/3 cup dry Oats ,cooked with 1 tsp ghee & less water) or replace Oats entirely with Quinoa Option. Reduce / avoid nut butter. Instead use roasted chopped seeds & walnuts.

for strong **Pitta Imbalances**

- reduce Ginger quantity

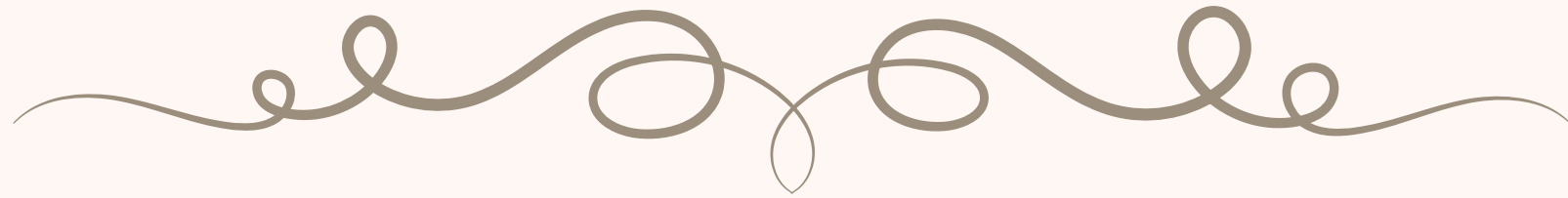
Walnuts are balancing on all the doshas.

They are bitter in taste, less oily & lighter in texture.



AYURVEDA -CLASSIC MORNING BOWL

Ayurvedic Notes



(VP-, K+)

VATA & PITTA: balancing
KAPHA: increasing

Taste/ Rasa: mainly SWEET
(Oats, Ghee, seeds, nuts)

Elemental Construct: mainly Earth & Water
Qualities: heavy, cold, moist

Energetics /Virja: Cooling

Post digestive Effects on the Body/ Vipaka:
Building & Nourishing

possesses tissue & OJAS building properties
promotes growth & sustenance

Subtle effects : grounding, satiating feeling &
soothing for the sense organs

WHAT IS OJAS?

Ojas is akin with “ the Nectar of all DHATUS”

OJAS is the subtle, smooth and unctuous substance /essence that provides the body of Strength & Protection of all 7 bodily tissue systems with its primary location and origin in the HEART and its secondary location is in all tissues systems. we only have a few drops of this for the entire life, but is renewable through healthy lifestyle.

OJAS is the vital essence needed for Immune system, vigor for Life and Joyful Being.

As per ancient texts , its colour is Ghee-like , tastes like honey and smells like fried/puffed rice grain.

Ojas brings us stability and contentment & offers us vigor / vitality & luster to the skin and eyes. . If Ojas is depleted Life comes to an end.

If Ojas is well guarded & nourished - then

LIFE IS A BLISS.

