



Banana chai porridge

Warm and delicious, the protein powder is optional but it does give it some added oomph and will keep you going for longer. Serves 2. Per serve: Cal: 291; Fat: 14.7g; Pro: 19.8g; Carbs: 16.1g

Serves: 2, Prep time: 00:10, Cook time: 00:10

Instructions

Use a food processor to blend the cauliflower, banana and coconut cream together. Transfer to a pot and stir through the chia seeds. Use a blender, shaker or the food processor to blend the almond milk, protein powder and spices*. Mix well into the banana cauliflower mix, along with a pinch of salt. Whisk the egg separately in a small bowl.

Heat on the stovetop to a simmer and cook for around 4-5 minutes or until heated through. While stirring, add the whisked egg slowly so there are no clumps of egg present, and do so for around 2 more minutes. Split between two bowls and serve.

**This blends to protein powder through properly. If you don't use the protein powder, add 1 tsp unsweetened vanilla extract.*

Ingredients

- 0.5 Cauliflower
- 1 Banana, yellow
- 0.3 cups Coconut cream
- 1 tablespoon Chia seeds
- 250 milliliters Almond milk, unsweetened
- 25 grams Pea protein powder, vanilla
- 1 teaspoon Cinammon
- 0.5 teaspoon Ground cardamon
- 0.5 teaspoon Ground ginger
- 0.25 teaspoon Ground nutmeg
- 0.25 teaspoon Salt, Himalayan
- 1 Eggs