

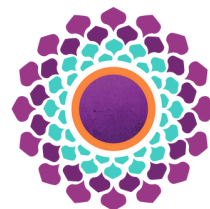
Sarahjoy's Ayurvedic Beetroot Palya



Ingredients

- 1 tbsp coconut oil
- 1 tsp mustard seeds
- pinch of asafetida (hing) powder (optional)
- 2 cups peeled, shredded beets
- ½ cup shredded coconut
- ¼ tsp cinnamon
- 1 tsp salt
- ½ cup water

Instructions



Warm the coconut oil in a large frying pan over medium heat. Add mustard seeds and asafetida powder, if using. Fry in the oil for 2-3 minutes. Cover the pan with a lid so the seeds don't escape when they pop.

Add diced beets and shredded coconut. Fry for a few seconds, stirring to distribute oil and spices throughout. Add cinnamon and salt, then the water. Stir, cover, turn the heat down to low, and simmer for 10 minutes.

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