



My Favourite Porridge / Oatmeal Recipe for Athletes

I love to start my day with a bowl of porridge or oatmeal and I think I have found the perfect combination so I thought I would share it with you. It has you standard oats but with the addition of chia seeds, prunes, cinnamon and other goodies to make it both nutritious and delicious.

Serves: 1, Prep time: 00:05, Cook time: 00:05

Instructions

1. Combine the the ingredients bar the prunes and blueberries. Let is sit for 10 minutes or more to start to do it's magic (plus you want the chia seeds to soak before you eat them).
2. Microwave for 1 minute 30 seconds and stir. Then return to the microwave for a further 1 minute.
3. Add the blueberries and prunes and enjoy!

Notes:

Here are some of the ingredients and why you should consider adding to your oatmeal:

Prunes: Prunes are also naturally high in potassium, which contributes to

Ingredients

- 3 tablespoon Oats, rolled, raw
- 1 tablespoon Chia Seeds
- 1/2 teaspoon Cinnamon, Ground
- 1 tablespoon Mixed seeds
- 1 cups Soy milk, unsweetened, or other milk of choice
- 1/2 cups Blueberry, raw
- 5 Prunes
- 2-4 Walnuts, Chopped

the maintenance of normal muscle function, and have a low glycaemic index thanks to the composition of their carbohydrates, which makes them ideal for workouts involving prolonged exertion.

Walnuts: Walnuts are incredibly healthy as they contain high concentrations of alpha-linolenic acid (ALA)—an omega-3 fatty acid that reduces the risk of heart disease and overall inflammation making them one of the best nuts for athletes. They are also an excellent source of plant protein, containing 4g of protein per ounce

Chia Seeds: Chia seeds can be a helpful way for athletes to increase their calcium intake, especially if they do not consume dairy products. Magnesium and phosphorus are two other micronutrients in chia that also work to improve bone health.

Blueberries: Blueberry fruit has polyphenolics that can suppress fatigue and oxidative stress-induced muscle damage as well as oxidative stress in several tissues.

Consumption of blueberries can also improve blood pressure and arterial stiffness through increasing nitric oxide production.

Mixed Seeds: Seeds can help provide your body with a great source of protein, and protein is something your body needs when you are training.

Cinnamon: Cinnamon is known to possess anti-inflammatory properties that can help reduce pain, inflammation, and soreness- the hallmarks of any active lifestyle. Cassia cinnamon (one of the two types of Cinnamon) is thought to have blood thinning properties, which, in turn, can aid blood circulation in the body.

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