



## Boost Porridge

Boost porridge is a nutrient-dense, probiotic recipe designed to support immune resilience, gut, brain, and heart health, and stabilise your blood sugar levels. **Lisa Rieniets ND.**

### Ingredients

- 1/3 cup organic oat bran.
  - 1/3 cup organic walnuts.
  - 1/4 cup whole golden linseeds (flaxseed)
  - 2-3 chopped Medjool dates.
  - 1 really ripe mashed banana.
  - 1 cup of Bonsoi soy milk (almond or oat milk).
  - 1/2 metric teaspoon of true cinnamon.
- This recipe serves 2 people – or one hungry athlete.

### How To Make It

Grab your measuring spoons and cups.

We use Australian metric cups and spoon measures for our recipes.

Place your nuts and linseeds into a blender or food processor and pulse blend them for about 30 seconds until you create a coarse meal.

Then stir through the oat bran and put it aside.

Add the milk, cinnamon, mashed banana, and chopped dates to your porridge pot.

Bring to a simmer and stir until the dates and mashed banana soften.

The final step is to stir in the oat bran, linseed and walnut meal.

You only need to simmer and stir for a minute.

This recipe thickens quickly – so add more milk if it's too thick.

Once the porridge thickens, pour it into your breakfast bowls.

Dress your porridge with a drizzle of raw honey or pure maple syrup if you like sweet porridge, extra soy milk, chopped nuts and seeds, and a sprinkle of fresh berries to boost your immune system.



## RECIPE NOTES

Use a really ripe banana for this recipe – the riper the more intense the banana’s deliciousness - and takes your porridge flavour to another level!

You can use a handful of frozen berries, organic sultanas, or a grated apple in your porridge. Simmer and soften them with the milk, cinnamon, and dates.

You can blend cashew nuts with the linseeds instead of walnuts for a creamy porridge, or use half walnuts and half cashews.

You can make a larger batch to last a few days and reheat as needed. Store in your fridge in airtight, glass containers.

When you reheat, stir in extra liquid because the porridge thickens as it sets.

You can add a tablespoon of hemp seeds to your porridge for an extra boost of nutrition and omega-3.

We always recommend grinding whole linseeds for optimal nutrition because once ground seeds begin to oxidise and you lose nutrients. And - if you have the space - store your nuts and seeds in the fridge because it will further extend their shelf life.

If you are on a sugar-free diet, use pure monk fruit liquid concentrate to sweeten – start with 3 drops – taste – and adjust until it’s just right for you.

Monk fruit is very sweet, so start with a few drops and build the level of sweetness.

Only use pure monk fruit. Check the labels because not all monk fruit is pure – liquid or powders.

If you live in Australia and find it hard to source ingredients locally, we stock pure monk fruit liquid concentrate, golden linseeds, and oat bran for our clients. You can purchase the ingredients directly from our online shop, or come in and see us if you live locally.

**Enjoy how delicious food medicine can be!**