



BREAKFAST

Gluten-Free Breakfast Cereal

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This cereal is particularly high in fibre. It has the added benefit of being gluten-free so it is suitable for those who have to avoid gluten. For the rest of us, it is good to include some gluten-free foods in our diet, as gluten can be quite inflammatory for the gut. Buckwheat is a member of the rhubarb family and despite its name it doesn't contain any wheat or gluten. It is included in the cereal as it is high in protein, fibre and nutrients. Amaranth and quinoa are also included as they are both high in protein, fibre, nutrients and good oils. Psyllium husks are a soluble fibre that works by absorbing water to become a mucilage and therefore improves the peristaltic motion of the bowel. It is like a 'toothbrush' for the bowel with its ability to clean the bowel wall. It can also help to reduce cholesterol and will help your bowel movements to be more regular and well formed. I make this with a mixture of dried goji berries and blueberries, both of which are very good for you and contain less sugar than other dried fruits. The high fibre content in this muesli helps to balance your gut microbiome by providing prebiotic food for the growth of good bacteria. A well functioning bowel will help to reduce inflammation and toxicity in the body, and overall improve your metabolism.

250 g rice bran cereal (sometimes called rice bran straws)
100 g puffed buckwheat
100 g puffed amaranth
100 g puffed quinoa
100 g psyllium husks
150 g LSA meal
100 g desiccated (or flaked) coconut
200 g dried fruit of your choice e.g. goji berries, blueberries, apricots
100 g pumpkin seeds

Combine and store in large glass airtight containers (you will require approximately two large containers).

Serve with the milk of your choice. Alternatively use in my *Yoghurt and Muesli* recipe on page 19.

Keeps for at least 6 weeks.