



Recipe for

MITOCHONDRIAL DIET

FOOD PLAN

NAME OF DISH

BREAKFAST OATS

SERVES

4

PREP TIME

5-10 MINS

TOTAL TIME

25 MINS

OVEN TEMP

NONE

INGREDIENTS

1 CUP ORGANIC, STEEL CUT, ROLLED OATS

1/2 CUP ORGANIC, ALMOND OR COCONUT MILK

1 X TABLESPOON ORGANIC, DARK CHOC BITS

1 X TABLESPOON ORGANIC, DRIED GOJI BERRIES

1 X TABLESPOON ORGANIC, GREEK YOGHURT (OPTIONAL)

2 X CUPS ORGANIC, BLUEBERRIES

DIRECTIONS

1. Place pot on hob with 4 cups water and 1 cup oats and bring to boil.

2. Cook oats for 20 mins.

3. Switch off hob and dish up oats into a breakfast bowl

4. Add goji berry, almond or coconut milk, yoghurt, dark choc bits and blueberries.

SUPPORT FOR OXIDATIVE STRESS GENOTYPE, GUT & PHASE 3 DETOX

. 1. MnSOD, eNOS,

