



Properly-Prepared Porridge

Serves 4

This porridge is a breeze to whip up—prep it the night before, and voilà! A beautiful, creamy oatmeal that cooks in just 5 minutes.

Ingredients

- 1 cup oats (rolled or cracked)
- 1 cup warm, filtered water (for soaking)
- 2 Tbsp *whey (from homemade kefir or yogurt)
- 1/2 tsp sea salt
- 1 cup filtered water (for cooking)
- *Opt:* Top with your favorite fruit (like berries or sliced banana), crispy nuts, and a natural sweetener like raw honey.
- Serve with a good source of fat such as butter, cultured cream, or raw milk for extra nourishment.



Prep (Overnight)

In a bowl, mix the oats with 1 cup of warm, filtered water and 2 Tbsp of *whey. Cover and leave in a warm place overnight (inside the microwave works well to keep it undisturbed).

Directions

- In the morning, bring an additional 1 cup of filtered water to a boil with the sea salt in a pot.
- Add the soaked oats, reduce heat, cover, and simmer for about 5 minutes, or until the oats are tender and creamy.
- Turn off the heat and let it stand for a few minutes to thicken.
- Top with a pat of butter, cultured cream, or raw milk, and add your favorite toppings like berries, crispy nuts, or a drizzle of raw honey. Dig in and enjoy!

Tips (The Wise & Wild Way)

- *If whey is unavailable or for those with dairy allergies, you can replace whey with lemon juice to acidulate the soaking water.
- Adding a good source of fat (like butter, cultured cream, or raw milk) helps with satiation, keeps blood sugar stable, and makes it taste amazing—don't skip it! If excluding dairy, pure coconut milk or cream (with no additives) is a tasty substitute.

