



OVERNIGHT SPICED OATS



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

Prep Time: 5 Min

Cook Time: 15 Min

Serves: 2

Directions:

The Night Before

1. Mix well your oats, 1 cup of water, and the acidic medium in a bowl. Cover and set overnight on the counter (7-8 hours).
2. Morning Of



3. Add an additional cup of filtered water and salt and stir well*.
4. In a medium saucepan melt the ghee.
5. Then add the oats mixture, cardamom, cinnamon, and nutmeg.
(nutmeg and cinnamon increase Pitta).
6. Bring to a low simmer and cook for 5 minutes.
7. Add dosha appropriate toppings: raisins sunflower seeds, almonds honey, or maple syrup

* if you feel the oatmeal is too sour, rinse the oat mixture before adding the additional cup of water.

Ingredients:

- 1 tbsp ghee
- 1 cup rolled organic oats (not quick oats)
- 2 cup filtered water
- 2 tbsp acidic medium (yogurt, lemon juice, apple cider vinegar, buttermilk)
- 1/2 tsp sea salt
- 1 tsp cardamom
- Pinch of cinnamon
- Pinch of nutmeg

Breakfast is an important meal of the day. For many of us, we either skip this meal or we choose to eat foods that are dry, (breakfast bars), light (dry cereal), or cold (cold milk with cereal). All of which can increase Vata qualities.

It is essential to begin your day with a warm meal that is nourishing, grounding and will keep you going steadily without feeling heavy.

If you suffer from digestive disturbances when consuming grains – soaking them overnight in an acidic medium such as yogurt, lemon, whey, or apple cider vinegar can help to break down the anti-nutrients in grains and allow for better digestion and absorption.