

Apple and Cinnamon Porridge

A warm, comforting breakfast which is full of healthy fats and fibre. Cinnamon is an anti-inflammatory spice which contains antioxidants and can also help keep blood sugar and energy levels stable.

Ingredients

150ml milk
200ml water
40g rolled oats
1 tsp nut butter
1 grated apple
½ tsp cinnamon
1 tsp flax seeds
Honey (optional to drizzle on top)



Method

- *In a non-stick saucepan slowly heat the milk, water, oats, nut butter and cinnamon stirring everything together.
- *This takes about 5 mins on a slow simmer until it has cooked (add more milk or water if you prefer a thinner consistency).
- *Pour into a bowl, top with grated apple, flax seeds and a drizzle of honey.

Recipe notes:

You can use any nut butter or milk e.g oat, soya, coconut
Change the ratio of water and milk if you prefer to alter calories.
Any fruit can be substituted instead of the apple e.g. blueberries, chopped peach.



Serves : 1
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
Cals: 398
Protein: 13g
Carbs: 36g
Fat: 18g
Fibre : 10g