

Warm Rice, Quinoa and Raisin Cereal

Ayurvedic Warm Rice, Quinoa and Raisin Cereal is a delicious breakfast which is easy and quick to make as you can cook the rice in advance. For those of you who follow the Indian Ayurvedic health system, it is good for all three doshas. White basmati rice is preferred by Ayurveda as it is easier to digest than brown rice. Basmati rice also has a lower glycemic index reading than other rice varieties and so won't spike your blood sugar levels as quickly.

Servings: 2
Prep Time: 5 minutes
Cook Time: 10 minutes
Storage: 2-3 days in refrigerator
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Ingredients

- ½ cup white basmati rice, cooked
- ½ cup quinoa, cooked
- 1 cup non-dairy milk
- ¼ cup seedless raisins
- ½ teaspoon ground cinnamon
- ½ teaspoon ginger
- 1 teaspoon ghee
- 1 teaspoon sunflower seeds, garnish
- Honey, maple syrup, or sweetener of choice, optional

Instructions

Put all the ingredients and spices into a saucepan and warm mixture on a low heat for 5 to 10 minutes. Add the ghee, honey or maple syrup if using.

Serve in bowls and garnish with the sunflower seeds. Sunflower seeds can be dry fried in a small frying pan over a medium heat for about 3-5 minutes, or until they start to turn a little brown.

Adapted *Eat, Taste, Heal* recipe

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Chef Chandra's Seasonal/Sustainable, Organic, Unprocessed, and Local Food

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