# **EVERFIT** PHYSIOTHERAPY COACHING

## Everfit "Pink Porridge" with Raspberry.

This is a nice variation on our Plum/Purple Porridge; made with Raspberry, coconut, and banana. Oats are nutritionally awesome: complex carb (sustained energy source) along with 14% protein, loads of fibre; and also known to help reduce cholesterol. Pink is my 4 yr old daughter Stella's favourite colour, and she thoroughly approved it. You can also make double mixture and use it chilled either as a more summery breakfast, or even as a pudding. This recipe will serve 3 adults watching their weight, or 2 hungry athletes.

Serves: -, Prep time: -, Cook time: -

### Instructions

1. Get a large microwave-proof bowl (or saucepan if cooking stove-top).

- 2. Mash banana in the cooking dish(saves dishes).
- 3. Add all other ingredients, stir.

4. Microwave 2 mins on high, stir, then cook further 2 mins: stir. (or if doing stovetop, use medium heat and stir frequently).

5. Check if fluffy/very thick: should be almost like a rice pudding consistency: if not, then

microwave a further 1-2 mins as needed.

6. Then remove from heat/microwave and

 stir in 1 cup milk (this cools it a bit and helps moisten it).

7. Ladle into small bowls and eat as is. Yum yum.

#### Ingredients



#### 1) 1 large banana

- 2) 1 cup frozen raspberry
- 3) 1 cup oats (I like Harraways scotch oats)

4) 1cup milk (we use standard/whole milk, could use almond/coconut milk) + 1 cup extra for later

5) 2 Tablespoons LSA (ground linseed/sunflower/almond): in most supermarkets in baking section

#### 6) 1 Tablespoon coconut thread