

Power Porridge

Number of Servings: 6

Cook Time: 20 minutes

Ingredients

1 cup gluten free steel cut oats

1/2 cup buckwheat grouts

1/2 cup millet

4 1/2 cups water

Next morning

pinch of salt

1/2 cup of organic currants (full of iron)

1-2 cored diced apple

1 tsp cinnamon

Instructions

In your pot place the steel cut oats, buckwheat and millet with the water, stir and let sit over night.

In the morning add a pinch of salt, 1/2 cup currants or other dried fruit of choice, diced apple and cinnamon.

Put lid on and set to porridge setting. Let sit 5 minutes after timer then quick release.

We like to serve this maple syrup and farm fresh milk.