

## OATMEAL, PSYLLIUM, GINGER AND CARDAMOM PORRIDGE

For 1 bowl:

3 tablespoons of whole grain oats  
1 tablespoon of blond psyllium  
30 cl plant milk (varied)  
1/2 teaspoon grated fresh ginger  
1/3 teaspoon of cardamom (optional)

In a bowl, pour the oatmeal and psyllium.

Add the crushed cardamom and grated ginger.

Pour in the warm milk.

Let stand for a few minutes and enjoy.

**Ideally, softening your breakfast helps in the case of constipation, diarrhoea or irritable bowel. This is thanks to the psyllium. It is an excellent lubricant for the intestines. It also has no exciting effects on the mucous membrane. It improves elimination and cleanses the intestines.**

# RAW SAUERKRAUT SALAD

For 1 bowl for 4 people :

2 carrots

1 apple

250 g organic raw sauerkraut

3 shallots

1 tablespoon cumin seeds

Dressing:

Mix in equal parts,

2 tablespoons olive oil

2 tablespoons rapeseed oil

2 tablespoons cider vinegar

Mustard

Salt

Grate the carrots, apples and shallots.

Mix all the ingredients in a salad bowl.

Add the vinaigrette and enjoy!

PS: apples can be replaced by pears, cucumber...

**Raw sauerkraut is a living food, thus it's more conducive to maintaining our vitality. It is packed with enzymes, antioxidants and anti-inflammatory agents.**

**Before eating it, drain it but do not rinse it, otherwise you will lose its precious nutrients.**

**It was even present in the 18th century on board cruise ships as it helped fight scurvy thanks to its exceptional vitamin C content.**

# OVERNIGHT OATS

For 1 bowl :

40 g of wholemeal oat flakes  
150 ml water or vegetable milk  
1 tablespoon yoghurt  
1 tablespoon of seeds (flax, chia, squash, sunflower, sesame...)  
10 g of oilseeds  
Fresh or frozen fruit

Fermentation: 1 night / Storage : 2 days in the fridge

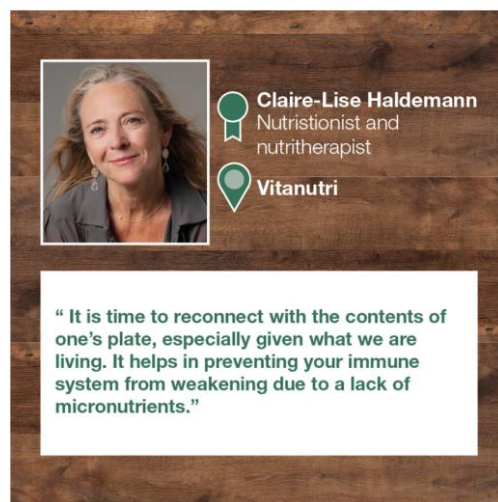
"Overnight oats" is a breakfast prepared the night before by mixing all the ingredients in a large bowl. Not a dish for hot weather.

Cover with a plate and leave to ferment overnight in a temperate place.

In the morning, garnish with fruit before enjoying this delicious fresh porridge.

**Adding a little yoghurt will start the lactic fermentation. This makes the oats more digestible and brings a more complex flavour.**

PS: the oats in both recipes can be replaced by buckwheat flakes



[clairelise@vitanutri.ch](mailto:clairelise@vitanutri.ch)

[www.vitanutri.ch](http://www.vitanutri.ch)