



# BREAKFAST

## Introduction to Ayurvedic Cooking

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# BOWLS

You know the saying, *Begin as you mean to go on*? As a system of holistic medicine that has endured for millennia, proving its capacity to *begin well*, Ayurveda has a lot to say about how we begin our days.

**Mornings are sweet:** Breakfast is a Kapha time of day. Kapha is sweet, cold and heavy. So breakfast should balance that with a meal that is warm, light, and gently spiced.



Cereals with milk and bananas are sweet, cold, wet, heavy. Orange Juice is sweet, cold, wet, heavy. Pastries are sweet, cold and heavy. *Get it?* These common breakfast choices feed Kapha which, when out of balance, is heavy, stagnant, cloudy, muddy, sluggish. *Who wants to start the day that way?*



Ayurveda Mornings begin with warm, sweet & spicy breakfast bowls. Whether it's cooked porridge, fresh fruit, or yogurt & muesli, begin your day with a breakfast bowl and add your favorite "sweet" spice. Cinnamon, cardamom, nutmeg are my favourites, with a dash of clove in the winter. Pair your breakfast with a steaming mug of ginger tea, cinnamon tea or almond milk chai (See Lesson 8 for the recipe).

These recipes are meant as samples, or tasters, to introduce you to the Ayurvedic kitchen. For more, there 108 simple, five ingredient recipes in my book, [Ayurveda Cooking For Beginners](#), and over 200 free recipes on my site, [Food-ALoveStory.com](#).

*Please feel free to adjust these recipes to suit your tastes and health needs. Above all, I hope you find recipes that inspire sweet mornings and radiant awakenings.*

# BREAKFAST

## Recipes



### Breakfast Recipes

Nutty Millet Porridge | Chai Chia Protein Smoothie | Autumn  
Amaranth | Buckwheat Pancakes | Fruit Compote + More  
Bright Ideas

“Cooking with love  
makes food for the  
soul.”

~Traditional Proverb



# Nutty Millet

*Serves 2*

## Ingredients

1/4 cup millet  
1 teaspoon ghee  
cinnamon, ginger, cardamom, to taste  
1 hearty pinch salt  
1 cup almond milk  
1 teaspoon vanilla extract  
1 teaspoon ground flaxseed  
1 handful raisins  
1 handful pistachios  
1 small handful shredded coconut

## Instructions

Soak your millet overnight. In the morning, rinse the millet in a strainer and leave to drain. Melt the ghee in a medium size saucepan over medium heat. Stir in the spices, swirl the pan, and sauté one minute. Add the millet, stir and toast one more minute. Stir in salt, almond milk, vanilla, flaxseed, raisins, cover and bring to a boil. Once boiling, reduce the heat to a simmer, and cook 10 minutes.

Meanwhile, place a small pan on the stove on high heat. Once it is hot, add the pistachios. Swirl and toss the pistachios while they brown for 1-2 minutes. Turn the heat down to medium and add the shredded coconut. Continue to stir frequently until the pistachios and the coconut turn a rich golden color and release their aromas. Remove from heat.

Serve the millet in bowls topped with the toasted pistachio coconut and a handful of fresh berries. Drizzle with maple syrup if needed for added sweetness.



Millet is a traditional grain that is hearty, nutritional and light on digestion. With a nutty texture, it's a good host to nuts and seeds, plus berries, dates and raisins, too.

# Chai Chia Protein Smoothie Pudding

Serves 2

*This is a recipe you prepare at night, comes together in minutes, and is ready for you in the morning. Don't worry if you don't have all these ingredients. The recipe works with just milk, chia and some spices. But it is a super strengthening breakfast with the seeds and psyllium too.*

## Ingredients

1 cup almond milk  
1 heaping tablespoon almond butter  
1 tablespoon ground flaxseed  
1 tablespoon ground psyllium  
1 tablespoon hemp seeds  
2 teaspoons vanilla extract  
1 teaspoon maple syrup  
1-2 pinches pink salt  
Cinnamon, cardamom, ginger to taste  
*Optional: Raw cacao nibs or pieces of very dark chocolate*  
1/4 cup chia seeds



**This is a recipe for summer when it's too hot to cook. If you run cold or sluggish in the morning, add more spice and be sure to serve this warm.**

## Instructions

Put all the ingredients, except the chia seeds, into a blender and mix well. Pour into a large jar and whisk in the chia seeds. Sometimes the chia clumps and makes it chunky, so stir until it is smooth.

Leave overnight. In the morning, bring a cup of hot water or almond milk to a simmer, then pour it over the "smoothie" which will now be more like a pudding. For added color and flavor, spoon in warm fruit compote, or top with fresh berries, pomegranate, fresh mint.

# Autumn Amaranth

Serves 2

*From my book, this is one of my favorite breakfasts when the weather begins to turn cold. Paired with autumn spices and cooked in almond milk, amaranth becomes a warm bowl of sweet comfort. Flaxseed promotes elimination, while the spices enhance agni, making this a hearty, nutritious breakfast to fire up a chilly day.*

## Ingredients

1 tablespoon ghee  
1 teaspoon  
1/2 teaspoon ground cloves  
Pinch salt  
1 cup amaranth  
2 cups homemade almond milk  
1 apple or pear, cored and chopped  
1 teaspoon flaxseed

Amaranth is a high-protein, gluten-free, ancient grain with a subtle nutty taste. Its light and purifying qualities make it a good rice replacement with any meal.

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## Instructions

Melt the ghee in a pot over medium-high heat and stir in the spices and salt. Stir in the amaranth, almond milk, apple or pear, and flaxseed. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for up to 20 minutes, until the amaranth is fluffy and the water is absorbed.

Serve with a dollop of ghee and a drizzle of maple syrup.

**“Let thy  
kitchen be  
your  
pharmacy.”**

-CHARAK SAMHITA

# Buckwheat Pancakes

*If you don't eat eggs, replace them with a vegan "flax egg" (see sidebar). Cardamom is an excellent spice with buckwheat, but it can be replaced or combined with cinnamon for a more traditional taste. Coconut and almond milk are good alternatives to dairy for the batter.*

## Ingredients

1 cup buckwheat flour  
1/2 teaspoon baking powder  
1/4 teaspoon ground cardamom  
2 pinches pink salt  
1 free-range egg  
1 cup milk  
1 teaspoon orange or lime zest  
1 teaspoon fresh squeezed lime or citrus juice  
1 tablespoon ghee (page 58), plus more as needed

## Instructions

Preheat the oven to its lowest setting. In a large bowl, mix the buckwheat flour with the baking powder, cardamom, and salt. In a blender mix together the egg, the milk, the citrus. Fold in the dry ingredients and blend until the batter has no lumps.

Over medium high heat, melt ghee in a small skillet. When it is hot enough that a drop of water sizzles, ladle in the batter. Cook until it bubbles in the center. Flip with a spatula. Cook about another 2 minutes more, until it is brown on this side, then transfer to a plate. Keep the pancakes warm in the oven until all are ready, or serve hot from the griddle. Repeat steps 4 and 5 until the batter is used up. Serve with maple syrup, or almond butter, fruit compote or rose petal jam.



**"Flax egg" - Stir together 1 tablespoon ground flaxseed and 2 tablespoons water. Let stand for 10 minutes, then use as you would an egg. Flax eggs bind, but they don't rise, so these will make a flatter pancake.**

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## Seasonal Fruit Compote

*Serves 2*

### Ingredients

- 1 apple
- 1 pear
- 1 stone fruit if in season, like apricot, peach or plum
- 2 handfuls seasonal berries
- 2 handfuls dried fruit, like raisins, cherries, cranberries, prunes, dates
- 1/2 lemon and/or orange

### Instructions

Chop and core the apple and pear. Remove the pit from the stone fruit and cut into fours. Slice the lemon and orange into quarters.

Melt the ghee in a small saucepan. Sprinkle in cinnamon, ginger, cardamom. Sauté one minute. Stir in the fruit. Add 1/4 cup water and bring to a boil. Gently simmer five minutes or until the fruit is soft but not mush.



## More Bright Ideas

**Kitchari:** With raisins, shredded coconut, sweet spices like cinnamon, cardamom, clove, nutmeg, ginger and an extra spoonful of ghee, Kitchari is an excellent breakfast, especially on cold or grey days, or whenever you are in recovery mode.

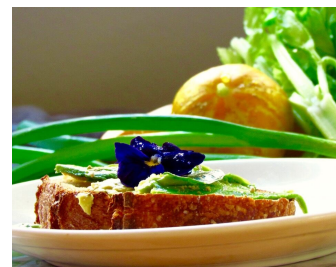


**Quinoa & Spinach:** Savory breakfasts are sometimes more satisfying than the sweet bowls we are accustomed to. Once upon a time the prior evening's soup was reheated for breakfast. In a thermos, it can go to work with you too.

**Chapati:** With lentils, steamed asparagus and micro greens, or with scrambled eggs it's another savory way to start to the day.

**Almond Butter Toast:** Add cinnamon or cardamom to help digest the heaviness of nut butters.

**Avocado Toast:** Torn basil in autumn, winter, spring, or torn mint in summer makes this toast sing.



**Rose Petal Jam and Chyvanprash:** Rose Petal Jam is cooling for summer and for Pitta (I purchase mine online at [MAPI.com](http://MAPI.com)) while Chyvanprash is good any season, but especially in the autumn and winter (I purchase Chyvanprash from [Banyan Botanicals](http://BanyanBotanicals), where I am an ambassador). These traditional rejuvenating formulations can be spread on toast or pancakes, stirred into a bowl of grains or yogurt, or blended with the chia smoothie pudding.



**“One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.”**

**-PAVAROTTI**