



## BAKED BASMATI RICE



**Prep Time:** 10 Min

**Cook Time:** 25 Min

**Serves:** 4-6

**Directions:**

1. Preheat oven to 375 F.
2. Melt 1/4 cup of ghee in a saucepan. Add 1 cup of white basmati rice and sauté over low heat for 2 minutes, allowing the rice to soak up the ghee. Add 2 1/4 cups of water to the rice, 1/2 tsp of salt, and bring to a boil.
3. Meanwhile, grease a 1-quart baking dish with ghee. Once the water comes to a boil turn it off and pour it into your baking dish.



4. Cover with foil and bake for 25 minutes or until the liquid is absorbed.

**Ingredients:**

1 cup of Basmati Rice

1/4 cup of Ghee

2 1/4 cups of Water

1/2 tsp of Salt

Have you ever had baked basmati rice? Oh, it's so yummy, nourishing, simple to make, and foolproof - especially if you want to make a large serving. Basmati rice is lighter than other grains, not sticky, making it great for the Kapha dosha. It's the lowest on the glycemic index making this diabetes diet-friendly. It's great to relieve Vata of constipation, it lowers blood pressure, builds Ojas, is a sattvic food, easy to digest, nourishing to all tissues of the body, Ayurveda would consider this important for fertility and can be eaten for breakfast or as a sweet treat.