



Fiber

By Sarah Philipp, Certified Holistic Nutritionist

Happy New Year!! With the New Year comes a lot of cleansing and detoxing. One majorly important factor when it comes to cleansing is FIBER. It can create the difference between a successful cleanse and an unsafe cleanse. If you are stirring up and letting loose the toxins in your system, but not pooping them out, they will be reabsorbed by the body. This can be potentially dangerous - not to mention a waste of time and money on your cleansing efforts. Fiber is also very important for bile secretion and digestive health. Both of which enhance liver function, and the liver is detox headquarters.

So, are those super high fiber blasting cereals and bars the solution? **No.** They can be damaging and inflammatory to the digestive system, as well as high in sugar. Natural and more agreeable sources of fiber are chia seeds, hemp seeds, pumpkin seeds, leafy greens, whole grains such as wild rice, lentils, green apples, pears, cauliflower, coconut, and flax seeds.

If you want support to jump start your New Year cleanse, we recommend you consider the 10-Day, Orenda, Clean-Burn-Shape cleanse and detox program we offer at Ommani. Enjoy the recipe below for Baked Oatmeal as a safe and natural source of your daily fiber fix!

Appointments for nutrition counseling with Sarah Philipp, CHN can be arranged by calling Ommani at 262.695.5311.

Baked Oatmeal

- 2 cups rolled oats
- 1 cup walnuts, pecans, pumpkin seeds, and/or cashew pieces
- 1 tsp baking powder
- 1.5 tsps cinnamon
- 1/2 tsp sea salt
- 1 cup coconut milk
- 1 cup full fat, pastured buttermilk (I like the brand Kalona) or another cup coconut milk
- 1/3 cup maple syrup
- 1 large egg
- 3 Tbsp, grass-fed/pastured butter
- 2 tsps vanilla extract
- 1 apple sliced thin
- 1 cup blueberries (I used frozen and organic)

- 1.) Preheat the oven to 375 degrees. Rub coconut oil or butter onto baking dish.
- 2.) In a bowl, combine the oats, half of the nuts, the baking powder, cinnamon, and salt.
- 3.) In another bowl, whisk together the maple syrup, the milk(s), egg, half of the butter, and the vanilla.
- 4.) Place a single layer of apple slices across the bottom of the buttered baking dish. Sprinkle about two-thirds of the berries on top. Cover all that with the oat mixture and then drizzle the milk mixture over the oats. Scatter the remaining berries and walnuts over the top.
- 5.) Bake for 35 to 45 minutes, until the top is golden and the oats are set. Let cool for a few minutes. Drizzle with the remaining melted butter and serve.

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BAKED OATMEAL PHOTOS

