

Trim Healthy
WISDOM

Kefir Loves Oats (E or XO)

(P—Some days, I just don't want my oats or kefir messed with. I don't want any protein powder added to tamper with their purity of flavors and textures. This recipe has become a favorite of mine for days when I want oats and kefir in simple form. It layers them, one on top of the other, powerfully feeds the gut microbiome, and is... at least in my mind, insanely delicious! It is also time-friendly because you can easily quadruple the oats part of this recipe, which provides you with four servings for your week. Then, all you have to do is take a serving out of the fridge, pour on your kefir, and sprinkle on your toppings. A cinch! Well, you also need more protein, but I'll tell you how I do that in the Nerd Protein Notes.

You'll notice that just ¼ cup of oats is used in this recipe, but the psyllium helps stretch it to a larger volume. As you gain more CLBM, you can up to ½ cup if you feel the ¼ cup does not sustain you. The reason for just ¼ cup is that you have two medium-density foods in this recipe... the kefir and the oats... plus it is taking into consideration the raisins in the oats and toppings. The ¼ cup amount is keeping density in mind for those of you in challenging pausal seasons. If you don't want to include raisins or other E toppings, feel free to up to ½ cup oats.

Oh... please check the notes at the bottom of the recipe for a trick I use to make kefir thicker and contain more protein.)

Servings: 1-4

INGREDIENTS:

For a Single Serving of the Oats

- 2 Tbs old-fashioned rolled oats
- 2 Tbs quick oats
- ¾ - 1 tsp [TH Whole Husk Psyllium Flakes](#)
- 1 – 2 doonks [TH Pure Stevia Extract Powder](#), optional
- 12 – 14 raisins
- 1 cup water

For a Single Serving of the Kefir

- 1 cup *Home Fermented Kefir* (lean)
- 1 – 2 doonks [TH Pure Stevia Extract Powder](#)



Your choice of *Standard Toppings*

(Don't use goji berries if including raisins; that will be too much dried fruit.)

INSTRUCTIONS:

1. Decide how many servings of oats you would like to make (if making 4 servings, quadruple the oats recipe). Place your oatmeal ingredients in a saucepan, bring to a quick boil, stir very well while it boils for a minute or so. Take off the heat and transfer ingredients to a bowl (or 4 bowls if making the larger serving). If making 4 bowls, place 3 in the refrigerator for future meals, and depending upon the amount of time you have, place the bowl you want to enjoy for breakfast either on the countertop, in the fridge, or in the freezer. This is to cool the oats down as you don't want to pour kefir onto hot oats as the enzymes and microbes will be destroyed.
2. Once the oats have cooled to lukewarm temperature (it should just take 5 minutes in the freezer, a little longer in the fridge, and about 10-15 minutes on the counter), pour a cup of kefir over them and top with your toppings of choice. (*P—My tip is to not stir the kefir in with the oats but enjoy this oatmeal bowl in two distinct layers... but... you do you.*)

Nerd Protein Notes:

A cup of kefir (even in the higher protein manner described below) does not have enough protein to fulfill your Protein Nerd Level 3 requirements. To obtain sufficient protein, you can add $\frac{3}{4}$ to a full serving of [TH Optimized Collagen](#) to your coffee or just chug it before your meal with an added teaspoon of [TH ESSENTIAL](#) in a small amount of water before your meal, then chase with more water. Alternatively, you could just have a $\frac{3}{4}$ - full serving of [TH ESSENTIAL](#) in some water.

Other Notes:

You can use regularly made lean *Home Fermented Kefir* here to top your oats, but you may enjoy it thickened a little more and richer in protein. To do this... use a little more milk when making your *Home Fermented Kefir* than usual. When you're ready to harvest it, pour it through the sieve as usual, but before you press on the grains with a spoon to get the thicker, white protein part through, discard some of the whey liquid that usually comes out first. This liquid is more transparent than the thicker, white protein part. You can use this liquid for other ferments or just discard it... do keep some, though, as it has insulin sensitivity and other health benefits. Once you've mashed the white part through the sieve, stir the whey and protein together, and it will be a slightly thicker, more protein-rich kefir.