



THE KITCHARI CLEANSE

-all recipes sourced from Kate O'Donnell

...a gentle reminder:

The largest cause of dis-ease is stress. If you are uncomfortable or stressed out, you can always shorten or simplify the cleanse. The nervous system must be calm in order for the body to burn fat and remove toxins. There is no reason to force your-self to do anything. Use this time to explore yourself, not to give yourself a hard time. Relax and be thankful for what time and energy you are able to invest in your wellbeing. If you are feeling exhausted or losing too much weight, the Kitchari Cleanse can be simplified from five to three days. You can also benefit from following the pre-cleanse diet for the duration of the cleanse.

Benefits of Kitchari

Kitchari holds a special place in Ayurvedic nutrition due to its numerous health benefits:

- **Digestive Health:** Kitchari is extremely easy to digest, which helps in cleansing the digestive system and restoring balance. The spices used are known for their digestive properties.

- Detoxification: This meal is often used in Ayurvedic cleansing practices because it provides essential nutrients while allowing the digestive system to rest.
- Balanced Nutrition: It offers a balanced combination of carbohydrates, protein, and fats, as well as various vitamins and minerals from the spices and vegetables.
- Versatility: It can be easily customized to suit different doshas (Ayurvedic body types) and seasons by adjusting the spices and vegetables used.
- Healing Properties: Mung dal has anti-inflammatory properties, and turmeric is known for its antioxidant effects, making kitchari not just nourishing but also healing.
- Kitchari is a wholesome, comforting meal that supports overall health and well-being. It's particularly beneficial during times of stress, digestive upset, or when you're seeking a gentle way to cleanse and rejuvenate your body.

Whole Bean Kitchari

You may choose to make and enjoy this recipe for the entire duration of the kitchari cleanse (having this meal for breakfast, lunch, and dinner) The more that you eat just this, the more detoxification will occur. The recipes following this one are available to you if you're seeking more variety (you'll still receive the detoxing benefits of the cleanse - whether you choose to have only this recipe or to mix it up with the next recipes below)

SERVES 4-6

- 1 cup basmati rice
- ½ cup organic whole mung beans (preferably sprouted or soaked for at least three hours before cooking)
- 4–6 cups purified water
- 2 Tbsp organic ghee
- 1 tsp cumin seed
- ¼–½ tsp fennel seed
- 1+ tsp fresh grated ginger

- 1/2 tsp sea salt
- 1/2 tsp turmeric
- 1/2 tsp coriander seed
- 1-inch kombu seaweed (optional but highly beneficial)
- 2 cups chopped vegetables (especially baby greens, dark leafy greens, and other vegetables)

Rinse the rice and mung beans and soak with the kombu for three hours or overnight, OR, sprout your mung beans by soaking them overnight, then rinse and leave them out all day until they grow little tails — in cold weather this may take until the next morning, so plan ahead. They are then sprouted and will cook up in tandem with your rice. If you ever experience acid stomach, don't sprout often. If using vegetables, cut into cubes. In a pot warm the ghee over medium-high heat. Add the cumin, coriander, and fennel and sauté for 1–2 minutes or until aromatic. Add turmeric (and if using, other spices), mung beans, and rice. Then add water, ginger. Bring to a boil then cover and simmer for 40 minutes; with sprouted mung you can get away with 30 minutes cook time. If using vegetables add starchy ones (yam, burdock, or carrot) halfway through the cooking. Zucchini and beans should be added 10 minutes before the kichari is done. Greens can be added during the last five minutes. If you need to add more water, do so, but the Whole Bean Kichari should be the consistency of stew when done. Garnish with fresh cilantro, or cilantro chutney. You can have avocado with a little salt and lime or steamed vegetables as a side dish, if needed. Eat enough to feel satisfied, about 1½ cups, and then relax for at least 15 minutes to support good digestion.

PRO TIP: MAKE IT A KITCHARI HAND-ROLL

To make your kichari more exciting, wrap it up in a tube of nori. Sprinkle with sesame seeds.

APPLE CINNAMON BREAKFAST KICHARI

The most challenging meal for kichari cleansers has proven to be breakfast. Many report that they have no appetite for kichari in the morning. This recipe mimics a morning hot cereal and is for those who can't get on board with the appearance and flavor of Whole Bean Kichari first thing. Keep in mind however, many of us have become accustomed to a sweet breakfast, while a savory breakfast habit sets you up to crave less sweets throughout the day.

SERVES 3-4

- 4 cups water
- ½ cup basmati rice
- ½ cup yellow split mung beans (soaked in water for 1 hour or more)
- 2 apples, cored and chopped into ½ inch cubes
- 2 tsp cinnamon powder or 2 tsp Fall Sweet Spice Mix (you can make the below mix in bulk and use it throughout this cleanse and throughout the fall season:
 - 1 Tbsp cinnamon powder
 - 1 Tbsp ground ginger
 - 2 tsp ground cardamom
 - 1 tsp ground or fresh grated nutmeg
 - Grind together in coffee grinder and keep handy. Remember you can play around with your own mixes, this is a suggestion.
- 1½ Tbsp maple syrup (optional)
- ½ tsp salt
- 1 Tbsp ghee

Rinse the rice and mung well.

In a medium saucepan, bring the water to a boil on high heat. Add the rinsed rice and dal to the boiling water.

Turn down to simmer, uncovered for 15-20 minutes. Add the cinnamon, apples, and maple syrup. Cover and simmer 15-20 minutes more, adding more water if needed. Go for the consistency of thick oatmeal.

Turn off the heat and stir in the ghee and salt. Let stand 5 minutes before eating, if you can.

Healing Kitchari

This complete, one-pot meal is a traditional mixture of basmati rice, hulled split mung beans, and digestive spices. This particular recipe reflects what you would find served at an Ayurveda center during a residential treatment. The very low fiber due to no hulls on the rice or bean makes this an exceptionally soft, smooth dish. For cases of inflammation in the gut, or dry, windy, inner conditions, this recipe promotes healing. The lack of fiber, however, can cause constipation for some, which is why our Kitchari Cleanse recipe calls for whole mung beans.

SERVES 4-6

- 6 cups water
- 1 cup basmati rice
- 1/2 cup yellow split mung dal (ideally soaked for 1 hour or more)
- 1 Tbsp Fall Detox Spice Mix:
 - (you can make the below mix in bulk and use it throughout this cleanse and throughout the fall season:
 - 1 part cumin seed
 - 1 part coriander seed
 - 1 part fennel
 - 1 part turmeric powder
 - Dry roast until they release scent, cool, and grind in a coffee grinder or mortar and pestle.
- 2 cups seasonal vegetables, coarsely chopped into 1/2-inch cubes, leafy greens also coarsely chopped into strips
- 1/2-1 tsp salt
- fresh cilantro for garnish
- FOR THE TEMPERING
 - 1-2 Tbsp ghee
 - 1/2 tsp cumin seed

- ½ tsp coriander seed
- ½ tsp fennel seed (optional)

In a large saucepan boil 5 cups of the water on high heat. Set the other 1 cup aside to add during cooking as needed.

Rinse the rice and dal twice or until water runs clear. Add them to the boiling water, along with the spice mix, and keep on high heat until the liquid boils again.

Then immediately turn the heat down to low. If using hard vegetables like carrots and squash, add the 1/2-inch cubes now.

Partially cover the pan with the lid ajar and simmer for 20 minutes without stirring.

Check after 20 minutes to see if it needs more water. If the dal is not submerged, it does. Pour the additional cup of water on top and do not stir.

If using quick-cooking vegetables like hearty greens, peas, green beans, and the like, add those on top to steam now. Simmer partially covered 10 minutes more.

To make the tempering, warm the ghee in a small skillet on medium heat. Add the cumin, coriander, and optional fennel seeds and cook until the seeds pop, about 2–3 minutes. Remove from heat and pour into the kichari. Add salt, stir well, and let stand, covered, for a few minutes. Kichari should have a soupy, soft consistency; serve it in bowls, as you would a stew.

Garnish with fresh cilantro.

FALL QUINOA KITCHARI

Quinoa and red lentils make a winning combo that cooks real fast. If you're getting constipated, including some quinoa, which is lighter and more fibrous, can sort things out. Split mung can be used in place of red lentil, but needs to be soaked overnight first.

SERVES 4

- ¾ cup quinoa, rinsed well
- ¾ cup red lentils, rinsed well
- 5 cups water

- 1 tsp turmeric
- 2 tsp coriander powder
- 2 summer squashes
- 2 Tbsp ghee
- 2 tsp mustard seeds
- 2 tsp cumin seed
- Cilantro to garnish
- salt to taste

Boil the water and add the quinoa and lentils. Bring to a boil for 5 minutes, then add turmeric and coriander, cover partially and simmer for 20-30 minutes. Add the chopped squashes on top to steam for another 10 minutes. Warm the ghee in a small pan, roast the seeds for a few minutes until they release aroma. Take kichari off the heat and stir in the spiced ghee. Let stand covered for 5 minutes while you prep some cilantro pieces. Enjoy! For variety, sometimes I steam the squashes on the side and add them to the top. Sometimes I hand blend the cooked squashes into the kichari for just a few seconds.

CLEANSING KANJEE

Kanjee (KAHN- ji) is the most simple food that provides nourishment and hydration without taxing the digestion. In the event that you need a break from kichari, or don't have an appetite but know that you need to eat something, use this recipe. This can be enjoyed with a side of steamed vegetables for a cleanse-meal.

SERVES 4

- 10 cups water
- 1 cup brown basmati rice, soaked for 1 hour or more
- ¼ tsp salt
- 1-2 tsp Fall Detox Spice (see from above recipes) or a ½ tsp of Fall Sweet Spice Mix (see from above recipes) if you want a sweet version

Over low heat, boil rice, water and spices together, partially covered, in a large pot for 1 hour or until the rice breaks up and the soup appears creamy. Stir well before ladling into soup bowls.

VEGETABLE BROTH

This light mineralizing broth can help maintain your energy in the final days of the cleanse. Drink up to 3 cups each day. This recipe makes 2 days worth. You don't have to follow this recipe, you can also save your vegetable scraps through the week and cook them down every 2–3 days to make a broth. Always drink the water you steamed your veggies with. Avoid substituting boxed broth for this recipe.

- 2 sweet potatoes
- 8–12 organic carrots, peeled
- 1 bunch organic celery, chopped
- 2 bunches of dark leafygreens
- Enough purified water to cover the vegetables

Add the peels from the potatoes and carrots, and the chopped vegetables, to a pot and just cover with purified water. Bring this to a boil and then simmer covered on low heat for one hour. Strain and drink only the broth. The vegetables can be stored in the refrigerator until the cleanse is over and cooked and puréed into a soup.

OPTIONAL CONDIMENTS FOR CLEANSING:

- Bragg Liquid Aminos: (soy sauce alternative) go easy on the salt
- Nori Sheets: These sheets make the meal fun and add minerals. You can make kitchari wraps or use them where you'd normally use bread to sop up meals
- Freshly squeezed lime
- Balsamic or ACV: just a tsp!
- Dulse flakes: Find these in the seaweed section of your grocery store. They are a great source of Vitamin B12.
- Hemp seeds

MAKE YOUR OWN CILANTRO CHUTNEY

If the Kichari Cleanse has got you down, add 1 tablespoon of this chutney with your meals to keep it tasty.

- 1 bunch fresh coriander (cilantro or Chinese parsley)

- ¼ cup fresh lemon juice
- ¼ cup purified water
- ¼ cup unsweetened dry
- coconut
- 2 Tbsp fresh chopped ginger root
- 1 tsp raw honey
- 1 tsp sea salt
- ¼ tsp fresh ground black pepper

Blend lemon juice, water, and fresh coriander until the coriander until the herb is coarsely chopped. Add the rest of the ingredients and blend until it is the consistency of pesto. Store covered in the refrigerator for up to one week.

ADDING ADDITIONAL FOODS TO THE CLEANSE:

There are various reasons you might need more nutrition, more fats, or more dense foods during the kitchari cleanse. This is a function of the state of your agni (digestive fire), how much body fat you have, if there is ama (undigested food) in your stomach, how active you are, how different this is from your usual diet, or your current or recent stress levels. It's important to have some clear options to choose from when you feel overwhelmed, exhausted, or like you need to dial it back. The more you stick to the above recipes,, the more purification is possible, however, if your body feels it's going into starvation mode, it may contract and hold onto the whatever it is you actually need to cleanse. . There is an art in finding the middle road in a sustained cleanse where the blood sugar is balanced. In general, a cleanse will contain limited fats and proteins, which frees up the liver and allows the agni to build.

Please see the “Fall Reset For Rejuvenation: Auxiliary Foods For The Cleanse” packet for options to add to the above. You'll find that they are more dense, and represent easy-to-digest fats and proteins. They're the auxiliary foods to reach for during the pre and post cleanse, and during the kichari cleanse if you feel you are crashing. We want to include these options and make it clear that the Auxiliary Foods are always

there for you so that you have clear choices (and are less likely to fall grab that chocolate bar!)

FINALLY,

ARE YOU TRAVELING OR ON THE GO DURING ANY PART OF THE KITCHARI CLEANSE?

- Divya's Kitchen is a beautiful Ayurvedic restaurant in NYC right beneath The Bhakti Center and Divya created read-to-go kitchari packets. Just add veggies.
 - [Balancing Kitchari - single servings](#)
 - [Balancing Kitchari - group size](#) (1 packet will serve more than one person)

USE CODE: LISA15 for 15% off the above and all other pantry products from Divya's!

One of the purposes of this cleanse is to learn how fun and simple it can be to prepare your own meals and to cook and connect with your food. However, life happens! Thankfully there are some easy options available!