

Banana Oatmeal Porridge

Ingredients



SERVES 1

- 1 cup of rolled oats
- 250ml of unsweetened almond milk
- 1 teaspoon of cinnamon
- 1 teaspoon of nutmeg
- 2 bananas (one mashed / one sliced)
- 3 tablespoons of brown sugar
- Handful of almonds

How to

1. Add the oats, milk, cinnamon and nutmeg into a medium sized saucepan, cook over a medium-heat.
2. Simmer and stir regularly until the porridge has thickened.
3. Stir in mashed banana and brown sugar and cook for a further 2 minutes.
4. Top with almonds and sliced banana and a sprinkle of cinnamon - and enjoy!

