

High 5 breakfast cereal



gluten free
low in fermentable carbohydrates
wheat free
vegetarian
high in dietary fibre

Have a good start to your day with this healthy breakfast, especially if you have a tendency to constipation or constipation-predominant IBS.

makes **1 portion**

Ingredients

50g (½ cup) plain oats (*use pure, uncontaminated oats if you have the coeliac condition*)
10g (1/3 cup) puffed oats or puffed rice
10g (1tbsp) linseeds, whole or ground
8g (1tbsp) chopped or flaked nuts e.g. almonds, brazil, hazel
20g (2tbsp) dried cranberries, sultanas or chopped figs

Optional Add fresh berries (a great way of getting your vitamin C).
For extra dietary fibre add an extra 1 tablespoon of oat or rice bran.

How to make

1. Mix together. Enjoy with milk!

recipe: Yvonne McKenzie

www.digestiblenutrition.co.uk