

Herbal Legacy Recipes

Slippery Elm Hot Cereal

Basic Slippery Elm food eaten as a hot cereal is made by first making a gruel out of 1 tsp powdered inner bark and cold water, then thinning the gruel with about a 1 1/2 to 2 cups more of hot water, whisking ingredients into a smooth porridge.

The porridge may be seasoned with cinnamon, nutmeg, vanilla, lemon rind, etc. and may be sweetened with pure maple syrup, honey, agave, stevia, etc.

Dr. Christopher taught that “when babies are teething, their digestion often becomes disrupted. They are hungry but don't want to eat their normal food. We often give them Slippery Elm gruel sweetened with raw honey or pure maple syrup and perhaps flavored with a warming herb such as Cinnamon to help their digestion. This seems to nourish them, balance their system and help bring back a normal appetite”



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