The Longevity Power Bowl

Porridge with a Difference



INGREDIENTS | ONE GENEROUS SERVING

- 25 g buckwheat flakes + 25 g quinoa flakes
- 180–220 ml water or milk of choice, to desired texture
- 1 tbsp mixed nuts: cashews, almonds, walnuts and hazelnuts
- 1 tbsp shelled hemp seeds
- A small handful of blueberries
- 2–3 tbsp The Coconut Collaborative vanilla yoghurt
- Primeadine: your usual serving, prepared as directed on the pack

METHOD

1. Combine the flakes and liquid in a small pan.
2. Simmer gently for 3–5 minutes, stirring until creamy; add liquid as needed.
3. Spoon into a bowl. Top with nuts, hemp seeds, blueberries and yoghurt.
4. Add Primeadine only in line with its product preparation instructions.

WHY THIS BOWL?

Plant diversity • fibre • unsaturated fats • protein • colourful polyphenols

Spermidine is being studied in ageing research; lifespan benefits are not established.

Recipe quantities are suggested; adjust to appetite and dietary needs.