

## Apple, Almond & Cinnamon Porridge

1 cup almonds soaked overnight  
 2 organic apples (only peel if not organic)  
 Zest and juice of 1 orange  
 2 teaspoons of cinnamon  
 1 tsp ginger powder (or a small piece  
 of fresh ginger)  
 ½ cup soaked sultanas (soaked 20 mins)  
 ½ cup of soaked gojiberries (soaked 20 mins)  
 Pinch of salt  
 Extra grated apple (grated, not done in food  
 processor)  
 Extra soaked sultanas  
 Extra soaked Goji berries



1. In a food processor pulse the apples and soaked almonds until chunky (small chunks). Add sultanas, gojiberries, ginger and cinnamon and mix by hand.
2. Add zest of one orange and then juice it and add.
3. Add small pinch of salt.
4. Consistency should be a bit sloppy.
5. Garnish with reserved sultanas, goji berries and apple.

In winter, you might like to warm, but still keep below 41°C so that the enzymes and nutrients remain intact and full of punch, just put the mixture in your Rice Cooker on the KEEP WARM setting for an hour.

KEY:

DEGREE OF DIFFICULTY:

This recipe requires a



Food Processor

Easy-peasey

