

# Terry's Healthy Breakfast

This is a nutritious, zone favourable breakfast that is quick to prepare, absolutely yummy, and easily adapted to the blood type diet.

## Ingredients to serve 4:

**1/2 cup organic rolled oats**

**1/2 cup of quinoa** (a high protein grain available from your health food store)

**1 heaped deserts spoon chia seeds**

**Organic puffed rice and kamut** (health food section of Coles)

**15ml macadamia or flaxseed oil** (less if you're avoiding fats)

**1 handful of organic almonds, macadamias, pepetas (pumpkin seeds) and sunflower seeds**

**1 handful of naturally dried or organic sultanas, currents, figs, cranberries, chopped dates**

**1 tub of purée fruit or a handful of frozen blueberries/raspberries etc**

**1 tiny pinch of Himalayan sea salt**

**1 pinch each of cinnamon and cardamom**

**1 teaspoon of Chyawanprash - an ayurvedic tonic (optional)**

**Milk of your choice**

## Method:

**The night before:** Place half a cup of quinoa and 2/3 cup of water in a saucepan and bring to boil. While this is happening place oats, nuts and chia in a covered bowl and add about 150ml of water. Allow to soak overnight.

Switch off quinoa and rest the soaked oats and nuts mixture on the top of the saucepan and cover with the lid. This slightly warms the oats and starts a mild lacto-fermentation process that releases a lot more nutrients. It also slightly raises the glycaemic index of the oats, but this is balanced by the other proteins and essential fatty acids.

**The next morning:** Turn on the heat under the quinoa till fully expanded, making sure there is enough water to stop them drying out.

Add the oats, nuts, dried fruit, spices, salt and ghee or macadamia oil to the expanded quinoa, cover with milk and stir so there are no lumps. Turn stove to low, stirring occasionally, or switch off and let it cook in its own heat. (You'll need to reheat before serving) Add some more milk, stir, and reduce heat to allow the consistency to thicken to your liking.

I use one of those "anti boil over" ceramic discs to prevent burning. Stir in a teaspoon of Chyawanprash for extra nutrition and health benefit

(optional). If using flax seed oil, stir it in just before eating as it should not be added at cooking temperatures.

Sprinkle puffed rice and kamut on top and add any seasonal fruit or natural yoghurt if desired.

Some people really like a half a teaspoon of organic molasses stirred in as well for the taste and high mineral content.

**In summer:** Same preparation in the evening, soaking the oats and nuts and bringing the quinoa to the boil. In the morning simply bring the quinoa to the boil and switch off until it fully expands. When ready to serve simply add quinoa to the oats with flax seed or macadamia or olive oil and the puffed rice or a bit of crunchy muesli. If you do not want to go to the trouble of blanching the almonds use macadamias or other nuts. Add other toppings and moisten with raw milk, rice milk, oat milk or soy milk if preferred. This is a filling, healthy breakfast that will see you through till lunchtime. The Himalayan sea salt and Chyawanprash are available from Nature Therapies.

Enjoy!

*Healthy and hearty regards  
Terry Hitzke*

