

Rice Porridge Breakfast

1 cup basmati rice
3 ½ cups water
½ tablespoon ghee
½ teaspoon mustard seeds
½ teaspoon cumin seeds
1 teaspoon salt
¼ teaspoon fresh ground pepper

Wash rice thoroughly. Sauté the mustard and cumin seeds for a few moments in the ghee until the aroma starts to come out and then add the rice and mix these ingredients very well. Add the salt and water. Bring this to a boil and boil for 2-3 minutes. Turn down the heat to very low and cover. For stickier rice leave the lid ajar, for drier rice keep the lid on tight. Cook until the rice is tender-15-20 minutes. Recipe makes approximately 3-4 servings.
(this recipes comes from Dr. Scott Blossom's Spring Renewal Challenge)

Tridoshic Kichari

Step One:

1 ½ cup basmati rice
½ cup mung or toor dahl, lentils, or split peas
5 cups water

Step Two:

2 tablespoons ghee or oil
Pinch of hing (optional)
1 inch grated fresh ginger
1 ½ teaspoons cumin seeds
1 ½ teaspoons fennel seeds
1 teaspoon coriander seeds
1 teaspoon cumin powder
1 teaspoon fennel powder
¾ teaspoon turmeric
2 cups chopped green veggies, such as kale, squash, asparagus or chard
1 teaspoon sea salt
Large handful chopped fresh cilantro
1 lemon

Step One: Bring the rice, beans, and water to a boil in a pot. Skim off any foam to reduce gas (or vata aggravating effects of legumes). Cover, reduce the heat, and simmer until the dahl is tender, all the water is absorbed, and the mixture resembles a thick porridge, about 30 minutes. Stir occasionally, be alert toward the end of the cooking so that the mixture doesn't stick. Add more water if needed.
Step Two: Heat the ghee or oil in a small skillet. Roast first whole spices then add powders and ginger. Add veggies to spices. Saute until the veggies are brightly colored, about 3 min. Add to porridge being mindful to get all the spices transferred (swirling pan with a small amount of water) and let cook together for a few minutes. Add salt, squeeze of lemon, fresh cilantro and ghee on each

portion. Enjoy!

Mung Bean Detox Soup

Ingredients

3/4 cup green mung beans (split green mung beans are best for cleansing)

4 cups water

½ tsp. turmeric powder

1/4 tsp. cumin powder

1/4 tsp. coriander powder

1/4 tsp. fennel powder

1/4 tsp. asafoetida or Hing (from Indian stores, health shops)

1 rounded tablespoon chopped Cilantro

1 Tbsp. ghee

1" of fresh ginger grated

½ lemon juiced (or to taste—I like lots of lemon)

Salt to taste---at the end. Salting beans while cooking makes them tough.

Directions: Wash the mung beans in several changes of water and then soak them for at least 4 hours or overnight before cooking. Drain. Put into saucepan with 4 cups of fresh water.

Simmer gently for 30 - 40 minutes or until the beans are soft adding more water if necessary. Sauté the spices and ginger in the ghee and add to the soup. Simmer for a few minutes more. Add some vegetables such as spinach, other greens, grated carrot or zucchini to vary the soup and if you get very hungry. Salt to taste. Cool a little, garnish with cilantro and eat as a thick soup or blend for a more detox effect.