

Vata Breakfast Ayurvedic Oatmeal

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Prep: 5 Cook: 10 Rest: 0 Servings: 1

Ingredients

- 1 tbs ▸ Fresh Ginger
- 1 piece ▸ Cardamom Pod
- ¼ tsp ▸ Sea Salt
- 2 cup ▸ Plant Milk (coconut or macadamia)
- 1 tsp ▸ Cinnamon
- ¼ tsp ▸ Cardamom Powder (optional)
- 1 cup ▸ Organic Oats
- 2 piece ▸ Dates

Instructions

1. Serve

Remove from heat once desired consistency is reached. Serve in a bowl and add desired toppings such as almond butter, chia seeds, and pepita seeds.

2. Combine Ingredients

In a small pot, combine oats, cinnamon, grated ginger, cardamom (pod or powder), sea salt, and chopped pitted dates. Mix well.

3. Cook Oatmeal

Add plant milk to the pot and stir. Cook over low heat for 10-15 minutes, stirring frequently to prevent sticking and achieve a gooey consistency. Tip: Keep the heat at medium-low for even cooking.

Source: <https://youtu.be/gjUG256KaHQ?si=uU77P06LZD-O7jkE>