

Healing Ayurvedic Kitchari

Yield: 2 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-kitchari-recipe>

Ingredients:

- 1/2 cup moong dal split mung beans
- 1/2 cup basmati rice
- 4 cups water
- 1 tablespoon avocado oil
- 1 teaspoon cumin seeds
- 1/2 teaspoon fresh ginger minced, or a pinch of ground ginger powder
- 1/4 teaspoon ground turmeric
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 cup chopped fresh cilantro
- slices of lime or lemon

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 46 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 1280 milligrams
8. Sugar: 2 grams

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