

Pranic Moong Dal Khichdi

Learn The Recipe Step by Step

Recipe Developer:
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Ingredients

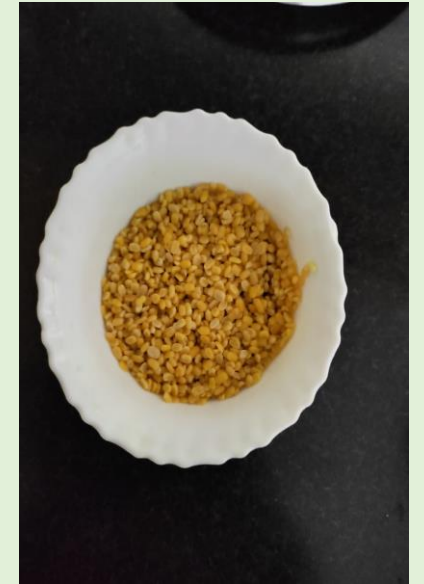
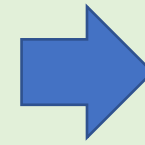
1. Rice – 1 cup
2. Moong dal (Yellow lentil) – 1cup
3. Water – 6 cups
4. Chopped Vegetables – 1cup
5. Cumin seeds – 1tsp
6. Turmeric powder – 2tsp
7. Ghee – 2tsp
8. Curry leaves – 6 to 7
9. Coriander leaves – For garnishing
10. Cashew – 3 to 4
11. Cold pressed Oil of your choice (Sesame) or Extra virgin olive oil – 2tsp

(Serving for 2 people)



Method of Preparation

1. Wash rice and wash yellow (Mung) lentils thoroughly, Soak them for 30 minutes.



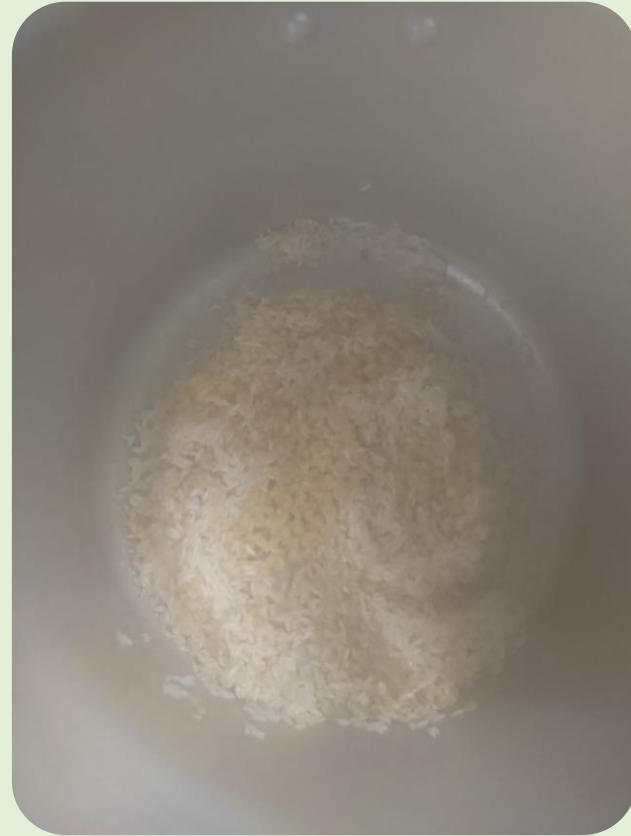
2. Cut the vegetables into small pieces. Keep onion separately. Do not forget to add ginger.



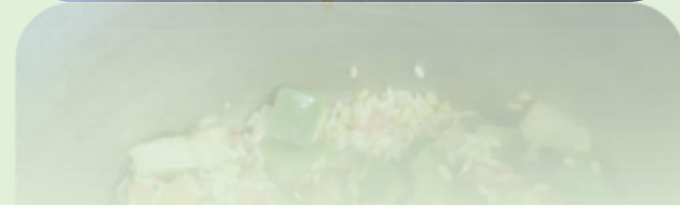
3. Heat the cooker, and add 2tsp of ghee. Wait till the ghee gets warm.



4. Add soaked lentils, and rice, and stir it for 2 minutes in a mild flame.



5. Add chopped vegetables, and stir for 3 minutes. Then add 2tsp of turmeric and stir it for 3 minutes.



6. Add 6 cups of water, and stir the mixture, when it starts to boil, close the lid. Allow whistling for 5 times. Allow it to cool down.



7. Heat the pan, add 2tsp of oil, 1tsp cumin seeds, add cashew, curry leaves, chopped onions and fry it.



8. Add the cooked rice and lentils to the pan, and cook it for 5 minutes. Garnish with coriander leaves, and khichdi is ready.



Health Benefits

1. Yellow lentil is a rich source of various nutrients including proteins, complex carbohydrates, minerals and vitamins.
2. It is useful in diabetes as it helps to lower blood glucose levels due to the presence of antioxidants.
3. It aids in weight loss by lowering cholesterol levels.
4. According to Ayurveda, it is Grahi (absorbent) in nature, which helps manage diarrhea.
5. It is beneficial in wounding healing due to its anti-inflammatory and astringent properties. It also helps in managing skin infections as it has antimicrobial properties.

6. Eliminate accumulated toxins from the mind and body tissues.
7. Improve digestion and restore regular bowel movements.
8. Remove heaviness or congestion in the body.
9. Support a healthy body weight or weight loss.
10. Improve energy and vitality.
11. Promote overall health and wellness.
12. Healthy meal for every season.

Rules for Healthy Eating

- Eat only when you are hungry. ...
- Eat in a calm and comfortable place. ...
- Eat the right quantity. ...
- Eat warm meals. ...
- Eat quality food. ...
- Be present when you eat. ...
- Don't eat too fast. ...
- Eat at the regular time.

Recipe Developer: Dr. Shweta Hegde, Ayurveda Doctor

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