

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Hot Oat Groat and Quinoa Cereal



1 1/2 cups low heat cooked oat groats and quinoa

1/2 Tbls. Chia seed

1/2 of one chopped apple

1 Tbls. raisins

Dash of cinnamon

Pure maple syrup to taste

1/2 cup rice, almond, or organic soy milk

Put all the ingredients, except for the milk, into a thermos. Warm the milk and pour over the top of your cereal mix. Put the lid on the thermos and let sit for 10 minutes to warm through. Enjoy! (You can also do this in a bowl but it will not retain as much heat.)