

Herbal Legacy Recipes

Sprouted Wheat Porridge

Submitted by Kat Drovdaahl a Student in the School of Natural Healing

Delicious! This porridge is a great way to stay warm and full on a cold winter morning.

RECIPE:

Take 1/2 to 1 cup of wheat or *emmer or spelt berries (the whole unprocessed grains) per person

In the evening, put berries in a thermos, cover with double the amount of distilled water that has been brought just to a boil. Replace the lid and shake to evenly distribute the water.

In the morning, drain berries in a colander,

Put in pan with soy or nut milk and heat gently (Kat heats it on the wood stove)

Add about 1/8 - 1/4 tsp Vanilla extract per serving and stir.

Once heated put into bowls.

Top with cinnamon, RAW nuts (any combo of sunflower, cashews, almonds, pumpkin seeds), raw shredded coconut, and some raisons.

Enjoy.



*emmer berries are just a variety of wheat berries.

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