

Kapha Balancing Day 2 Recipes

This recipe was downloaded from getrex.co.nz. Download the REX app today to extract, organize and manage your recipes.



Prep: 20 Cook: 35 Rest: 0 Servings: 1

Ingredients

- 1 ▸ Black peppercorns
- 1 cup ▸ Spinach
- 2 cup ▸ Water
- 1 ▸ Cardamom
- 3 ▸ Garlic cloves
- 1 slice ▸ Sourdough bread
- 1 ▸ Clove
- ▸ Roasted cumin powder
- ▸ Pumpkin seeds
- 1 tsp ▸ Methi seeds
- 1 ▸ Brown onion
- ½ cup ▸ Cauliflower
- 1 ▸ Cinnamon stick
- 1 ▸ Green chili
- ▸ Oregano
- 1 ▸ Liquorice stick
- 1 inch ▸ Ginger
- 1 ▸ Bay leaf
- ▸ Black pepper

- ¼ tsp ▸ Honey
- 1 tbs ▸ Olive oil
- 1 cup ▸ Broccoli
- ¼ tsp ▸ Triphala powder
- ▸ Salt
- ▸ Chili flakes
- 1 inch ▸ Ginger
- 3 leaves ▸ Spinach
- 1 mug ▸ Water
- 1 cup ▸ Yellow mung dal
- ½ cup ▸ Potato
- ½ tsp ▸ Dried dill or basil

Instructions

1. Herbal Tea

Boil water with cinnamon, clove, methi seeds, black pepper, ginger, licorice, cardamom, and triphala powder. Simmer for 5-10 minutes. Strain and add honey when lukewarm.

2. Spinach Lentil Pancake

Blend soaked mung dal with spinach, salt, cumin powder, green chili, and ginger. Cook pancakes on a griddle with oil or ghee until golden brown.

3. Broccoli Soup

Sauté onion and garlic in olive oil. Add potato and simmer. Add water, broccoli, and cauliflower. Cook until tender. Blend, season with salt, pepper, dill/basil. Garnish with pumpkin seeds and chili flakes.

Source: <https://youtu.be/IKgxQwkhZKE?si=DP5iLtgmEeB4mpC7>