

BREAKFAST PORRIDGE

INGREDIENTS

Steel cut oats ¼ cup

Organic rolled oats ¼ cup

Organic raw buckwheat 1 tblspn (optional)

Water 1.5 cups

L.S.A. (linseed, sunflower and almond meal) 1 tspn or to taste

Hemp seeds 1 tspn

Toasted sesame seeds 1 tspn

Pinch of salt

Choice of milk – I use soy

If you need sweetener, use pure maple syrup only

METHOD

Porridge is probably one of the easiest hot breakfasts to make.

Mix the steel cut and rolled oats (and buckwheat, if including) in saucepan with the water and a pinch of salt.

Simmer for 15-20 minutes until cooked, stirring occasionally.

Warm the milk.

Plate up and add warmed milk to taste.

Add maple syrup if desired and scatter the sesame seeds on top.