

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Superfood Series: Whole Grains

From Chef Hans: Whole grains are one of the best sources of both soluble and insoluble fiber (and we LOVE fiber!). Whole grains also contain several B vitamins, minerals, and phytonutrients. For gastric cancer patients and those with compromised digestive systems, whole grains help to regulate blood sugar and motility and will feed the good bacteria in your gut. If you don't typically have high fiber in your diet, be sure to ease into it. For more info in conversation with my good friend and registered dietitian, Dr. Ellen Steinberg, watch [our previous Gesundheit Kitchen episode on the many benefits of fiber.](#)

Hans' favorite whole grains to have on hand:

- Quinoa
- Amaranth
- Millet
- Brown Rice
- Kamut
- Sorghum
- Spelt

And here's a quick and easy warm breakfast cereal using whatever whole grains, fruits, and nuts you may have on hand and can tolerate:

Serves – 1 (or more!)

INGREDIENTS:

- 1 cup each of *par cooked* barley and kamut
- ¼ cup dried fruit, eg. raisins
- ½ cup or more of oatmilk
- ½ cup fresh berries
- 1tbsp honey
- A handful of granola or nuts

DIRECTIONS:

Combine grains and dried fruit in a pan on low heat to warm up, 1-2min
Add oatmilk and let simmer on low for another 1-2min
Spoon into a bowl and add fresh fruit like figs or blueberries
Drizzle honey to taste or tolerance
Sprinkle granola or nuts on top for added crunch