



BREAKFAST RICE CEREAL



Tags: [Fall](#), [Kapha](#), [Pitta](#), [Spring](#), [Summer](#), [Vata](#), [Winter](#)

Directions:

1. In a blender grind the uncooked rice, add the almonds and grind a few pulses more. Set aside.
2. Add ghee to a warm saucepan and let melt. Once the ghee has melted, add all ingredients except water. Saute 2 minutes to allow the rice to soak up the spices and ghee, then add water.
3. Bring to a boil and reduce the heat to medium-low and continue cooking uncovered until done, about 5 minutes.
4. Serve in a bowl and add toppings of your doshic choice; maple syrup, honey, toasted coconut, chopped dates and or dry roasted sunflower and pumpkin seeds.
5. Feel free to add more ghee, cardamom, or other doshic appropriate spices.



Ingredients:

2/3 cup white basmati rice, soaked for 20 minutes, then rinsed

2/3 cup raw almonds

3 cups water

1 pinch of salt

1 tsp of cardamom

1/2 tsp cinnamon

1 tbsp ghee

Cooking time : 15 Min

Preparation time : 20 Min

Serves : 2

Difficulty : Easy

Breakfast is an important meal of the day and is a BREAK-from-the-FAST. For many of us, we rush, run and either skip this meal or we choose to eat foods that are "quick", which tend to be dry, (breakfast bars), light (dry cereal), or cold (cold milk with cereal). All of which can increase Vata qualities but lack prana and energy to start the day. It is essential to begin your day with a warm meal that will stoke your *agni*, digestive fire or metabolism. Warm spiced grains are grounding and nourishing, adding as much spice as you desire will give you nourishment and mental clarity to start the day!