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actually been around for generations. A holistic medicine practice from India, Ayurveda focuses on balance. When it comes to the dining table, that means fresh, seasonal and local ingredients combined to promote digestion and harbor anti-inflammatory properties.

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If you're bored of your regular oatmeal,  
based ayurvedic breakfast recipes, switch it  
out quinoa porridge recipe - boil quinoa,  
almond milk, rock salt, vanilla extract for a  
couple of minutes. Top this warm porridge  
with cubes of stewed pear and sliced toasted  
almonds.

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