

## Soothing & Vitality-Building Breakfast

A core, stable breakfast to start the day is porridge. Steel Cut Oats are the best! Oats are extremely healthy on many levels, assisting the cardiovascular system, soothing the stomach and bowel, nourishing the nervous system and supplying the body with a range of nutrients to boost vitality for the day.

### **What Oats are the best?**

Visit a local healthfood shop and look for organic, wholegrain oats. If recommend, specific gluten-free oats can be found at some shops or ordered on the internet.

At the very least, Lowan's wholegrain oats can be found at the supermarket.

Definitely stay away from the uncle toby flavoured oats or the instant type as they have high amounts of sugar and have been processed.



### **1. The Cura recipe**

- Brew a pot of chamomile tea the night before
- Use the tea in the morning to make the oats. You can make a fresh pot in the morning too!
- The following are some basic toppings. Nuts. Seeds, banana, berries, etc
- Serve with berries, 1 tsp psyllium husks, 2 tsp LSA meal, handful of pumpkin seeds and a handful of sunflower seeds.
  - Add oat milk, rice milk, almond or another milk alternative to the bowl when serving.
  - BONSOY is the best soy milk (although it has a tiny bit of gluten)



### **2. The Cura Busy Person Version**

- Pour hot chamomile tea over the wholegrain oats
- Have your shower, get dressed, etc
- Return after 15 minutes and the oats will soak up the tea and be soft enough to eat
  - Add the added milk substitute, berries, nuts and seeds etc

### **Important Points**

- Limit dried fruits as they are very high in fructose and can irritate the gastrointestinal tract in some conditions
- Try Quinoa flakes instead of oats for completely grain free. Or even mix a muesli with the oats. Experiment and see what you like the best
- If your appetite is low, drink a small glass of water upon waking with the juice of ½ of lemon
- Since this meal is very whole, be prepared to feel full for longer and eat a smaller portion size

