

LO SOLUTIONS

NUTRITION & FITNESS

Lentil Oat Hot Cereal:

About this recipe: An Ayurveda favorite because it calms down an over active brain and satisfies an evening or morning sweet craving. It's Vata balancing, and we all need that in our fast paced society. Makes a great breakfast, or a satisfying light dinner.

Ingredients:

1/3 cup red lentils
1/3 cup steel cut oats
3+ cups water (pre boil in a tea kettle)
1 medium apple or pear, chopped
5-6 Turkish apricots and/or prunes chopped
10 golden raisins
½ tsp cinnamon or pumpkin pie spice, or to taste
Dash sea salt

Optional toppings: choose 1-3 toppings.

- 1 Tbs nut butter. **My all-time favorite nut butters:** <http://livingtreecommunity.com/>
- 1-2 Tbs plain rice or pea protein. **I get mine at:** www.znaturalfoods.com
- 2 tsp sweetener: black strap molasses, date sugar, coconut sugar, etc.
- 1-2 tsp chia or hemp seeds or flaxseed meal: Hemp and chia from Znatural
- 5 chocolate chips or 1 tsp cacao nibs: Nibs from Znatural
- 2 Tbs granola

Directions:

1. Optional: soak the lentils and oats in hot water for 1 hour or overnight (cooks quicker).
2. Drain and then cook on a simmer for about 30 minutes with sea salt and cinnamon or pumpkin pie spice. Can also add a dash of ginger powder for digestion. Stir continuously and add more water as needed. It thickens up later so don't be afraid to add too much.
3. About ¾ of the way through add the diced apple or pear, dried fruit pieces and raisins and cook 5-10 min more.
4. Eat as is with the optional toppings or blend lightly with a hand blender. I prefer to lightly blend mine and top with Tahini/Sesame butter, a drizzle of black strap molasses and a dash of granola and cacao nibs: adds a nice crunch!
5. Savor, enjoy and eat slowly.

Makes 3 cups: ~2 servings #Ayurveda #LOSolutions #HotCereal #Lentils #Oats #Yum

** Remember to practice Conscious Eating and your body will know how much to eat and when to stop.*

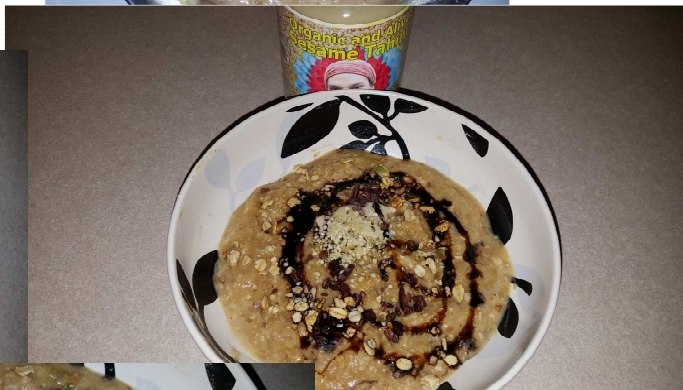


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Photo Progression:



This recipe is LEAP friendly for Lila's Phase 1 LEAP Protocol. *What does that mean?*

LO Solutions offers the MRT test, which is the gold standard food sensitivity test for inflammation. Results are shown as reactive and safe, for 120 foods & 30 food chemicals. All untested foods are taken out of one's diet for a period of time, while we eat our safest foods for 2 weeks, and slowly increase foods over a 3-6 month period. This heals the body, calms down the immune system, and decreases inflammation and thus symptoms. Out of Lila's initial 20-30 "approved/safe" foods, this recipe was born from her creativity and foodie mindset. It's an anti-inflammatory recipe for *her* body, but too good not to share...and sure to nourish your body too! When you receive MRT test results, these are the types of personalized recipes I help create for your body & protocol.

Contact Lila or read more [here](#).

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