

Properly-Prepared Porridge



Serves 4

Ingredients

- 1 C oats (rolled or cracked)
- 1 C warm, filtered water
- 2 Tbs *whey (from homemade kefir or yogurt)
- 1/2 tsp sea salt
- 1 C of filtered water
- *Optional:* Top with your favorite fruit, crispy nuts, and natural sweetener like raw honey
- Make sure to serve with a good source of fat such as butter or cultured cream. Coconut milk is also a wonderful addition!



Prep

In a bowl, mix oats with 1 C of warm, filtered water and 2 Tbs of *whey. Cover and leave in a warm place overnight (inside the microwave works well)

Directions

1. In pot, bring additional C of water to boil with salt
2. Add soaked oats, reduce heat, cover and simmer for several minutes
3. Turn off heat and let stand for a few minutes
4. Top with a pat of butter or cultured cream and favorite toppings

Notes

*If whey is unavailable or for those with dairy allergies, replace whey with lemon juice

Make sure to add a good source of fat for satiation, to control blood sugar, and because it tastes so good!