

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