

Nutrient-Rich Porridge (FFXIV)

Adapted from the FFXIV Cookbook

Ingredients

- 3/4 cup oats
- 1/8 tsp cardamon
- 1/2 tsp cinnamon
- pinch of allspice
- 1/8 tsp ginger
- 1 tbsp teff
- 1 tbsp flaxseed
- 1 tsp chia seeds
- 1/2 tsp salt
- 1 1/2 tbsp sugar
- 30 g dried cherries
- 45 g golden raisins
- 1 3/4 c soy milk

Directions

1. Mix all ingredients together in large bowl. Cover with plastic wrap.
2. Let sit in fridge overnight, stirring occasionally. Serve chilled.

Revision #1

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