

GREAT AYURVEDA BREAKFASTS

GINGER PEAR CRISP

Ingredients

3 pears, peeled, seeded and chopped
 1 lemon, for juice
 4 tbsp. ginger preserve
 1 c. all-purpose flour
 1 c. quick-cooking rolled oats
 2/3 c. packed brown sugar
 1/2 tsp. baking soda
 1/2 c. ghee

Method

1. In a medium saucepan, combine the first 3 ingredients and bring to a low simmer for 10-12 minutes.
2. In a mixing bowl, combine the remaining ingredients and fold in room-temperature ghee in order to create a crumb like texture when stirred together well.
3. Separate the mixture into two equal portions. Press half of the mixture into a 5 x 9-inch baking pan which is approximately 4 inches deep. Make a smooth crust-like layer covering the entire bottom.
4. Remove the pear mixture from the stove and pour over the first layer in the bottom of the pan.



5. Sprinkle the remaining crumb mixture over the top of the fruit layer and bake uncovered in a preheated oven at 350F for 40 minutes.
6. Cool on a rack until the mixture has settled solidly into the pan. Enjoy!

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FIBER BREAKFAST COOKIES

A couple of these cookies in the morning with your tea will give you energy AND keep your bowels happy!

Wet Ingredients

- 1/2 c. chopped prunes or prune puree*
- 1/4 c. sweetener (*such as maple, brown rice or agave syrups*)
- 1/4 c. apple sauce
- 1/4 c. nut butter (*such as almond, pumpkin seed or tahini*)
- 1 tbsp. olive oil
- 1 egg or 1/2 ripe banana
- 1 tsp. vanilla

Dry Ingredients

- 1 c. whole grain flour
- 1/2 c. psyllium
- 1/2 c. ground flax
- 2 tsp. cinnamon
- 1/2 tsp. sea salt
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 c. or more of nuts, seeds, trail mix or chopped dried fruit

Method

1. Place chopped prunes in a blender and just cover with boiling water. Let soak while you prepare the dry ingredients. Also, lightly oil a large baking sheet and preheat oven to 350F.
2. Measure all dry ingredients into a large bowl and mix well. Measure all wet ingredients into the blender with the soaked prunes (do not drain), then liquify and stir into dry ingredients, combining well. Drop batter by the heaping tablespoon onto the greased cookie sheet and flatten just a bit with wet fingers or the back of a wet spoon. Bake for 15 minutes. Make sure you have a glass of water or cup of tea with each cookie. Makes about 20 cookies.
3. This recipe makes the cookies slightly crunchy on the outside. For a softer cookie (recommended for Vatas) double the amount of prune puree and apple sauce. This will make them almost muffin-like.

FOR INDIVIDUAL DOSHAS

VATAS use whole wheat, brown rice or quinoa flour; sweeten with brown rice syrup; replace half or all the psyllium with oats or more ground flax; soak the nuts, dried fruits or trail mix in boiling water for 10 minutes or more, then drain and add to the mix.

PITTAS use whole wheat, spelt or barley flour; sweeten with maple or brown rice syrup; choose almond butter; avoid walnuts, cashews, peanuts, pecans and sesame.

KAPHAS use any whole grain flour except oat, rice and wheat; sweeten with fruit juice concentrate or additional prune puree; choose pumpkin or sunflower seed butters; replace half or all the psyllium with more ground flax; use dried fruits and/or pumpkin or sunflower seeds.



TIP To make your own prune puree, soak chopped prunes in boiling water (enough to cover the prunes) for 15 minutes or longer. Make in larger quantities to use as a sweetener in baking, or as a spread for toast and quick breads! Use prepared prune puree in this recipe by skipping the part where you soak the chopped prunes in the blender, and instead just add the measured amount of puree into the blender along with the rest of the wet ingredients.

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GRANOLA

I will never again buy store-bought granola! I finally made my own after procrastinating for years, and am so happy that I got around to it at last. This granola is soft, tasty, fresh, healthy, and has only the ingredients I choose!

Ingredients

3 c. large flake organic oatmeal
1/2 c. flax meal
1/2 c. unsweetened coconut
1/2 c. slivered almonds
1/2 c. raisins or dried cranberries
1/2 c. chopped prunes
1/4 c. sunflower oil
1/4 c. maple syrup
1/4 tsp. salt
1/4 tsp. cinnamon

Method

1. In a large bowl, combine oatmeal, flax, coconut, almonds and cinnamon. In a measuring cup, stir together the oil, maple syrup, and salt. Blend this mixture into the oatmeal mixture and combine really well using two spoons.

2. Spread mixture out on a large baking sheet and bake at 350F for 10 minutes. Remove from the oven and stir it up, incorporating the prunes and raisins or cranberries. Place back in the oven and bake for 10 minutes longer. Remove and let cool completely before storing in an air-tight container. Yum!



FOR INDIVIDUAL DOSHAS

Granola is drying for **VATAS** so consume soaked in hot milk. Because maple syrup is cooling, this granola is great for **PITTAS**. For **KAPHAS**, replace almonds with sunflower or pumpkin seeds, and reduce oil to 2 Tbsp or omit altogether, and as with Vatas consume with warm/spiced milk or as a dry snack



TASTY OATMEAL

Method

In a medium saucepan, bring to a boil:

2-3 c. pure water
1/4 tsp. salt
1/4 c. raisins

Stir in:

2/3 c. rolled oats, organic preferred
1 tsp. cinnamon
1/4 tsp. ground cardamom or 1/4 tsp. nutmeg

Let the cereal come to a bubbling boil again. Reduce heat to low, cover and let cook until good and mushy. Serve with honey or maple syrup.

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CILANTRO QUICHE

Method

Make and bake:

1 9" pie crust *(you can buy this ready-made for convenience, or follow any recipe book)*

Heat oven to 350 F.

In a small saucepan, warm:

2 tbsp. olive oil or ghee

Saute until tender, but not brown:

3 tbsp. onion, finely chopped

1 clove garlic, minced

With a fork, stir into the oil:

1 tbsp. whole wheat flour

Slowly add:

1/2 c. rice milk, soy milk or cow's milk

Cook over low heat until thickened, stirring frequently (about 5 minutes). Stir in:

1/2 tsp. salt

1/8 tsp. cayenne

In a blender, combine:

2 eggs

1/2 c. more of the milk

1/2 lb. firm tofu

1/2 tsp. fresh lemon juice

1 c. fresh cilantro leaves, finely chopped and lightly packed.

Fold the blended ingredients into the cream sauce, folding in at the same time:

1 ripe avocado

Pour into the crust and bake 45 minutes, or until a knife comes out cleanly. Can be served hot or cold, it is especially good after it has cooled for a while. Also a great lunch dish, too!



SCRAMBLED EGGS & VEGGIES

Method

In a medium mixing bowl, beat:

4 fresh eggs

In a heavy skillet, warm:

1 tbsp. ghee or olive oil

Put in the skillet to sauté:

1 tbsp. onion *(optional – only if not creating gas)*

1/2 tsp. dried thyme

When the onion is tender and translucent, add:

1/2 - 1 medium zucchini *(depending upon how much you like veggies in the morning)*

Sauté for a minute or two. Pour into the beaten eggs and stir. Cook until done. Nice served with scones or English muffins.



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TASTY SCRAMBLED TOFU AND TORTILLAS

Method

Warm in a large skillet:

1 tbsp. ghee

1 tbsp. extra virgin olive oil

Saute in the ghee until tender, but not brown:

1 small fresh onion (*optional-only if its good for your digestion*), chopped or 2 green onions chopped

1 small clove garlic, chopped

1-2 tsp. sage, finely chopped

Mash with a fork, directly into the sauté in the skillet:

1 cube (16 oz.) fresh tofu

Sauté until thoroughly warm.

Add: Salt and freshly ground black pepper to taste.

This is a good alternative to hot cereals. And, it is quick. If you have some fresh arugula and parsley available, a small handful of arugula leaves, finely chopped, and a tablespoon of chopped parsley are nice stirred in just before serving. Spoon into whole wheat tortillas for a more substantial breakfast.

DECADENT FRITTATA

Ingredients

1/2 onion, chopped

1/2 orange bell pepper, chopped

1 tomato, chopped

8 sun-dried tomatoes, sliced

8 eggs, beaten

sea salt and black pepper

1/4 c. cheddar cheese, grated

4 marinated portobello mushrooms, sliced

1/4 c. soft goat cheese, crumbled

Method

1. In an oven-proof frying pan (or cast iron pan), heat some butter and olive oil. Fry the onion and peppers until translucent. Add the fresh tomato and sundried tomato and cook a few minutes, seasoning with a little salt and pepper.

2. In a medium bowl, beat all the eggs together with some salt and pepper (I also added a splash of milk). Mix in the grated cheese. Pour over vegetables in the frying pan and cook a few minutes without stirring. Meanwhile, distribute mushrooms and goat cheese over the top. When the edges of the eggs are able to pull away from the pan (about 5 minutes over medium-low heat), place the pan in the oven on the center rack and broil for 5 minutes.

TIP *If you don't have marinated portobello mushrooms, use marinated button mushrooms (maybe 20 or so). But if all you have is regular mushrooms, sauté in butter in a separate pan, then add to the frittata along with the goat cheese before broiling.*

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SPELT BANANA PANCAKES

Sometimes, Sunday mornings, I just need a pancake breakfast! This one whips up quickly and is dairy-free, egg-free and wheat-free with the benefits of coconut oil. Oh, and they're fluffy and delicious!

Ingredients

1 c. spelt flour
1 tsp. baking powder
1/4 tsp. salt
3/4 c. almond milk
2 tbsp. coconut oil
1 mashed banana

Method

1. Mix dry ingredients in a large bowl. In a separate bowl, mash the banana and blend in the milk and oil. Add wet ingredients to flour mixture and stir really well. If you have the time, let rest a few hours.

2. Heat a pan till hot, then reduce heat to medium and grease with a bit of oil. Fry a 1/4 cup of the batter for each pancake. Flip when little bubbles appear on the surface. The pancakes should be golden on each side. Serve with maple syrup and fruit, or whatever you desire. *(Make around 6 pancakes.)*

QUINOA BREAKFAST PORRIDGE

Vata and Pittas-types may choose to sprinkle on some toasted sunflower seeds, chopped dates, or shredded coconut.

Ingredients

1 c. cooked quinoa *(1:2 quinoa to water)*
1/4 c. organic soy milk
1/2 tsp. ginger powder
1/2 tsp. cinnamon
drizzle of honey *(or brown rice syrup)*

Method

Warm the quinoa, soy milk, and spices in a small fry pan over medium-low heat (~2 minutes.) Serve with a drizzle of honey or brown syrup.

