

# THE BREAKFAST CURE

presents



## KAREN'S GUIDE TO CONGEE



SLEEP WHILE YOUR BREAKFAST COOKS ITSELF

### 1. PLUG IN SLOW COOKER

(1.5-2 QUART FOR 2 SERVINGS)

Set to low



the  
Breakfast  
Cure

### 2. USE AWESOME FOOD

Use whole grains  
like rice, oat groats, teff, millet...  
1/4 cup whole grains per person.  
Add 1-3 teaspoons of healthy fats  
like coconut or butter.



### 3. GET CREATIVE

Savory or sweet? Add  
some really yummy  
fruits or  
vegetables, like  
blueberries or  
cauliflower & onions.  
Put in herbs and  
spices like cinnamon,  
ginger, vanilla  
or garam masala

### 4. HYDRATE

Add 5 times as much water as grains or 5:1 ratio.

For 2 servings use 1/2 cup grains and 2 1/2 -3 cups water.

Let cook 6-12 hours while you sleep.

### 5. WAKE UP TO THE SMELL OF SUCCESS

Enjoy a more relaxing morning with  
your healthy breakfast already waiting.  
Add fresh fruit, nuts, whole yogurt,  
nut milk, cheese, honey, salt...



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