

4) Banana and Cinnamon Porridge (4 servings)

Ingredients:

- 160 g rolled oats
- 600 ml milk, soya milk or water
- sea salt
- 2 ripe bananas
- 30 g flaked almonds
- ½ teaspoon ground cinnamon
- 2-3 tablespoons maple syrup or runny honey, to taste



Prep:min › Cook:30min › Ready in:40min

1. Place the oats and the milk or water in a large pan over a medium heat.
2. Add a tiny pinch of salt and stir with a wooden spoon.
3. Bring to a steady simmer for 5 to 6 minutes, stirring as often as you can to give you a smooth creamy porridge – if you like your porridge runnier, simply add a splash more milk or water until you've got the consistency you like.
4. Peel, then slice the bananas on a chopping board
5. Add the almonds to a small non-stick frying pan over a medium heat (there's no need for oil) for 3 to 4 minutes, or until lightly golden, stirring occasionally.
6. Stir the cinnamon and most of the maple syrup or honey through the porridge.
7. Serve with the bananas and toasted almonds on top and the remaining syrup or honey drizzled over.