

Pampy's Nutritious Níne

INGREDIENTS

- 5.0 L Tupperware container.
- 2 x 750g Quick Oats (Cooking oats are best)
- 1 x 250g Shredded Coconut,
- 1 x 125g Slivered Almonds,
- 1 x 200g Sunflower seeds, or 1 x 200g Linseeds, (both are great)
- 1 x 250g Chia Seeds,
- 1 x 125g Cocoa Nibs,
- 2 x Tbsp Ground Cinnamon
- 1 x Tbsp Ground Ginger,

Give it a super shake!

- Honey (raw Manuka is best - mass commercial choices are best avoided), OR,
- Berries (any) to taste.

Instructions - tinker to your taste, interest and convenience.

- Start lightly, say, 3/4 cup bowled,
- Add 3/4 water, or, milk (full cream is best),
- Microwave for 90 - 120 seconds on full (you want a porridge-like consistency),
- Add a dob of cream (I prefer thickened cream) [avoid if you cooked with milk],
- Add a dash of honey, OR, a haldhandfu of berries of choice.
- * Tinker volume day to day - the key being; your goal is to reach say, 1 pm free from hunger, lack of mental & physical energy.
- Coffee, Tea, etc. FYI - I believe in th ehealth benefits from coffee (caffeine).