

Pink Porridge

The addition of nuts to the oats, gives added protein and the cinnamon is a sweet spice that's also useful for lowering your blood glucose level. This is a fantastic low GI start to the day for your kids. They'll love the novel breakfast name too. It's sweet enough that no added sugar or honey is required.

vegetarian gluten-free dairy-free no-added-sugar

Serves: 2-3 kids

Ingredients

- 1 cup wholegrain rolled oats
- 2½ cups filtered water
- 1 cup of frozen raspberries
- Cinnamon to taste
- Milk of choice to taste (e.g. Almond, Cow's, etc)
- 3 tablespoons trail mix (nixed nuts, pepitas & dried fruit)

Preparation

1. Peel and coarsely grate the apple or pear.
2. In a saucepan add all the ingredients except the milk and trail mix. Bring to the boil then reduce to low heat and cook for approximately 10 minutes. Towards the end of cooking time, continuously stir mixture to prevent sticking to the pot.
3. Serve in bowls, add milk to taste and sprinkle with the trail mix.

Tips

- If your children don't like whole nuts, hide them by adding 2-3 tablespoons of grounded nuts (nut meal) to the saucepan.
- Make your own nut meal and save money. Buy raw nuts (e.g. raw almonds or raw nut mix) and put no more than 100g into a food processor. Grind on high speed for approximately 10-20 seconds. Store in an air-tight container.
- If you lack time in the morning, soak the oats in the water overnight in a saucepan, then add a little extra water in the morning to heat through.

Variations

Swap the fruit to frozen blueberries to make "**Purple Porridge**".

