

# Nourishing Molasses Barley Breakfast Bowl

This breakfast is rooted in intention — slow, mineral-rich, and deeply nourishing. Designed to support the body with grounding ingredients, supplements, and warmth.

## Ingredients

- Barley grits
- Water (or milk of choice, optional)
- Butter
- Molasses
- Date sugar
- Cinnamon
- Soursop powder
- Black Girl Vitamins supplements (as preferred)
- Collagen peptides

## Instructions

- 1 Bring water to a gentle boil. Add barley grits and a small pinch of salt.
- 2 Lower heat and simmer, stirring occasionally, until the grits are soft and creamy.
- 3 Stir in butter until fully melted and incorporated.
- 4 In a small bowl, mix cinnamon and soursop powder together.
- 5 Fold the spice mixture, Black Girl Vitamins, and collagen peptides into the grits.
- 6 Top with molasses and a sprinkle of date sugar to taste.
- 7 Serve warm and enjoy as a nourishing morning ritual.

*Note:* This recipe is flexible — listen to your body and adjust sweetness, texture, or supplements as needed. Nourishment looks different every day.