Gentle On Your Tummy Porridge

Everyday food as medicine to heal your gut.



Ingredients

1 tbs slippery elm

3 tbs organic oats

200 ml organic milk

1 tsp of mashed banana or stewed apple

Pinch of organic cinnamon (optional)

Method

1) Mix oats and slippery elm powder in a saucepan and then add the milk, heat gently until thick and creamy.

2) Remove from the heat and stir in your banana or apple.

With every mouthful, feel that the slippery elm is physically coating and protecting your irritated tissues in the throat and the stomach and intestines, while actively stimulating nerve endings in the GI tract to increase protective mucus secretion.

Food is not only medicine, it is magic.

Gut Healing Benefits

Slippery Elm • Digestive soother, Acid reflux & GERD, Gut inflammation, Bowel regulation, Prebiotic effects, promoting healthy microbiome

Oats • Digestive heling, Beta-glucan promotes healthy gut bacteria by acting as a prebiotic and it is high in fibre.

Milk • Bioactive components including specific proteins, sugars and nanoparticles that actively promote digestive health, nourish beneficial bacteria and fortify the intestinal barrier.

Banana • Highly beneficial for gut health due to their pectin and resistant starch, which act as prebiotics to fuel good bacteria. They also sooth the stomach lining.

Stewed Apple • A gentle gut tonic.

Cinnamon • A natural gut soother ad microbiome balancer. It reduces inflammation, fights harmful bacteria and stimulates digestive enzymes to improve nutrient absorption and ease discomfort like wind and bloating.