

Porridge and mixed berry compote

(Serves 2)

Promote production of 3-indolepropionic acid (IPA) and reduce production of trimethylamine (TMA) with this recipe rich in polyphenols.



Ingredients:

Berry compote:

- 2 cups frozen mixed berries
- 50 ml fresh orange or lemon juice
- 1 tbsp vanilla extract
- 1 tbsp chia seeds
- ¼ tsp cinnamon
- ¼ tsp grated fresh ginger

Porridge:

- 1 cup oats
- 2 cups water or milk
- 2 tbsp flaxseed meal

Method:

Berry compote:

1. Combine all ingredients, except chia seeds, in a saucepan on medium-low heat and allow to simmer for 5-10 minutes or until cooked to desired consistency.
2. Turn off the heat and add the chia seeds to the compote mixture. Mix well and let it rest for 5 minutes, ensuring the chia absorbs some of the liquid.

Porridge:

3. Add all ingredients to a saucepan on low heat and stir until creamy.
4. Remove from heat when desired consistency is reached.
5. Transfer porridge to serving bowls and top with berry compote.
6. Drizzle honey and sprinkle cinnamon on top and enjoy!