



Everfit "Purple Porridge"

This is a fabulous variation on that amazing breakfast staple: porridge! We add Black doris plums 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. The girls were very taken with the taste of this recipe along with the purple colour; they now ask for "purple porridge". 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, starting the plums (NOTE: check for plum stones and break them up as you add them).
4. Microwave 2.30mins on high, stir, then microwave further 2 mins: stir. (If cooking stove-top then cook on medium heat and stir often).
5. Check if fluffy/thick: should be almost like a rice pudding consistency: if not, then microwave a further 1-2 mins as needed.
6. Then stir in ½ cup plum juice(from can) along with ½ cup milk (this cools it a bit and helps moisten it).
7. Ladle into small bowls and eat as is: Eva thought it was delicious, we hope you do too!

Ingredients



- 1) 1 large banana
- 2) 1 can(about 1 cup) black doris plums(if larger can, use ½: reserve juice)
- 3) 1 cup oats
- 4) 1 cup milk (we use standard/whole milk, could use almond/coconut milk)
- 5) 2 Tablespoons LSA

