

GRAINS

Grains used for porridge or mush should have **several** hours of cooking. *Counsels on Diet and Foods p. 314 a. 489*

All grains (including legumes) should be cooked for at **least 3 hours**. This is required to break down the phytic acid and other toxins in the bran, husk or shell which if not greatly reduced can prevent the absorption of copper, zinc, calcium, iron, magnesium and interfere with the enzymes for digestion of protein and starches.

PREPARATION OF GRAINS

Boil grain in sufficient water and simmer on low heat for at least 3 hours.

or

Toast grain in oven at 170° for 2 1/2 hours

Store in container for later use when it will be cooked on low heat for at least 30 minutes.

or

Bake grains in baking dish at 300 degrees for 3 hours.

7 cups water

3 cups grain

1 teaspoon pink Himalayan sea salt

Cover with a foil and remove 30 minutes before the 3 hours is finished.

Be sure to watch how fast the grain is cooking and turn the temperature down if it is cooking too fast.

OLD FASHIONED OATS

Toast organic oats in oven at 170° for 2 ½ to 3 hours

Cool and store for later use when it would be cooked for another 30 minutes in another meal preparation.



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“Knowing that if you have the faith of a mustard seed, your faith can move mountains”

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