



Overnight Porridge

- **Hazelnut milk the sweetest, rice milk, coconut milk, almond milk, oat milk**
- **25g of: Oats, Amaranth, Millet, Quinoa, Buckwheat. Alternate the cereal / grains to get a variety of B Vitamins, Fibre, Minerals and slow release carbohydrate.**

INGREDIENTS:

- 25g per serving of cereal / grain of choice
- 1tsp choice of: chia seeds (chia absorbs more fluid good for thickening), mixed seeds, sunflower seeds, pumpkin seeds etc
- 1 tsp choice of: MACA Powder / Cacao Powder
- 50-100ml unsweetened oat milk / nut milk of your choice
- 1-2 drops of vanilla essence / almond essence / orange essence – try out some!

SERVE WITH:

- Natural Yogurt or Greek Style Natural Yogurt (150g = small pot / or 2-3 tbsp)
- Frozen berries of choice for bottom of jar
- Handful of berries of your choice for topping
- Cinnamon powder to dust
- Puffed buckwheat grains for layers 2 tbsp

METHOD:

1. In a saucepan add grain , powder , seeds
2. Cook in water / milk . Bring to boil and reduce to a slow simmer for 20 - 30 mins - grain will be light and fluffy. Add more water / milk if needed.
3. Leave to cool. Add in 1-2 drops of vanilla essence if liked to sweeten.
4. Add frozen fruit / to the bottom of the jar.
5. Add in the porridge
6. Add in a little more milk if you feel you need.
7. The next day, layer puffed buckwheat, natural yogurt , fresh berries, dust of cinnamon to finish

TIP: Add a splash of Robinsons 'Fruit Shooter' if you are adjusting to natural yogurt!

