

Vata pacifying recipes

Vata Spice mix

Coriander seeds. 4 tbsp
Toor dal. 1 tbsp
Urad dal. 1 tbsp
Cumin. 1 tbsp
Black pepper 1 tbsp
Hing 1/4 tsp
Turmeric powder. 1 tbsp

Directions: Dry roast and grind. Keep in airtight container.

Breakfast: Hot oatmeal with ghee

Old fashion oats	1 cup
Brown sugar	2 Tbsp or to taste
Raisins	2 Tbsp
Pecans chopped	2 Tbsp
Cinnamon	1/2 tsp
Cardamom	1/4 tsp
Ghee	1 Tbsp
Water to cook the oats	
Whole milk or Almond milk	1/2 cup

Directions:

Cook the oats in water using package directions. Add the brown sugar, raisins, pecans, cinnamon, cardamom and continue cooking for 2 more minutes. Then add the ghee and milk and serve warm.

Lemon rice with carrots

Basmati rice
Lemons. 4
Sesame oil
Ghee
Mustard seeds
Hing

Urad dal
Channa dal
cashews

Raita

Cucumbers
Onions
Cilantro
Mustard seeds
Salt
Hing

Quinoa pulao

Quinoa
Onions
Tomato 1
Peas
Carrots
Cauliflower
Beets
Coconut shredded
Cloves
Cardamom
Cinnamon
Star anise
Bay leaves
Cumin seeds
Ghee or butter
Rice cooker to cook in.

Asparagus and sweet potato sambhar

Asparagus
Sweet potatoes. 2
Moong dal
Tamarind
Salt
Curry leaves
Mustard seeds

Methi seeds
Hing
Spice mix for sambhar
Serve with white rice

Dessert: Apple crisp

Granny Smith apples 6-8
Brown sugar. 1/2 cup
Lemon juice 2 tbsp
1 tsp cinnamon

Mix
1 1/2 cup flour
1 1/2 cup oatmeal
1 1/2 cup walnuts or pecans chopped
3/4 cup brown sugar
1 1/2 stick butter
1 tsp cinnamon
1 tsp ginger
Pinch of salt

Mix the apple with the first 3 ingredients and place it in a dish.
Then mix the flour mix and add it to the apples. Bake at 350 degrees for 45
minute

Paneer in creamy tomato gravy

Serving Size: 4

No. of Servings: ½ cup **Prep time:** 30 mins

Ayurvedic Nutritional Value:

Taste (Rasa): Salty, Sour, Pungent, Sweet

Qualities (Gunas): Heavy, liquid, soft

Potency (Virya): Ushna (Heating)

Post Digestive Effect (Vipaka): Madura (Sweet)

Effect on Doshas (Vata, Pitta, Kapha): Pacifies Vata

Effect on Prana/Tejas/Ojas: Increases all 3

Effect on Satva/Rajas/Tamas: Increases Satva and Rajas (in moderation), Tamas (excess)

Effect on Dhatus: Rasa dhatu, Meda dhatu

Effect on Malas:

Effect on Strotas: Rasa Vaha strotas, Prana vaha strotas

Ingredients:

2 Roma tomatoes

1 small onion

Cashew nuts 10-12 pieces or 2 Tbsp chopped

Cumin seeds 1 tsp

Paneer 6 oz

Coriander powder 1 tsp

Turmeric powder ½ tsp

Garam masala ½ tsp

Olive oil 1 Tbsp

Salt to taste

Kasuri methi leaves (optional) 1 tsp

Directions:

Soak cut paneer pieces in hot water for 5 mins. Soak the cashews for 15 – 20 mins in hot water and keep aside. Heat the oil in a pan, roast the cumin seeds in it when hot and stir in the onion and saute until a little translucent. Allow to cool slightly. Take two chopped tomatoes in a blender, add the cooked onion, the soaked cashews, coriander powder, turmeric powder and salt and blend until smooth. Add a little water for a thick gravy. Then transfer the mix into a pan and cook on medium heat on the stove. Then add the paneer pieces into the gravy and

allow to simmer for another 5-10 mins. Add some garam masala and kasuri methi leaves while the paneer is simmering. Then turn off the stove and add some coriander leaves for garnish.

Name: Pushpa Soundararajan

Email: vpknutrition@yahoo.com

Website: www.vpknutrition.com