

Porridge

Soak traditional oats (usually about 3-4 cups) in water (to cover) with a tablespoon of vinegar/ yoghurt/lemon juice, overnight.

In the morning rinse and drain.

While they are draining put a few tablespoons of coconut oil in a saucepan (about 1tbs per cup of dry oats)

add chopped dates (usually 1 per cup of dried oats)

and a grated apple or pear and toss them around for a while.

Then add the drained oats, a cup of milk and a cup of water and leave to simmer for a few minutes, basically to heat through. That is the basic recipe.

Variations:

At the point when the dates and grated fruit are added you can add

- a tbs of turmeric
- a tbs dulce
- a tbs of cinnamon or other spices you like

Even a little freeze dried liver.

If you are into the multitude of Superfoods around and have the budget for them you can add them at this point too - maca, acai, lacuma, bee pollen, chia, hemp, lsa, mesquite, collagen, greens etc

Store the porridge in a glass container in the fridge.

To serve, scoop out desired quantity of porridge from container and place in saucepan to heat. To eat cold, serve directly into bowl.

Add some water/coconut water/milk if you like a thinner porridge.

To serve you can add some berries, cream/yoghurt/kefir, ghee/butter and a good drizzle of honey.