

What Should I Eat for Breakfast?

The purpose of eating an easily-metabolized breakfast is to give you energy all morning and to kick start your digestive organs, ensuring efficient digestion of lunch and dinner. The food you consume is similar to wood placed into a wood-burning stove; the following recipe is ideal "kindling" to build a roaring fire for the entire day. It is optional to use this recipe for breakfast at least 4-5 times per week. The key to success is making sure it tastes good (especially if you have kids) as your competition is heavily sweetened cereal!

CONGEE

(English: "rice soup")

Recipe:

½ c. organic brown rice

½ c. organic mixed grains; 2-4 varieties (see Grain Energetics below for grains to suit you)

4-6 c. high quality water (more water = soupy consistency)

Pinch of salt

In crock pot (easiest method):

- 1.) Mix all ingredients in crock pot.
- 2.) Turn on low overnight.
- 3.) Serve as you would serve oatmeal (see suggestions below).
- 4.) Refrigerate unused portion for use over the next five days.

Another option is to cook ingredients on the stove top:

- 1.) Mix all ingredients in pot (glass or stainless steel are optimum).
- 2.) Bring to boil.
- 3.) Reduce to a simmer for 45-90 minutes, until grains are cooked completely and most of the water is absorbed.

Serving Suggestions:

- **VITAL:** Add protein powder to make your energy last (optimum: 20-25 g of protein, suggestion: Naturade's VEG)
- With milk alternative: almond milk, soy milk, rice milk, oat milk, or multi-grain milk
- With trail mix, nuts, or dried fruit (preferably organic)
- With a small amount of your favorite fruit juice to sweeten (preferably organic)
- Add 1-2 T. uncooked rolled oats to avoid a blood sugar spike (preferably organic)
- Add soy sauce or tamari and sesame seeds for salty flavor, as an alternative
- Use later: add to burritos
- Use later: add to soup prior to serving
- Use later: add to any meal as a carbohydrate

GRAIN ENERGETICS

Amaranth: neutral temperature, bitter, condensed and heavy, complete protein, really a seed, very good tasting.

Buckwheat: (Groats, Kasha) warming, excellent for cold hands and feet, salty, benefits the kidneys.

Oats: neutral temperature, sweet, calms the nervous system, balances thyroid, lubricates the intestines.

Quinoa: slightly warming, sweet and sour, good for adrenals, invigorates kidney function, complete protein. (Rinse before using!)

Rye: warming, bitter and intense.

Wheat: (use non-hybridized, i.e. kamut, splelt) warming, sour and slightly sweet, calms the mind.

Barley: slightly cooling, salty and sweet, easily digested, drains dampness, cools summer heat.

Brown Rice: neutral temperature, sweet, drains dampness, nourishes the lungs, builds energy.

Corn: neutral temperature, sweet, builds blood, good for the heart.

Millet: slightly cooling, sweet, supplements spleen and stomach (excellent burning fuel), alkalizing.

*It's not a bad idea to briefly dry-sauté grains in a pan before boiling-gives a very different taste and texture

Enjoy! Want more information? Call to set up a Nutrition Consultation.

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Suggested Reading: [The Book of Jook: Chinese Medicinal Porridges.](#) Bob Flaws