



## OJAS-INCREASING OATMEAL

Vata ↓, Pitta ↓, Kapha ↑

**Serves:** 2 to 3

**Prep Time:** 5 minutes

**Cook time:** 25 minutes

### INGREDIENTS

- 2 cups water
- 1¼ cups almond milk (or milk of choice)
- 1 cup steel-cut oats
- 1/8 teaspoon salt
- 20 raisins
- 2 Medjool dates, pitted and chopped
- 2 tablespoons shredded coconut
- 1 to 2 teaspoons Ayurvedic Breakfast Spices\*
- ½ to 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 teaspoons ghee
- 1 to 2 tablespoons honey
- Dash cinnamon, for garish
- Coconut, for garnish

\*Ayurvedic Breakfast Spices can be replaced with 1 teaspoon of cinnamon, ½ teaspoon ginger powder, ¼ teaspoon cardamom powder, and 1/8 teaspoon turmeric.

### DIRECTIONS

1. Place the water and almond milk into a medium sauce pan. Bring the water to a boil and then reduce the heat to a low-medium setting.
2. Add in the steel cut oats and salt. Cook the oats covered for 20 minutes over low-medium heat. The lid may need to be cracked to avoid overflow. Stir every 7 to 10 minutes.
3. Turn the heat off but keep the pan on the hot burner. Add in the raisins, chopped dates, coconut, almond butter, Breakfast Spices, cinnamon, vanilla, and ghee. Stir until everything is evenly mixed. Cover the pan for 5 minutes to allow the oats to soften.

4. Serve into bowls and add 1 to 3 teaspoons of honey (if used), a dash of cinnamon, and a sprinkle of coconut onto each serving.
5. Sit, eat, enjoy, and energize!

### **REHEATING TIP**

Double this recipe for your work week. To reheat, place the amount desired in a pan, stir in 1/2 cup of milk or milk alternative, and set the heat to low. Cook for 5 to 10 minutes stirring frequently. Adding in some fresh cinnamon and ghee will help to liven up the flavor.

### **OPTIONAL DOSHIC VARIATIONS**

#### **VATA**

This recipe is great for Vata types and during Vata imbalances; no changes are needed!

For extra nourishment and protein, you can stir in one to two eggs during the last five minutes of the cooking process.

#### **PITTA**

To make this recipe even better for Pitta types, use maple syrup instead of honey. Otherwise, this recipe is naturally Pitta-reducing and can be left as is.

For extra nourishment and protein, you can stir in 2 to 4 egg whites egg during the last five minutes of the cooking process.

#### **KAPHA**

Kapha types will want to use buckwheat groats instead of the steel cut oats (same proportions). They can eliminate the dates, and replace the shredded coconut with 1 tablespoon of freshly ground flaxseed. The amount of ghee can be reduced to 1/2 teaspoon. The spices can be increased to help aid in digestion and add a bit of lightness to the meal. For times of congestion or heaviness, the almond milk can be replaced with equal amounts of water.