



KITCHADI BREAKFAST



Prep Time: 25 minutes

Cook Time: 35 minutes

Directions:

1. Heat the water in a medium saucepan 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 15 minutes, stirring halfway through.
 3. While cooking, begin to grate the carrot.
 4. Add in the basmati rice and the grated carrots. Stir well and replace the cover, cooking for an additional 12 minutes and stirring every 5 minutes.
 5. Reduce the heat to low and add in the 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.
 6. Once the kitchari has cooled slightly, add in 1 to 2 teaspoons of honey per bowl and sprinkle with cinnamon and coconut.

Ingredients:

- 3 cups water
- 2/3 cup yellow split mung, soaked for 20 min and rinsed until water is clear or alternatively you can use 3/4 C sprouted mung.
- 1 cinnamon stick
- Large pinch salt
- 1/2 cup basmati rice
- 1/2 cup grated carrots
- 1/2 tsp of turmeric
- 1 tsp of cinnamon powder
- 1/2 tsp of ginger powder
- 1/2 tsp cardamom powder
- 4 dates, pitted and chopped
- 2 tablespoons cashew pieces
- 1 tablespoon shredded coconut
- 2 teaspoons ghee
- 2 to 4 teaspoons honey (maple syrup is ok)
- Cinnamon, for garnish
- Coconut, for garnish

Enjoy this dish regularly as a healthy, healing breakfast for all body types and all seasons. It is especially



beneficial during times when you need a digestive rest, are experiencing digestive or elimination challenges, detoxification, weight loss, illness, post-cleansing, and general weakness. This is also one of my favorite recipes for my postpartum mamas!