



Porridge oats



Makes : 1 serving

Ingredients

- 1/3 cup of Jump porridge oats
- 1 cup of coconut or any kind of nut milk almond and hazelnut is best or just water.
- 1 tsp of cinnamon or cinnamon stick
- 1scoop of protein (optional)
- 1 small hand full of blueberries
- 1 table spoon of coconut yogurt or zero greek yogurt if you made the porridge with water.

Method

In a saucepan bring the water or milk with the cinnamon sticks to a boil. Remove from heat. Add the oats to the water/milk and let it come to a boil uncovered. Lower heat and simmer for a few more minutes, stirring frequently to prevent sticking. Stir and simmer until creamy. Remove from the heat and remove the cinnamon stick. Serve in a bowl Sprinkle with cinnamon. If made with water now add in your yogurt. Serve garnished with blueberries.