

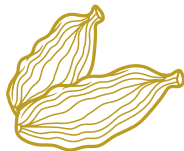


# Warm, Spiced Oatmeal

This warm spiced oatmeal is a comforting Ayurvedic breakfast recipe designed to support digestion and balanced morning energy.

**Servings: 2**

**Preparation Time: 5-10 minutes**



## Ingredients

- 1 cup of **rolled oats** (**steel-cut oats** can also be used with additional water and longer cooking time)
- 2 cups of water
- 1/4 teaspoon **cinnamon**
- 1/8 teaspoon **nutmeg**
- 1/8 teaspoon **pippali powder** (a long pepper)
- 1/8 teaspoon **black pepper**
- 1 tablespoon of **ghee** or **make your own** (or **coconut oil**)
- 1/2 to 1 inch of fresh ginger, grated
- 1/4 cup dried **coconut flakes**
- One or two **dates**, chopped
- **Honey** or **maple syrup** to taste
- **Salt**, to taste

## Warm, Spiced Oatmeal (Cont.)



### Instructions

- Add oatmeal and water to a medium saucepan. Bring to a boil and reduce the heat to a simmer. Cook until the desired consistency is reached--20 minutes or so.
- In a small cast-iron skillet, dry-roast the spices on a medium flame until the aroma of the spices becomes strong, but avoid burning them. Add ghee. Add grated fresh ginger and coconut flakes. Sauté until warm and bubbly.
- Pour the ghee and spice mixture over the oatmeal. Add the chopped dates, salt, and honey or maple syrup.
- Variations: Be creative with adding additional spices like cardamom, clove, etc. Experiment with alternate grains such as quinoa, barley, buckwheat, or cream of wheat (cooking times may vary).

This recipe is appropriate for all doshas, especially in fall and early winter. Adjust spices based on your needs and the season.

*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*

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