



Holistic Ayurveda

BALANCE • HEAL • THRIVE

THE

AYURVEDIC KITCHEN

*Nourishing Recipes for
a Balanced and Vibrant Life*

SIMPLE
WHOLESOME
SEASONAL
DELICIOUS



GOOD FOOD • BALANCED ENERGY • A BRIGHTER YOU



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Dr. Hemant Gupta is an Ayurvedic physician and educator with more than four decades of experience in Ayurvedic practice and teaching. Through Holistic Ayurveda, his work focuses on helping people understand classical Ayurvedic principles in a practical and accessible way for everyday life.

His teaching places particular emphasis on digestion, food, daily and seasonal routines, individual constitution, and careful self-observation. Rather than reducing Ayurveda to rigid food lists, he encourages students to understand the qualities of food, the strength of appetite and digestion, and the way preparation can change how a meal is experienced.

This cookbook reflects that approach. It is designed to help readers bring Ayurvedic thinking into the kitchen through simple meals, familiar ingredients, spices, cooking methods and observation - while keeping the focus on nourishment, enjoyment and daily balance.

Holistic Ayurveda Institute and Wellness Centre
Ottawa, Canada

A practical approach to Ayurveda

Learn the principles, observe your own response, and make thoughtful adjustments rather than following a one-size-fits-all diet.

Table of Contents

Every entry below is clickable in the digital PDF. Page numbers are included for print and quick reference.

FOUNDATIONS	KITCHEN	RECIPES	MEAL PLANS	JOURNAL
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Start Here

About Dr. Hemant Gupta	3
Educational & Safety Note.....	4
How to Use This Book	5

Part I — Foundations of Ayurvedic Eating

Part I opener	10
1. Ayurveda Begins in the Kitchen	11
2. Elements, Qualities & the Language of Food	13
3. Doshas & Food	15
4. The Six Tastes	18
5. Agni, Hunger & Quantity	20
6. How to Eat	22
7. How Cooking Changes Food	24

Part II — The Ayurvedic Kitchen

Part II opener	27
8. Pantry & Spices	28

Part III — Everyday Recipes

Part III opener	32
Breakfast	33
Cardamom Stewed Apples	34
Creamy Spiced Oats	35
Savory Cumin Oats	36
Soft Rice Porridge	37
Vegetable Poha	38
Vegetable Upma	39
Moong Dal Chilla	40
Quinoa Pear Porridge	41

Rice & Grains	42
Perfect Everyday Basmati Rice	43
Cumin Rice	44
Golden Turmeric Rice	45
Vegetable Pulao	46
Coconut Coriander Rice	47
Lemon Ginger Rice	48
Vegetable Quinoa Pilaf	49
Dal & Legumes	50
Simple Yellow Moong Dal	51
Moong Vegetable Soup	52
Red Lentil Tomato Dal	53
Masoor Dal with Carrot	54
Spinach Moong Dal	55
Zucchini Moong Dal	56
Gentle Chickpea Curry	57
Lighter Rajma-Style Kidney Beans	58
Vegetable Curries	59
Cumin Zucchini	60
Carrot & Green Bean Sabzi	61
Cauliflower & Peas	62
Ginger Cabbage	63
Beet & Carrot with Fennel	64
Pumpkin Coconut Curry	65
Green Beans with Coconut	66
Sweet Potato & Fennel	67
Cumin Okra	68
Spinach Potato Curry	69
Everyday Mixed Vegetable Curry	70
Soups & Salads	71
Carrot Ginger Soup	72
Pumpkin Coriander Soup	73
Zucchini Cilantro Soup	74
Red Lentil Vegetable Soup	75
Warm Carrot Beet Salad	76
Cucumber Mint Salad	77
Warm Quinoa Vegetable Salad	78
Snacks & Sides	79
Roasted Makhana with Cumin	80
Warm Spiced Seeds	81

Baked Sweet Potato Wedges	82
Moong Vegetable Patties	83
Fresh Coriander Chutney	84
Simple Coconut Chutney	85
Cucumber Cumin Raita	86
Drinks & Herbal Teas	87
Cumin-Coriander-Fennel Tea	88
Fresh Ginger Tea	89
Fennel Infusion	90
Ajwain Kitchen Infusion	91
Cinnamon Cardamom Tea	92
Tulsi Ginger Infusion	93
Spiced Buttermilk	94
Warm Apple Spice Drink	95
Carrot Fennel Juice	96
Cucumber Cilantro Cooler	97
Diluted Pomegranate Coriander Drink	98
Sweets	99
Cardamom Rice Kheer	100
Date Coconut Bites	101
Sesame Date Ladoo	102
Carrot Cardamom Halwa	103
Baked Pear with Cardamom	104

Part IV — Everyday Comfort & Building Meals

Traditional Kitchen Preparations for Everyday Comfort	105
When the Weather Turns Cold	106
Building Meals	107
The Practical Plate	108
14-Day Example Meal Plan	109

Part V — Food & Digestion Journal

Your Food & Digestion Journal	113
How to Journal	114
Day 1 Journal Page	115
Day 2 Journal Page	116
Day 3 Journal Page	117
Day 4 Journal Page	118
Day 5 Journal Page	119
Day 6 Journal Page	120

BREAKFAST

Cardamom Stewed Apples

A soft, warm fruit breakfast for mornings when you want something simple.

- WARM
- SOFT
- LIGHT BREAKFAST

Serves 2 Prep 5 min Cook 12 min

Ingredients

- 2 apples, peeled if desired and diced
- 1/3 cup water
- 1/4 tsp ground cinnamon
- 2 cardamom pods, lightly crushed
- Pinch of grated fresh ginger (optional)

Method

1. Place the apples and water in a small saucepan.
2. Add cinnamon and cardamom. Cover and simmer gently until the apples are very soft, 8-12 minutes.
3. Add ginger in the last minute if using. Remove cardamom pods before serving.
4. Serve warm on its own or spoon over porridge.

Ayurvedic lens

Cooking adds warmth and moisture to fruit that is otherwise crisp and relatively dry. This preparation is generally more grounding than eating the same apples raw and chilled.

Adjust it: For a richer breakfast, add a spoon of cooked oats or a small drizzle of ghee. For hotter weather, skip the ginger and use only cardamom.

RICE & GRAINS

Perfect Everyday Basmati Rice

A foundational rice recipe for pairing with dal and vegetables.

STAPLE

SIMPLE

VERSATILE

Serves 3-4

Prep 5 min

Cook 20 min

Ingredients

1 cup basmati rice

1 3/4 cups water

Pinch of salt (optional)

1 tsp ghee (optional)

Method

1. Rinse rice until the water runs mostly clear.
2. Combine rice and water. Bring to a boil.
3. Cover, reduce heat and cook for 12 minutes. Turn off heat and rest covered 8 minutes.
4. Fluff gently and add ghee if desired.

Ayurvedic lens

Rice is adaptable: drier, separate grains feel different from softer rice cooked with more water. Match the texture and portion to appetite and the rest of the meal.

Adjust it: Use 2 cups water for softer rice. Pair with a lighter dal when appetite is moderate.

DAL & LEGUMES

Simple Yellow Moong Dal

A foundational dal with cumin, turmeric and coriander.

MOONG WARM STAPLE

Serves 4 Prep 8 min Cook 30 min

Ingredients

- 1 cup split yellow moong dal, rinsed
- 4 cups water
- 1/2 tsp turmeric
- 1 tsp ghee
- 1 tsp cumin seeds
- 1 tsp grated ginger
- 1/2 tsp ground coriander
- Salt and cilantro to taste

Method

1. Simmer moong dal with water and turmeric until very soft, 25-30 minutes.
2. Warm ghee; add cumin and ginger. Stir briefly.
3. Add coriander, then pour the tempering into the cooked dal.
4. Season and finish with cilantro. Add hot water if you prefer a thinner consistency.

Ayurvedic lens

Split moong is one of the lighter legumes used in Ayurvedic kitchens. Thorough cooking and a soft consistency generally make it easier to manage than dense, undercooked beans.

Adjust it: For a lighter bowl, make it thinner. For colder weather, increase ginger slightly.

VEGETABLE CURRIES

Cumin Zucchini

A fast, soft vegetable side with cumin and coriander.

- QUICK
- MOIST
- VEGETABLE

Serves 4 Prep 8 min Cook 12 min

Ingredients

- 3 medium zucchini, diced
- 1 tbsp ghee or oil
- 1 tsp cumin seeds
- 1/2 tsp ground coriander
- Pinch of turmeric
- Salt and cilantro to taste

Method

1. Warm fat and add cumin.
2. Add zucchini, coriander and turmeric.
3. Cook uncovered until tender but not watery, stirring occasionally.
4. Season and finish with cilantro.

Ayurvedic lens

Zucchini is moist and soft when cooked. Keeping the seasoning simple lets you notice how different it feels from raw zucchini.

SOUPS & SALADS

Carrot Ginger Soup

Smooth carrot soup with ginger, cumin and coriander.

SMOOTH

WARMING

SOUP

Serves 4

Prep 10 min

Cook 25 min

Ingredients

6 carrots, sliced

1 tbsp ghee or olive oil

1 tsp grated ginger

1/2 tsp cumin

1/2 tsp coriander

4 cups water or unsalted vegetable broth

Salt to taste

Method

1. Warm fat and add ginger, cumin and coriander.
2. Add carrots and liquid. Simmer until very soft.
3. Blend until smooth.
4. Season and serve warm.

Ayurvedic lens

Blending and extra liquid make the carrots soft and cohesive. Ginger adds warmth, so reduce it in hot weather if preferred.

SNACKS & SIDES

Roasted Makhana with Cumin

A crisp, light snack made from fox nuts (makhana).

CRISP LIGHT SNACK

Serves 4 Prep 2 min Cook 10 min

Ingredients

- 4 cups makhana
- 1 tsp ghee
- 1/2 tsp cumin powder
- Pinch of turmeric
- Pinch of salt

Method

1. Warm ghee in a wide pan.
2. Add makhana and roast over low heat until crisp, 8-10 minutes.
3. Add cumin, turmeric and salt. Toss well.
4. Cool before storing in an airtight container.

Ayurvedic lens

Dry roasted snacks are light in weight but can also be drying. Keep portions moderate and pair with an appropriate warm drink if desired.

DRINKS & HERBAL TEAS

Cumin-Coriander-Fennel Tea

A mild culinary-spice infusion often used as an everyday warm beverage.

- WARM DRINK
- SPICE INFUSION
- CAFFEINE-FREE

Serves 2-3 Prep 2 min Cook 7 min

Ingredients

- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds
- 1/2 tsp fennel seeds
- 3 cups water

Method

1. Lightly crush the seeds.
2. Simmer in water for 5-7 minutes.
3. Strain and sip warm.

Ayurvedic lens

This traditional combination is aromatic and gentle. Treat it as a beverage, not a treatment. If any spice does not suit you, simply leave it out.

SWEETS

Cardamom Rice Kheer

A classic rice pudding made as an occasional sweet.

DESSERT

TRADITIONAL

OCCASIONAL

Serves 6

Prep 5 min

Cook 40 min

Ingredients

1/2 cup basmati rice, rinsed

5 cups milk or suitable milk alternative

4 cardamom pods, crushed

2-3 tbsp sugar or jaggery, to taste

1 tbsp chopped pistachios or almonds
(optional)

Method

1. Cook rice and milk over low heat, stirring regularly, until thick and very soft.
2. Add cardamom and sweetener near the end.
3. Simmer 3-4 minutes more.
4. Serve warm in a small bowl, garnished if desired.

Ayurvedic lens

Sweet taste can be nourishing and satisfying, but desserts are concentrated foods. Quantity and frequency matter more than labeling a sweet as universally good or bad.