

DATE AND CINNAMON PORRIDGE

A delicious breakfast that is a great source of protein and fibre. The combination of oats, dates and cinnamon make this healthy porridge such a treat.

INGREDIENTS

- 35g rolled oats
- 200ml water
- Pinch of salt
- 30g chopped dates
- A good pinch of ground cinnamon
- **½ serving (14g) Vegan Protein Drink Mix (VPDM)**
- **1 serving (7g) Oat Apple Fibre (OAF)**

TO SERVE:

- A pinch of ground cinnamon
- Sliced banana or a few berries

METHOD

Serves 1

Place the oats in a small saucepan with the water, a pinch of salt and the chopped dates. Bring to boil, then turn down the heat, cover and simmer for about 10-15 minutes until the oats are tender.

Add in the cinnamon, VPDM and the OAF.

Serve in a deep bowl with a drizzle of maple syrup and ground cinnamon over the top, add some banana or berries if you wish.

Nutritional Values (per serving):

Protein	kcal	Fibre	Fat	Carbs	Sugar
19g	402	10g	12g	57g	24g

Nutritional values without optional topping