



## Kapha-Pacifying Millet Porridge with Cardamom & Pear

This warm millet porridge is a light, gently spiced breakfast that supports digestion during Kapha season.

**Servings: 2-3**

**Preparation Time: 30 minutes**



### Ingredients

- $\frac{3}{4}$  cup **millet**, rinsed well
- 2 cups water
- 1 cup **unsweetened almond milk** without preservatives (or other light plant milk)
- 1 ripe pear, diced
- $\frac{1}{2}$  teaspoon **ground cardamom**
- $\frac{1}{4}$  teaspoon **ground cinnamon**
- 1 teaspoon grated fresh ginger (or  $\frac{1}{8}$  teaspoon of dry **ground ginger**)
- $\frac{1}{2}$  teaspoon **Himalayan pink salt**
- 1-2 teaspoons **raw honey** (optional)
- Toppings (optional but recommended):
- 2 tablespoons **dry-roasted pumpkin seeds** or **sunflower seeds**
- Pinch of cinnamon or cardamom

## Kapha-Pacifying Millet Porridge with Cardamom & Pear (Cont.)



### Instructions

- **Rinse the millet** thoroughly under cool water using a fine mesh strainer.
- **Toast the millet** (optional but recommended). In a medium saucepan over medium heat, add the rinsed millet and toast for 2–3 minutes until lightly fragrant. This step improves flavor and makes the porridge lighter. If mornings are too busy, it can be toasted the night before, cooled, and stored in a sealed glass container.
- **Cook the porridge.** Add water, almond milk, diced pear, cardamom, cinnamon, ginger, and salt. Bring to a gentle boil.
- **Simmer.** Reduce the heat to low, cover partially, and cook for 18–20 minutes, stirring occasionally, until the millet is soft and creamy. Add a splash of warm water or milk if the porridge becomes too thick.
- **Serve warm.** Spoon into bowls and top with dry-roasted seeds, a drizzle of honey, and a pinch of warming spices.

## Kapha-Pacifying Millet Porridge with Cardamom & Pear (Cont.)



### Ayurvedic Note

Millet is considered a light and slightly drying grain in Ayurveda, making it particularly supportive for balancing Kapha. Combined with warming spices like cardamom and ginger, this porridge helps stimulate digestion while still providing a comforting and grounding breakfast.

While warming, this is excellent for all types during the damp spring months.

*Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.*

*With love + wishes  
for balanced Agni,  
Belinda*

