Porridge

Thom Hackett
Servings: 1

I love oatmeal.

Ingredients

1 cup oats, rolled or cracked
1 cup warm water plus 2 tablespoons whey
½ teaspoon Celtic sea salt
1 cup filtered water
1 tablespoon flax seed

Recipe from Thom Hackett's Recipe File at www.thomcooks.com

Cooking Method

For the highest benefits and best assimilation, porridge should be soaked overnight or even longer. Once soaked oatmeal cooks up in less than 5 minutes--truly a fast food.

Mix oats with warm water mixture, cover and leave in a warm place for at least 7 hours and as long as 24 hours.

Bring an additional 1-cup of water to a boil with sea salt. Add soaked oats, reduce heat, cover and simmer several minutes.

Serve with plenty of butter or cream and a natural sweetener like Rapadura, date sugar, maple sugar or raw honey. You may also wish to add apricot butter, chopped crispy nuts, or dried sweetened coconut meat.