

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Low Heated Oat Groats and Quinoa

In the evening-

In a wide mouth thermos;

1/3 full of oat groats plus 2 TBLS red quinoa

Fill the rest of the thermos with boiling distilled water. Screw on the lid and shake back and forth for 20 seconds, set on counter.

In the morning-

Take the grain out of the thermos and add;

1-2 tsp of chia seed

Honey, agave or stevia (not the white stuff)
and sweeten to taste

1/8 tsp cinnamon

1/2 banana

1/4 c raisins

You can add your favorite fresh fruit that is in season and use any grain that you enjoy. There is no limit on the flavor or variety of your breakfast cereal.



Enjoy!