



Golden turmeric porridge

Warm and delicious way to start the day. High in fibre (11g), pop some almonds and yoghurt/coconut yoghurt on top. Serves 1. Per serve: Cal: 216; Fat: 11g; Pro: 15g; Carbs: 9g

Serves: 1, Prep time: 00:05, Cook time: 00:05

Instructions

Add the dry ingredients to a small pot and mix until blended. Add 1/2 of the almond milk to make a paste and heat to a medium temperature, gradually adding the rest of the liquid (add more if required). It's ready when heated through.

Ingredients

- 2 tablespoon Oats, rolled, raw
- 2 tablespoon Ground flaxmeal
- 2 tablespoon Pea protein powder, vanilla
- 1 tablespoon Coconut, desiccated
- 0.25 teaspoon Ground turmeric
- 0.5 teaspoon Cinammon
- a grind Black pepper
- 0.25 teaspoon Ground cardamon
- 1 teaspoon Equal Natural Sweetener (Stevia)
- pinch Salt, Himalayan
- 250 milliliters Almond milk, unsweetened