

# Tina Dunne



## Stable Start Your Day

**THE MORNING** light may well be slowing down as we turn towards autumn. But there is every reason for you to be as energised and ready to roll if you act smart and start your day with a bowl of delicious Yola porridge.

**P**orridge has travelled a long way since the days of Goldie Locks and the three bears - it no longer needs hours of preparation, you do not need to be apron clad and wooden spoon thick-in-it first thing in the morning. It can be soaked overnight if desired and you can pop it in the microwave or quickly do it up in a pot on the stove. The secret is to keep it moist and flavour it with some cinnamon or chopped fruits, drizzle a little honey and your day is set.

Porridge Oats are nutritious and a great source of Iron, Calcium, Vitamin B1, B2, B3, B5, folate. They contain useful sources of Zinc, Magnesium, Selenium, Silica, Phytic Acid and Flavonoids. The Food Pyramid recommends that we eat five or more portions of grains per day and one portion of oats is half a cup. Porridge oats take third place on a scale of 240 foods ranked according to how well they fill you up. It is a wholegrain complex carbohydrate that is low in fat. Oats are cholesterol free. Oats are gentle on the digestive system and will not affect people with IBS. They contain both soluble and insoluble fibre.

### Top 3 reasons to eat Oats

#### Boost the immune system

Oats are high in immunity-boosting vitamin E and contain flavonoids called avenanthramides- these are potent antioxidants that help the body to eliminate toxins and these work with the minerals zinc, selenium and silica to keep body cells healthy

and boost the immune system, leaving you the time, energy and attitude to live your life

#### Reduce cholesterol and aid weight loss

For optimal cholesterol lowering effect 75g or 5 tablespoons oats daily is recommended. The flavonoids present in oats help to break down cholesterol build up and are thought to prevent cancer, especially colon cancer. Eating oats helps to keep our appetites reduced. It provides long lasting energy and helps us to feel full longer. A low GI food

Oats contain Magnesium a mineral necessary for slimming as it helps to break down carbohydrates, influence insulin and regulate blood sugar

#### Brain Power

Eating porridge helps the brain produce serotonin, a brain transmitter that keeps us focused and our spirits high

Stable Diet- A Wexford based company produce the best Porridge on the market, and it contains a mix of seeds. So you have the double benefit of eating your oats and nibbling at the seed at the same time. Your health will love it. Thanks to Catherine Carroll and all the team at Stable diet for giving us some delicious recipes this week. I do so hope you get the opportunity to taste them. They are all easy and quick to prepare and I include this very special muffin recipe. The magic of this recipe is that you can prepare one batch of it and bake daily, but the mixture you make lasts for 30 days in the fridge. So your home can always have that delicious home baked smell without the hard work. A must check it out and taste recipe.

#### Stable diet 30-day Yola muffin

##### Makes 15

110g stable diet yola porridge with nuts and seeds  
2 eggs  
225g raw sugar cane brown sugar  
500ml milk  
1 teaspoon vanilla extract  
120ml sunflower oil  
140g chopped apricots  
100g raisins  
2 teaspoons bread soda  
1/2 teaspoon salt  
370g plain flour

1. Pre-heat oven to 180 degrees C or Gas Mark 4

2. Whisk the eggs and sugar together, add the milk and vanilla. Mix well

3. Add the sunflower oil, apricots and raisins

4. In a separate bowl, sieve the bread soda and salt with the flour, add stable diet

Yola

Porridge and stir into the wet mixture  
5. Mix again and cover until needed

Cook for 15-20 minutes or until set and golden brown. This stable diet Yola porridge muffin mixture keeps perfectly in the fridge for 30 days. It gets tastier as it sits. You can cook up a few muffins daily. For some tasty alternatives grate some fresh carrot into your mixture or fresh lemon or orange rind

#### Stable diet oat bread

##### Makes 2 loaves

300g stable diet Yola porridge  
100g raw cane brown soft sugar

300ml warm water  
1kg brown whole meal flour  
350ml warm milk  
4 teaspoons sea salt  
1 beaten egg

Place the Yola porridge oats into a blender and grind down

Stir the dried yeast and 15g brown cane sugar into the warm water and mix well until the yeast is totally dissolved

Add a large tablespoon of the brown flour to the yeast and allow to sit for 20 minutes

Mix the remaining flour, warm milk, salt and sugar together. Add the yeast mixture and stir until the mixture pulls away from the sides of the bowl

Cover with cling film and leave in a warm place until the mixture has doubled in size. Pre-heat oven to 180 degrees C or Gas Mark 4

Knock back the mixture as soon as it has doubled in size. Divide into two and place into two greased loaf tins. Glaze with the beaten egg and bake for 40 minutes

You can eat this bread warm with a bowl of fresh vegetable soup or as part of a ploughman special or top with your favourite salads, cheeses or meats

Stable diet have created a range of delicious toasted breakfast cereals, flapjack bars and for that special occasion a selection of scrumptious cakes. In stock in all good supermarkets.

For more recipes and details check out [www.stablediet.com](http://www.stablediet.com)

Remember to pencil in Thursday 19th October. Meet with me and my guests for a superb evening at the Talbot Hotel.

Free image and style consultation. Send your name and reason why you deserve this spectacular gift to [info@tinadunne.com](mailto:info@tinadunne.com)

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