

Owen's suggestions for breakfasts

Porridge

We often have porridge and oats are something that we can still generally get our hands on! If you are avoiding shopping many local smaller shops are pooling resources, for example I am able to get oats and flour from my local butchers.

There have been a number of porridge selections over the months but Owen's favourite is this one (my jar of cacao is running low though!).

April menu – Owen's choices

Cacao Banana Porridge

Plain porridge oats (I use 1 cup for 3) Milk/nut milk (I use 3 cups milk to 1 cup oats) Mashed Banana
1 tsp raw cacao powder
Drizzle Maple syrup



1. Make up your porridge with almond/milk
2. Add the cacao powder to the pan
3. Mash the banana in the bowl and add the porridge on top, giving it all a good stir.
4. Finish with a tiny drizzle of maple syrup.

The beauty of porridge is that you can really add whatever you have in or have access to, there have been many recipe suggestions for porridge over the months or just create your own! Most of us have spices such as cinnamon and nutmeg hanging around and these are great at jazzing up porridge.