

LOTUS HOLISTIC HEALTH INSTITUTE

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Rice Pudding

(Pro Ojas, Balancing to Pitta & Vata, Pro Kapha)

Ingredients:

basmati rice	1/2 cup
whole milk	2 cups
water	2 cups
raisins	10
ginger	1/2 to 1 tsp powder or 1(or more) tsp fresh ginger root grated or chopped
nutmeg	1/8 to 1/4 tsp
cardomon	1 tsp decorticated or in pods, or 1-3 tsp powder
cinnamon	1/4 tsp
rock salt	one pinch or more (shouldn't taste salty)
honey	to taste

To make:

- 1) Put rice in large pot.
- 2) Rinse rice with water several times, pouring off the water.
- 3) To rinsed rice, add milk and water, ginger and cardomon pods or decorticated cardomon. (If your cardomon is powdered, do not add it until the end of the process.) Stir.
- 4) Bring to boil. Keep an eye on it so the milk doesn't boil over. Stir a few times.
- 5) When it comes to a boil, reduce heat to simmer. Put on lid.
- 6) Simmer until rice is translucent. You may need to add water if it gets too thick. It should stay soupy. Then take off the burner. (This will take around 1/2 hour to 45 minutes)
- 7) When cooked and taken off the burner, stir in rest of spices: nutmeg, cinnamon, cardomon (if powder), rock salt, honey to taste.
- 8) Serve warm or cool. (On cleansing diet it is best to eat it warm.)

Special notes:

You can adjust the spices to your taste. It should not taste strongly salty. Variations: add almonds at the end, and/or a pinch of black pepper (not on cleansing diet).