

# pampy's porridge.

## Ingredients

Adding to a 4L container.

Purchase all ingredients from most supermarkets, including Woolies.

- Lucky Linseed (Flax) Meal 300g.
- Woolies Almond Meal 400g.
- Macros Maca Powder 100g.
- Woolies Shredded Coconut 250g.
- Quick Oats (or GF choice when appropriate) 500g.
- Macros Cacao Nibs 50g.
- Woolies Californian Walnuts 50g.

Shake & mix thoroughly.

## Avoid

- ⊗ Dried fruit.
- ⊗ Toasted muesli.
- ⊗ Chia seeds.
- ⊗ Weetabix.
- ⊗ Protein powder (shakes).
- ⊗ Toast; Jam, Honey.
- ⊗ Bagels.
- ⊗ Breakfast bars.

Do consider adding a small portion of psyllium husk or Metamucil.

## Method

- ➔ 1/3 - 3/4 cup of mix to the bowl, and add 1/3 - 3/4 cup of water, depending on your microwave strength.
- ➔ Microwave for 2.00 minutes.



*You are aiming for a porridge-like consistency.*

*This is an energy-rich choice, expanding when in your gut, so start with a more conservative portion and work up relative to your appetite response.*

*Pampy's porridge offers a gut-friendly, fat-boosting, energy-driving day starting fuel.*

- Consider adding either berries of choice (frozen works), banana (the greener, the better), or 1 tbsp raw dark honey.

These additional considerations are additions only, so keep the portion conservative.

Tweak the ingredients to your liking by employing the fundamental principles.

Note the gut-friendly options, quality dietary fats, zero sugar, and high tolerance (for most).

## Alternatives.

- ➔ Contain & Mix: 750g Quick Oats, 350g LSA mix, 250g Shredded coconut.
- ➔ GF Oats, adding coconut, LSA mix, berries, dash of honey.
- ➔ Quick Oats & berries.