

# Brainy Corn Bowl

Learn The Recipe Step by Step

Recipe Developer:

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# Brainy Corn Bowl



- **Brainy corn bowl** is A healthy , quick and easy to prepare recipe
- Contains sweet corn kernels, grated carrot ,almonds, ghee, salt and spices – it's a combination of sweet and hot flavor due to its ingredients .
- This lip smacking recipe can be served as evening snack or even as salad .
- This recipe is originally found in classical text book Bhojana kutoohala

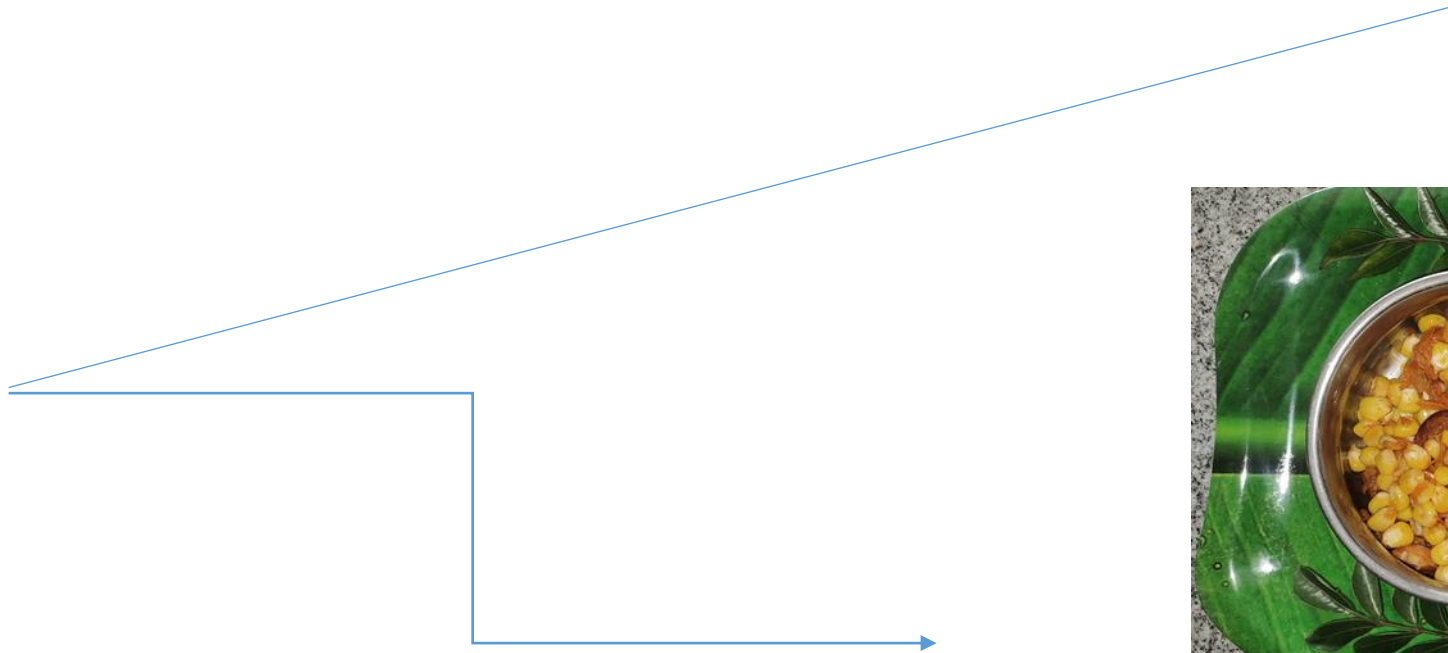
# Ingredients

1. Sweet Corn kernels -150g.
2. Carrot -25g.
3. Almonds -40g.
4. Ghee/Clarified Butter -10ml.
5. Salt 3g.
6. Chilly powder 6g.



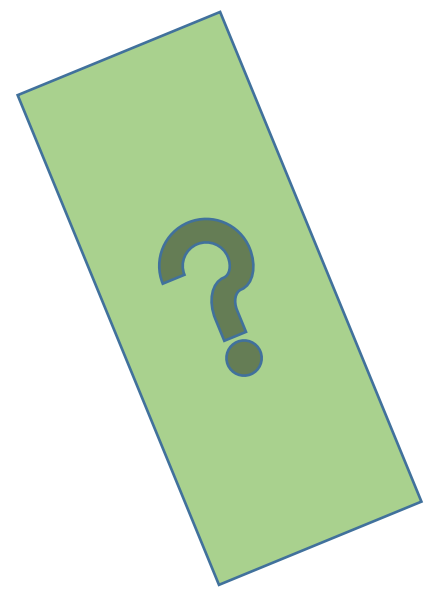
## METHOD OF PREPARATION :-

- Place a wide mouthed pan over medium flame
- Add 10ml of ghee in the pan , once ghee melts - add sweet corn kernels, grated carrot and sliced almonds to the pan
- Roast till kernels, carrot and almonds turn aromatic (about 3mins)
- Now Add 20ml of water to the pan , allow to boil (about 3mins)
- Add salt & pepper powder , mix well making sure everything is combined well
- Finally ,the transfer super **BRAINY CORN** recipe to **BOWL** and serve .



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# Health Benefits/Advantages



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# SWEET CORN KERNELS :-



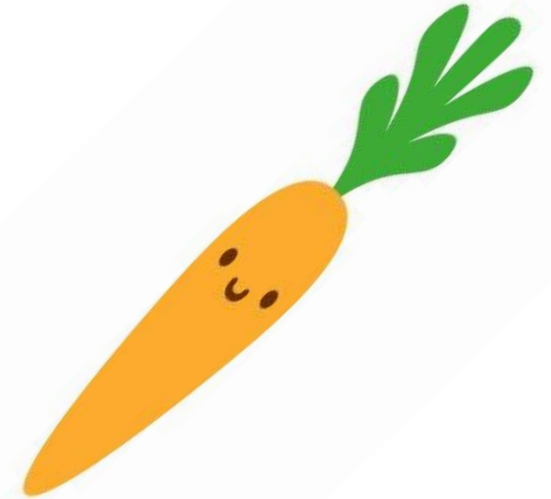
- Contains Several Minerals & Nutrients :- Vitamin C ,K,E,B1,B3,B2 ,Folic Acid , Potassium ..
- Rich in dietary fibers, antioxidant property – manage and control weight ,help in controlling blood sugar /dm and manage blood pressure.
- According to **AYURVEDA**, it gives taste (given in tastelessness condition ) , little heavy for digestion – takes longer time to digest –weight reduction , nourishes the tissues ,healthy for pediatric age group. It has action over kidney and bladder , can be taken as diet - difficulty in urination and kidney stones.

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# CARROT :-

- Good source of digestive system boosters – maintains over all physical health .
- Contains beta –carotene , fiber and anti oxidants – fruitful in improving many health conditions like diarrhea ,piles.
- Also improves eyesight and lowers the chances of getting cataract like problems .
- **AYURVEDA** – carrots are favourable to the heart, brain, eyes, blood, blood (circulatory) and nervous system. The roots are given to heart patients as a vegetable or in other suitable form. These are used in haemorrhage, blood diseases , oedema, renal Calculous (kidney stones) , scanty urine and other similar urinary complaints.





## ALMONDS :- KING OF NUTS

- Rich source of vitamin e, vitamin a, calcium ,magnesium –promotes overall health .
- Contains monosaturated fats N phytosterols –cholesterol lowering property.
- **AYURVEDA** :- it is used for promoting mental and nervine function . It is a most potent nutritive food article and medicine.
- used for treatment of nerve disorder ,general debility,to improve memory

# GHEE

- Ghee is rich in antioxidants , fat soluble vitamins like vitamin a,d,e
- Excellent source of vitamin E – lowers risk of arthritis , cancer , cataracts
- **AYURVEDA** – it is best for those who desires to improve intellect , memory and intelligence . Immunity enhancer , improves eyesight ,prevents problems related to vision ..... many more ..... Good for over all well being of human health



# BRAINY CORN BOWL

As a whole recipe , it has favorable action on doshas (bodily constitutions -which Ayurveda believes), good for digestion , gives strength to the body and improves mental stamina .

THANK YOU