



The Health & Wellbeing Studio

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Chocolate Porridge

This porridge is just like eating dessert for breakfast without the guilt. Creamy oats provide fibre, some protein and B vitamins for slow release energy and a happy tummy. It might be just the ticket to get your kids eating a nutritious and sustaining breakfast before school.

- Family friendly
- Gluten free
- *FODMAP Friendly Options*
- Nut Free Options
- Dessert
- Vegetarian
- Sweet Treat
- Dairy Free
- Lactose Free
- Breakfast
- Snack
- Vegan
- Lunchbox

Preparations time: 5mins

Cooking time: 10 minutes

Serves: 1

Ingredients

- 1/3 cup rolled oats
- 1 cup water
- 1-2 tbsp coconut (or other) milk
- 1 tbsp chia seeds
- 1 tbsp cacao
- ½ tsp cinnamon
- ½ tsp vanilla
- ½ tsp maple syrup
- 1 tbsp natural peanut butter
- Fruit, nuts and seeds to serve, if desired

Instructions

1. Combine the oats, water, milk, chia, cacao, cinnamon and vanilla in a saucepan over low heat,
2. Stir occasionally for 5-7 minutes or until the porridge thickens and becomes creamy.
3. Remove from heat, transfer to a bowl and serve with a dollop of peanut butter and your favourite breakfast toppings: sliced fruit, yoghurt, homemade low sugar granola, nuts and seeds.

Alternatives

For a FODMAP Friendly option, swap the oats for buckwheat groats.