

# Recipe

## Breakfast jar

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Serves: 1

Prep: 5-10 mins

Dairy free, gluten free, vegan

### Ingredients

2 dessertspoons linseeds,  
freshly ground

2 dessertspoons hemp seeds

2 dessertspoons chia seeds

3 fresh walnuts, broken into pieces

½ cup coconut-almond milk

1 tablespoon maple syrup

½ teaspoon each of cardamom  
and cinnamon

3-4 strawberries to serve

### Method

Prepare the night before. Combine seeds, spices and walnuts in the jar. Add coconut-almond milk, then maple syrup and stir well to combine, ensuring any seeds at the base of the jar are not left dry. The mixture should be quite runny, as the high-fibre seeds will then absorb the liquid. Refrigerate overnight. In the morning, serve with chopped strawberries. Yes, it's that easy!

### Nutritional information

While there may be many causes of persistent pelvic pain (PPP), endometriosis and irritable bowel syndrome (IBS) are common causes and/or contributors. There is little research so far on the connection between diet and endometriosis, but what is known

This easy-to-prepare brekky can be a delicious ally in the fight against pelvic pain.



is that a diet higher in the 'good' fats and lower in the 'bad' fats may help to lower a woman's risk of developing endometriosis, or, for a woman with 'endo', help ease the abdominal pain.

Avoiding trans fatty acids – often found in commercial baked goods like cakes and pastries – also has been shown to reduce the risk of endometriosis.

Omega-3 polyunsaturated fatty acids (PUFAs) are known as 'good' fats. Of the three main omega-3s, two – eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) – are found in fish, while one – alpha-Linolenic acid (ALA) – is found in plants.

Hemp seeds, linseeds, chia seeds and walnuts are the best sources of ALA and are all in this Breakfast jar for a great serve of omega-3 PUFAs. These omega-3 fats can also help to fight substances in the body that cause inflammation, working much like how drugs such as aspirin and naprogesics do to reduce pain.

The seeds are also high in fibre, which is important for managing symptoms of IBS such as constipation and diarrhoea, and

may improve painful bloating. Fibre also provides fuel for the gut microbiome, encouraging a healthier gut.

Aromatic spices, including cinnamon and cardamom (also in this recipe), contain oils that not only provide the sweet-smelling flavour and scent, but are also traditionally used in herbal medicine to calm potentially painful gut spasms.

For those who struggle to have breakfast before leaving the house, this easy five minutes of preparation the night before makes this Breakfast jar convenient to take to work for breakfast, and is perfect for those who exercise before work.

I like this combination for the warmer months. In the cooler months, the ground seeds and spices can be used to top porridge.

This recipe is an example of choosing healthy fats over unhealthy fats, to help reduce inflammation and pain one spoonful at a time.



To watch the video and  
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