

# Porridge and mixed berry compote

(Serves 2)

Promote production of 3-indolepropionic acid (IPA) and reduce production of trimethylamine (TMA) with this recipe rich in polyphenols.



## Ingredients:

### Berry compote

- 2 cups frozen mixed berries
- 50 ml fresh orange or lemon juice
- 1 tbsp vanilla extract
- 1 tbsp chia seeds
- ¼ tsp cinnamon
- ¼ tsp grated fresh ginger

### Porridge

- 1 cup oats
- 2 cups water or milk
- 2 tbsp flaxseed meal

## Method:

### Berry compote

- Combine all ingredients, except chia seeds, in a saucepan on medium-low heat and allow to simmer for 5-10 minutes or until cooked to desired consistency.
- Turn off the heat and add the chia seeds to the compote mixture. Mix well and let it rest for 5 minutes, ensuring the chia absorbs some of the liquid.

### Porridge

- Add all ingredients to a saucepan on low heat and stir until creamy.
- Remove from heat when desired consistency is reached.
- Transfer porridge to serving bowls and top with berry compote.
- Drizzle honey and sprinkle cinnamon on top and enjoy!