

HOT CEREAL

A satisfying, balancing start for every morning...

Reduces both Vata and Pitta doshas, and increases Kapha dosha.

1 tsp	Ghee
¼ cup	Cream of Wheat, Rice, or Oats
1 - 1 ½ cups	Water
2	Almonds, chopped
1 pinch	Ground cardamom
1 tsp	Sweetener, as recommended

There are many varieties for hot cereal. You can grind your own whole grains easily in a coffee grinder, if you like. Simply combine ghee, cereal, and water and bring to a boil while stirring; similarly, you can toast the cereal first in the ghee until lightly browned, then slowly stir in hot water. Cover and remove from heat, let stand a few minutes. Add chopped almonds, cardamom, and sweetener. In the winter you can add a pinch of cloves to make it more warming.



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