

No-Oatmeal Porridge

Just a couple years ago I used to eat old-fashioned oatmeal for breakfast believing it is the healthiest breakfast I could find. After all, it Quaker Oats are endorsed by AHA (American Heart Association). Nevertheless, I found out this type of breakfast (as well as any cereal with milk) is not for me: just 1.5-2 hours after my oatmeal I would become "hAngry". I looked at the package, and no wonder: There is a little bit of protein in each serving, but also there are tons of carbohydrates, and not much fiber. So, as these simple carbs broke down to simple sugars, my own blood sugar spiked fast in the first hour and then dropped as fast in the 2nd hour. Just from changing my breakfast to more protein and vegetables made a huge difference in how I feel the rest of the day.

If you still love your oatmeal and have blood sugar problems, try eating it at dinner time or combine it with more fat such as butter (coconut manna is great too) and more protein.

The flax seed/chia seed recipe is great for women who experience the symptoms of PMS and estrogen dominance. Seeds help get rid of extra estrogen in the body and with time you may notice that your symptoms got much better than before.

Ingredients:

2 cups freshly ground flax seed
2 cups freshly ground chia seeds
2 cups hemp seed (do not forget to keep hemp seed in the fridge or freezer)
1/4 cup coconut flakes per serving
2-3 tbsp walnuts/pecans (soaking the nuts for 4-8 hours decreases the amount of lectins)
1-2 tbsp cashew or sunflower butter
1/2 tsp vanilla
pumpkin seeds

1 dash of salt

Directions:

1. Add ground flax seeds, chia seeds, and hemp seeds to a jar. Close the lid and shake the jar very well to combine the ingredients. Store in the airtight container/jar in the fridge.
2. When you are ready for your breakfast, scoop 1/2 cup of the mixture into a bowl and add 1.5 cups hot water to the mixture. Add a dash of salt and mix.
3. Cover the bowl with a plate to contain heat and let the seeds soak with water.
4. Add crunchy coconut flakes on top and sprinkle with pumpkin seeds or soaked walnuts/pecans and a dash of vanilla and maple syrup. Add the cashew or sunflower butter and mix.
5. The porridge is ready! Enjoy!

P.S. For people with digestive issues, soaking any nuts and seeds will help to decrease the amount of lectins that may inflame the gut lining and impair absorption of minerals and vitamins from other foods.