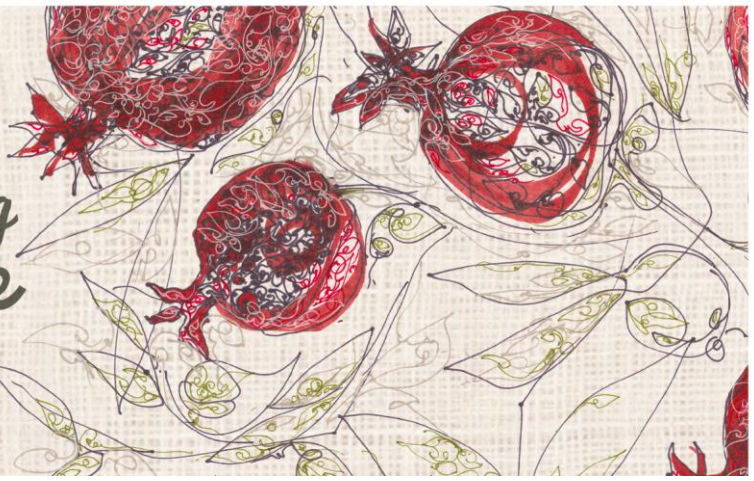




Creating
appetite
for life



Super Porridge

Reference – Eliza Taylor

Preparation 5 minutes **Cooking** Allow 10 minutes **Makes** 4 portions **Cost** \$0.98 per portion (based on retail prices)
Season Any **Ability** Easy **Can** Best fresh **Equipment** Stove

Did you know? This Super Porridge contains approximately 25% more energy and a third more fibre than regular porridge just cooked with milk.

The benefits: Chia seeds are a good source of fibre, protein and omega 3. The added coconut oil gives the dish an energy boost and the oats have a low glycaemic index, which means they provide a slow release of energy. Oats also contain a soluble fibre called beta-glucan which can help reduce cholesterol levels.

Ingredients

100g rolled oats
20g chia seeds (if available)
½ teaspoon cinnamon
1 tablespoon of coconut oil
500ml milk (soy, cows or nut)
1 large banana (1/4 per person)
Drizzle of honey
¼ cup ground or shaved macadamia nuts



Method

1. Place the oats, chia seeds, cinnamon, coconut oil and milk into a medium size pot.
2. Cook over gentle heat until the porridge boils and thickens, stir constantly.
3. Divide between the 4 bowls, top with sliced banana rounds, a drizzle of honey and the shaved/ground Macadamias.

Nutritional Information

Super Porridge - Serving Size: 208g		
	Per Serving	Per 100g
Energy (kJ)	1420	684
Protein (g)	9.1	4.4
Fat (g)	15.6	7.5
- Saturated (g)	4.3	2.1
Carbohydrate (g)	39.4	19.0
- Sugar (g)	24.1	11.6
Fibre (g)	5.0	2.4
Sodium (mg)	52.0	25.0

