

Heart Healthy Recipe Exchange

Sweet Upma

Category: Breakfast

Description: Main Dish

From the Kitchen of
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(Image: Courtesy Annam Sayyad – Cookpad)



Servings:	
Prep Time:	15 minutes
Total Time:	20 minutes

Ingredients:

1. 1 cup of semolina
2. 2 tsp of honey
3. 2 tsp of cinnamon
4. 2 tsp of organic brown sugar
5. Handful of cashews, walnuts
6. 2 cups of water

Directions:

1. Roast the semolina on a pan until it becomes aromatic.
2. Add water to pan and bring it to a boil until semolina is soft
3. Add honey, cinnamon and organic brown sugar. Mix thoroughly
4. Add cashews and walnuts
5. Turn heat down to low flame until upma becomes soft and solid.
6. Serve hot with milk, coffee or tea!

Notes:

Upma is a common breakfast eaten South India. It can be either spicy or sweet and can be quite filling as a meal. Upma is also known as cooked semolina.

Comments on Nutritional Value (Dr. Divya Selvakumar)

Semolina is well-known in Ayurveda for strengthening, rejuvenating, soothes ulcers, increases appetite, heals fractures, and enhances stability. Honey should always be eaten raw; the best type of honey is raw, organic and no-added sugar honey. Honey is exceptionally good for respiratory infections (like the common cold) and heals wounds. Cinnamon is a warming spice, and is useful for cough, edema and flu. Organic brown sugar should be used in small quantities and is an excellent sweetener. Cashews and walnuts are packed with protein and good saturated fat; however, they should be avoided if nut allergies are detected. Cashews have a good amount of magnesium, needed for cofactors for 300 enzymes throughout the body (substances that speed up chemical reactions). Walnuts have low saturated fat and good amount of monounsaturated fat.