

Recipes

Loaded Porridge

Method

- + Add oats, liquid & salt to a small saucepan and simmer until cooked to desired consistency.
- + Add toppings.

Did you know?

To reduce cooking time soak your oats in water overnight and simply drain before following recipe and cooking.

GutAid⁺
my goodness

Ingredients

- + 1/2 Cup Rolled Oats (not quick)
- + 1 Cup Water, Milk or Milk Alternative
- + Pinch Sea Salt

Toppings

- + Frozen or Fresh Berries
- + Nut or Seed Butters
- + Coconut Flakes
- + Chopped Nuts & Seeds
- + Real Maple Syrup or Honey
- + Grated Apple / Sliced Banana
- + Ground Cinnamon, Cardamon or Nutmeg