

# SATVIC DALIYA

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## BEST FOR

Morning Detox Drink

Breakfast

Lunch

Mid-Meal

Dinner

An Occasional Treat

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*The Satvic Daliya uses less grain and more vegetables. The ratio is 1:3 (1 cup grain to 3 cups vegetables). Why? Because grains are hard to digest. Our body has to spend a lot of time processing grains (about 18 hours). But when combined with vegetables, less grain goes inside the body, so it can spend less time digesting and more time healing itself.*

## INGREDIENTS

SERVES 2-3

- 1 cup broken wheat porridge (daliya)
- 1 ½ teaspoons cumin seeds
- 1 cup green beans, finely chopped
- 1 cup carrots, finely chopped
- 1 cup green peas
- 2 small green chilies, very finely crushed
- 4 cups water
- 2 teaspoons rock salt
- Handful fresh coriander

**Green Chutney (pg 73)**

## METHOD

1. Roast the broken wheat porridge lightly in a pan till it turns light brown. Then, take it out in a bowl.
2. Take another pan. Heat it on a medium flame. Add the cumin seeds and roast till they are dark brown. Add the beans, carrots and peas and stir well. Add the finely crushed green chilies and stir again.
3. Add 4 cups of water to the pan and let it come to a boil. Then, add the roasted porridge to the pan. Cover the pan and keep the stove on a medium flame till the porridge absorbs all the water.
4. Once everything is cooked, turn off the stove. Add rock salt and keep it covered for 5 minutes.
5. Garnish with generous amounts of fresh coriander and enjoy with green chutney. Eat within 3-4 hours of preparing it.