

## Pear & Sultana 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. It's sweet enough that no added sugar or honey is required.*

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

**Serves: 2**

### Ingredients

- 1 cup wholegrain rolled oats
- 2½ cups filtered water
- 1 medium pear
- 2-3 tablespoons nut meal (e.g. almond, cashew)
- 2 tablespoons sultanas (optional)
- Cinnamon to taste
- Milk of choice to taste (e.g. Almond, Cow's, etc)



### Preparation

1. Peel and coarsely grate the apple or pear.
2. In a saucepan add all the ingredients except the milk. 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 and add milk to taste. This porridge shouldn't require any sugar added, taste it and you'll see its sweet enough.

### Tips

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. Also 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**” or with frozen raspberries to make “**Pink Porridge**”. The kids will love to eat these novel breakfasts. Banana slices also goes well with the cinnamon.