

Breakfasts for 3-day Gut Health Course.

Chia, nuts and seeds porridge



Ingredients

4 tbsp chia seeds
¾ cup plant milk
4 walnuts
4 almonds
1-2 tbsp sultanas
1-2 tbsp of goji berries
¼ apple chopped
1-2 tsp of sweetener

Preparation

Soak nuts and seeds preferably overnight and rinsed. Soak chia seeds in plant milk for min 15 mins can be done the night before. Mix all the ingredients together, add more milk or water if desired and serve either cold or warm gently.

Fermented Buckwheat Pancakes



Ingredients

1 cup of buckwheat flour
1 ½ cups of water
Salt to taste

Butter bean hummus

200g of cooked butter beans
or cooked chickpeas
1-2 cloves of garlic
2-3 tbsps of tahini
½ lemon juiced
Salt and pepper

Preparation

Mix well and leave to sit for 5 mins or leave to ferment for 12-36hrs at room temperature. Stir well before use.
Heat a nonstick frying pan and add some batter. Cook until the sides of the pancake lift from the edges of the pan, flip and cook the other side.
Be patient and don't try to flip too soon.

Preparation

Place all ingredients in a food processor or blender.
Mix well and add a little water to make it thinner if desired.

Green Smoothy Bowl



Ingredients

1 cup of plant milk
½ avocado
Spinach
½ - 1 tsp of Spirulina or chlorella
1-2 tsp sweetener optional to taste
*Optional toppings serve with
chopped fruit, cacao nibs,

Preparation

Place the ingredients in a blender and
blend until smooth.
Pour into a bowl and add optional
toppings