AN 5.207 — Porridge

English translation by Bhikkhu Sujato.
Source: https://suttacentral.net/an5.207/en/sujato
Source revision: 3bc8665e0e28e70518eba94304a2fafcab80f933
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Text

Numbered Discourses 5.207

21. With Kimbila

Porridge

“Mendicants, there are these five benefits of porridge. What five? It wards off hunger, quenches thirst, settles the wind, cleans the bladder, and helps digestion. These are the five benefits of porridge.”