

## Gut Healing Morning Porridge

*Today, slippery elm is used to treat a variety of ailments from healing digestive distress, to soothing stress and anxiety, to treating symptoms of psoriasis. It is not only a potent source of antioxidants but also contains a host of minerals, such as magnesium, iron, calcium, potassium, as well as vitamin C and a family of B vitamins, to name a few.*

### Ingredients

Here's the ingredients you'll need for this recipe.

- 1 cup rolled oats (or 1 cup cooked brown rice)
- 2 cups water
- 1 tsp. fenugreek seeds
- ¼ tsp. ground cinnamon
- ½ cup fresh berries (or ¼ cup dried)
- 1 tsp. slippery elm powder
- ¼ tsp. sea salt
- 1 tsp. ground flax seeds
- 3 tbsp. yogurt, or kefir



### Directions

1. Put oats, water, fenugreek and 1 tbsp. yogurt or kefir into a pot.
2. Let it sit, covered, overnight.
3. In the morning, add more water if needed, cinnamon, berries, slippery elm, water and sea salt.
4. Bring to a boil.
5. Lower to simmer and cook 5 minutes.
6. Top with ground flax seeds and 1-2 tbsp. kefir or yogurt.
7. Garnish with fresh berries.

*Recipe taken from Andrea Beaman - Life is Delicious*

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### Notes From The Chef

#### Substitutions and additions

- Stevia and monk fruit to taste
- Sprinkle of sea vegetables dulse, nori or kelp
- Coconut cream kefir or coconut cream ¼ cup
- 2tsp. vanilla extract
- 1 tablespoon of collagen type 1 or 3 which is good for hair growth.

\* For more information go to MINDBODYGREEN

<https://www.mindbodygreen.com/articles/slippery-elm-benefits-side-effects-and-exactly-how-to-use-it-for-constipation>

*One cannot think well, love well, sleep well, if one has not dined well - Virginia Wolf*

**LIVE WELL CONNEX**