

Warm Breakfast Cereal

Eating warm, cooked foods pacifies us in winter when we are in the Vata season and our vata dosha is more than likely out of balance is a great start to the day. Try one of these as a cooked cereal

Cream of Rice

Cream of Wheat

7-Grain cereal

Quinoa

Rice

Or other grains

You may add some organic dried fruits such as raisins, cherries, medjohl dates, prunes, or cranberries for a special taste but be sure to let them rehydrate by throwing them in the pot for a bit at the end while the cereal is cooking or if they are already fairly moist you can add after the cereal is cooked and stir well. Try mixing in some ground spices that aid digestion as well such as ground cinnamon, cloves, nutmeg, or cardamom. A small dab of ghee (clarified butter) will help to balance a dry vata in winter.

Tip 1: Do not add milk. Ayurveda does not combine milk with other foods.

Tip 2: Busy in the morning? Put the cereal and water in a rice cooker to cook while you are busy getting ready. When it is ready, the cooker will auto switch to warm. Yummy