

Ostii's Yoga Retreat Porridge

Ingredients

1 cup quinoa	Handful cardamom ³
1 cup basmati rice	3 cinnamon quills
1 cup of millet	2 table spoons of tahini
1 cup mixed nuts & seeds ¹	1 litre rice milk ⁴
1 cup raisins or other dried fruit	4 finely sliced bananas
1 tin coconut cream ²	2 cups corn flakes ⁵
Shredded coconut	

Cooking

It is best to cook the porridge the night before you plan to eat it. This allows the dried fruit to soak up enough water to make it more easily digestible.

You can omit or change the quantities of any of the ingredients, however, I consider the banana, tahini and cornflakes to be the key secret ingredients.

1. Pour 1 cup of each grain into a saucepan with a well sealing lid.
2. Grind the cardamom and remove the shells of the pods using a sieve.
3. Add the ground cardamom and cinnamon quills. You could also add a pinch of nutmeg.
4. Add the raisins and dried fruit.
5. Add 7 cups of boiling water - 2 for each cup of grain + 1 for the dried fruit.
6. Add the tin of coconut milk.
7. Bring to the boil stirring a couple of times and then turn down to simmer with a tightly sealing lid on for 12 minutes.
8. Turn off the heat and **leave to sit for the night** (or 20 minutes minimum)
9. Heat rice milk in a separate pot and add to the porridge mixture while stirring. Be sure to stir right to the bottom of the pan to avoid sticking and burning.
10. Stir in the banana, nuts and seeds, tahini, cornflakes and shredded coconut.
11. Taste to test that it is warm enough to eat.
12. Enjoy.

Environmental note

Although this is a very tasty and healthy breakfast or desert, it is not particularly environmentally friendly.

Rice, millet and quinoa all require a lot of water to grow and to cook, and most of them use a lot of resources and fossil fuel to arrive at your doorstep.

¹ My favourites mix is walnuts, cashews, sultanas, goji berries, sunflower and sesame seeds.

² Check the ingredients list on the coconut milk tin. Many coconut milks, including some of the organic ones have a lot of additives. Try to find one that is just coconut and water

³ Cardamom and cinnamon powder work almost as well.

⁴ Alternatively, you can use soy or dairy milk, however, I enjoy the lightness of rice milk.

⁵ Use corn flakes sweetened with apple or pear juice