



Paleo-Porridge Recipe

Combine in small saucepan:

- Frozen organic blueberries- ½ cup
- Frozen organic raspberries- ½ cup (I suggest rotating this item with other frozen fruits such as frozen blackberries, dark sweet cherries, etc.)
- Frozen organic kale, chard or collard greens (Do not use spinach due to activation of autoimmunity.)
- Dash Himalayan salt
- A few squirts liquid organic Stevia
- Nearly cover with minimal Eldorado Springs or Berkey filtered water (see Hydration Protocol <https://greathealth365.com/wp-content/uploads/2019/07/Hydration-Protocol-TEMPLATE.pdf>)

Heat to boiling then reduce to simmer for 5 to 10 minutes. You'll likely have time to mix the dry ingredients as follows:

Combine in large "cereal" bowl

- Black Chia seeds- 2 Tbsps
- Hemp seeds- 2 Tbsps
- Organic raisins- 1 Tbsp
- Walnut or pecan pieces- 1 Tbsp
- Grass-fed ghee or ghee/coconut oil product- 1 Tbsp
- MCT oil- ¼ to 1 Tbsp*
- Organic molasses ¼ to ½ Tsp (to taste)

Pour cold hemp milk, almond milk or coconut milk into center of bowl for interesting temperature and taste contrast and enjoy!



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Simple Solutions For Complex Health Conditions

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Consider use of a digestive enzyme to optimize digestion, since this recipe contains a moderate amount of healthy fats. This is the one I've found to be effective:

<https://www.vitalnutrients.net/pancreatic-enzymes.html>

Use client code 0798 in order to purchase.