

# *Haze Power Porridge*



*When porridge is prepared  
with the "mind focused" on power,  
it is a fantastic fuel for the body.*

This recipe has been tried, tested and joyfully consumed by many a human and many a dog for that matter. Athletes, both professional and recreational love this one, as will any of you who love to kick-start your day with a very sustaining, yet light breakfast brew.

I call it a "[Power Porridge](#)", and when eaten with honey, soaked [linseeds](#) or [other omega-rich oils](#), it really hits the spot.

Placed on the stove before your shower, workout or morning chores, it's ready to eat when you return, and the joy factor of your effort and morning exercise increases with the knowledge of what is waiting for your belly. Plus it gives the body the necessary regenerative building materials to heal and grow. If kept in the fridge it has a shelf life of 2-3 days max and is just as good eaten cold as it is eaten warm.

If your not quite convinced about the nutritional benefits of complex grains, just look at a horse. The horse is a wonderful example of how the power that is contained within the seed is harnessed. The horse's explosive-strength is accessible to them because of the food they eat.

*Grains (seeds), water, and lots of the  
magnesium rich chlorophyll (green grass)  
Get the chlorophyll into you.  
Chlorophyll is Nature's blood and blood is Life!*

## HAZE POWER PORRIDGE RECIPE

To feed 1 - 2 hungry people well, you will need a solid-based saucepan with a lid, that will easily hold 2 litres of water. As the grains absorb the water they will swell. Just like rice does!

Be sure to cook slowly on a low heat and keep the lid on.

Don't let the steam out. Stir at the beginning to make sure the grains, salt and molasses are mixed, then on with the lid, on a **LOW HEAT**, and don't stir it again until it's ready.

I repeat... Once all ingredients are mixed, it's set and forget.

See you in 30-50 minutes for the feast

### *Ingredients*

- ½ cup of rolled barley
- ½ cup of rolled oats
- ¼ cup of hulled buckwheat
- ¼ cup of rolled triticale
- ¼ cup of rolled rye
- ¼ a teaspoon of unrefined sea salt, Celtic salt or rock salt
- 1 tablespoons of molasses
- 2 - 3 cups of water

**Step 1...** Measure the rolled grains and buckwheat into the saucepan and then add the boiled water. Stir and mix thoroughly then add the salt and the molasses, and stir and mix thoroughly.

**Note:** If you care to add other dry ingredients (millet, quinoa, amaranth, soy grits etc.), remember to add extra water. **Basically, for every cup of grains, add two cups of water.**

At this stage it should be like a grainy soup. Wet! Make sure the grains are well covered by water. As a rule of thumb: Add a similar amount of water as you would if you were cooking white rice. Basically, for every cup of grain add one and a half - two cups of water.

**Step 2...**It's set and forget till it's ready from here. Put the saucepan lid on, set the stove on a low, simmering heat, and leave it to do it's thing.

**Step 3...**Leave the mixture cooking for approximately 20-40 minutes or up to an hour if your cooking it with a low enough heat. The longer the better! The oils that are released from the grains will leave a thick gluggy nourishment-rich mixture on the top.

Sweetened with honey or fruit, eaten with or without milk (yogurt, rice milk, whatever), "Haze Power Porridge" is powerfully good!