



Source: www.noble-house.tk | Photo: Jacky Boromeo | Chef: Lies Ameeuw | © Noble-House

AYURVEDIC NUTRITIOUS GRAIN PORRIDGE

Ingredients (serves 4)

- 300g grain flakes or Amanprana wheatgerms Alpin Blond
- 50g coconut oil, extra virgin Amanprana
- 2 tbsp soaked raisins
- 450 ml rice milk or another grain milk of your choice
- 2 tbsp Amanprana Gula Java Brut coconut blossom sugar (palm sugar)
- 2 tbsp roasted flaked almonds
- 1 sm box saffron powder or 2 tbsp Amanprana Gula Java Safran
- 1 pinch of cardamom powder

Preparation

Add a few strands of saffron or the Gula Java Safran to a little milk. Leave to soak.

Toast the wheat germs (or the grain flakes) in the coconut oil. Add the soaked raisins, the rest of the milk and the Gula Java coconut blossom sugar (palm sugar) and leave to simmer until everything is cooked.

Season with the saffron milk, the flaked almonds and the cardamom powder.

Recipe from the Ayurveda cookbook by Lies Ameeuw

Gluten free



Vegetarian



Vegan



Raw food

