



Porridge & Bircher Muesli

Ingredients

1/2 cup rolled oats
soaked overnight in 1 cup
of water

Optional add ins..
Chia seeds, flax seeds,
pepitas, sunflower seeds

Chopped nuts (almonds,
macadamias, cashews,
pecans, walnuts)

50ml Coconut milk
Vanilla extract
1 serve unflavoured or
vanilla protein powder
Ground cinnamon
Shredded coconut
Berries
Yoghurt (Bircher Muesli)

Method

Porridge- soak oats overnight to speed up cooking in the morning. When ready heat gently in a saucepan, add water as needed to maintain sloppy consistency. Milk can be used for a creamier texture. Or a small amount can be added at the end. Stir in additions as desired...coconut milk, vanilla, cinnamon, protein powder. Depending on the protein powder of choice you may need to pre-mix and dissolve in a little water before adding to the porridge. Chopped nuts seeds, coconut and berries can be sprinkled on top and stirred through as you serve.

Bircher Muesli-soak oats and 1 tbsp of chia seeds overnight. When ready stir through 1/3 cup plain yoghurt or coconut milk and extra water if needed. Add vanilla, cinnamon and/or protein powder. When ready to serve, sprinkle with chopped nuts, seeds, coconut and some berries.