

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Oat Groats and Quinoa (gluten-free)

By Doreen Spackman

### In the evening-

In a **wide** mouth thermos;

1. Fill 1/3 full of oat groats plus 1- 2 TBLS red quinoa (for a 17oz. thermos use ½ cup oat groats and 1 Tbs. of red quinoa, for a 24oz. thermos use 1 cup oat groats and 2 Tbs. of red quinoa)
2. Fill the rest of the thermos with boiling distilled water. Screw on the lid and shake back and forth for 20 seconds and let set on counter overnight.



### In the morning-

Take the grain out of the thermos; I usually get 2 -3 servings from a 17 oz. thermos.

For each serving add:

1-2 tsp. of chia seed

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

1/8 tsp. cinnamon

1/2 apple cored and diced

1/2 banana sliced- optional

1/4 c raisins-optional

Milk-almond, rice, or organic soy

You can add your favorite fresh fruit that is in season or dried fruit. There is no limit on the flavor or variety of your breakfast cereal.

Have a Happy and Healthy Day!