



## KANJI

### Ingredients :

- Matta rice (Kerala Rice) - 1 cup
- Water - 5 Cups
- Salt - as needed



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*An unit of Punanava Ayurveda*

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## Method :

- Wash and clean matta rice.
- Add 5 cups of water to the rice and boil in a vessel.
- Stir at intervals and when the rice is cooked , remove the vessel from the stove.
- Add salt, mix well and serve it hot with Greengram, Pappad



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## Ayurvedic Properties

- Quality of the Rice is very nourishing, pacifies vata and pitta.
- Very wholesome food. It increases the body weight.
- Healthy food
- It is very light and easy to digest

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