

# Kapha Breakfast Recipes: Stewed Apples and Oats Granola

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**Prep: 15   Cook: 13   Rest: 0   Servings: 2**

## Ingredients

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- 2 tsp ▸ Sunflower oil
- 1 tsp ▸ Maca powder (optional)
- 2 tsp ▸ Cinnamon
- ¼ cup ▸ Chia seeds
- ½ tsp ▸ Ashwagandha powder (optional)
- 2 ▸ Apples
- 1 tsp ▸ Cardamom
- 1 pinch ▸ Himalayan salt
- 2 cup ▸ Oats
- ¼ cup ▸ Sunflower seeds
- ¼ cup ▸ Dried fruit
- 2 tbs ▸ Maple syrup

## Instructions

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### 1. Prepare Apples

Dice apples, removing seeds. Green apples are best for Kapha.

### 2. Combine and Finish

Add chia seeds, sunflower seeds, dried fruit, ashwagandha (optional), and maca (optional). Stir to

combine. Tip: Dry chia seeds will absorb moisture, which is good for Kapha.

### **3. Stew Apples**

Heat pan, add 1-2 tsp sunflower oil. Add apples, cinnamon, cardamom, and salt. Simmer with a little water for 5-8 minutes on medium heat. Tip: Wait until the pan is hot before adding oil and then ingredients.

### **4. Prepare Muesli**

Heat pan on medium heat. Add 2 tbsp sunflower oil. Add 2 cups oats and stir until lightly toasted (about 5 minutes). Tip: Lightly toasted oats are better for Kapha dosha.

### **5. Add Sweeteners and Spices**

Add 2 tbsp honey, cinnamon, and cardamom to the oats. Stir well.

Source: [https://youtu.be/altswuQ2\\_M4?si=rER-LXHpzdeBET7e](https://youtu.be/altswuQ2_M4?si=rER-LXHpzdeBET7e)