



## *Ground Meat With Oat Flakes And Parsley for Improved Digestion* 🌱💎♥️🌀✂️\*

- 200g (7 oz.) raw ground meat
- 50g (1/3 cup) steamed oat flakes and parsley mix
- 1 tsp brewers dried yeast
- 1/2 tsp psyllium husk
- 1 tsp kelp and sea corals mix
- 1 tbs cooked carrageen



I like to make my own grain-herb mix in advance to last for two days, simply and time effectively. This is what I do:

- ✓ put oat flakes in a bowl
- ✓ add dried herbs (in this case parsley)
- ✓ pour over boiling water => => =>

