

Cooked breakfast porridge

Ingredients:

1. 1 cup Maize / Sorghum / Spelt / Oats, etc
2. ± ½ tsp salt
3. 4 x cup pure water
4. Farm butter
5. Raw honey
6. Ground cinnamon

Preparation:

1. Measure the grain.
2. Set your stone mill to the desired setting; remember the mill must be switched on.
3. With the mill switched on pour the grain in the hopper.

Shelf life:

Remember once a grain berry/kernel has been rolled or milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (roll or stone mill) grains on demand.

4. Boil the water and salt on the stove.
5. Once the water is to the boil add the flour and whisk the flour in to prevent making lumps.
6. Stir until it starts to boil.
7. Slow cook it for 5 minutes and turn of the hob.
8. Let it cook by itself for another 5 minutes.
9. Serve and let it cool down
10. Add a teaspoon of farm butter and ½ tsp of honey per serving.
11. Sprinkle ground cinnamon over it.
12. Serves 4 people.

Enjoy it &



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