

7-DAY AYURVEDIC **DETOX RECIPES**



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KICHADRI (AYURVEDIC DETOX STEW)

(Serves 4-5)

INGREDIENTS:

1 cup basmati rice

1 cup yellow split mung daal

6 cups distilled or purified water

1 inch piece of shredded ginger, peeled & chopped

1 small handful of fresh cilantro

1 cup spinach or seasonal veggies

½ cup chopped carrots

3 tbsp ghee

¾ tsp cumin seeds

5 whole cardamom pods (or ½ tsp seeds)

¼ tsp turmeric

1 inch piece of cinnamon bark

3 bay leaves

½ tsp Himalayan pink salt (to taste)

¼ tsp asafoetida (optional)

DIRECTIONS:

- Wash mung and rice until water is clear to remove excess starch. Soak the daal overnight or soak for a 2-3 hours in hot water to help digestibility (optional).
- Put rinsed rice and mung daal in a pot with water and bring to boil over high heat. Reduce the heat to low and simmer for 10 minutes
- Add remaining seasonal veggies to the pot and stir well. Cover pot and cook until mung daal is soft, about 20-30 min.
- Heat ghee over medium heat in another saucepan. Add, mustard seeds, cumin seeds, cinnamon, cardamom, and bay leaves. Gently stir until you hear mustard seeds start to pop and seeds start to turn brown (about 3 minutes). Stir sautéed spices and turmeric into the rice and mung daal and mix well.
- Add salt (to taste).
- Spoon into bowls, garnish with cilantro leaves and serve immediately.

DETOX TEA

(3-4 servings)

1 tsp cumin

1 tsp coriander

1 tsp fennel

1 tsp cardamom

1 tsp grated ginger

3-4 cups alkaline or purified water

DIRECTIONS:

- Place all ingredients in a pot and bring water to boil, then reduce heat to simmer. Simmer tea for 5-15 minutes. The longer the tea simmers and/or steeps, the stronger the tea.
 - Strain the tea or let spices settle to the bottom of pot or cup.
 - Serve, set intentions and sip.
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