

**CREAMY COCONUT PORRIDGE** 1 portion**INGREDIENTS**

- 40 grams of oats
- 4 tbsps of coconut milk,
- 1 large bananas,
- 1 tbsp of almond butter
- 1/2 tbsp coconut oil
- 15 grams of crushed almonds
- 15 grams of raisins

COOKING METHOD

- 1° Cook oats in saucepan or microwave with coconut milk, 1/4- 1/2 cup water, and half of the sliced banana. Allow liquid to absorb (3-4 minute microwave 10 minutes saucepan)
- 2° Stir in almond butter and coconut oil. Warm in microwave or keep cooking until totally melted in.
- 3° Sprinkle in crushed almonds. Serve in a bowl, top with remaining banana and raisins

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (289 g)	% DRI
ENERGY	234 kcal	675 kcal	34 %
FAT	14 g	39 g	60 %
FATTY ACIDS, TOTAL SATURATED	7 g	19 g	94 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	35 mg	102 mg	4 %
CARBOHYDRATE	27 g	79 g	26 %
SUGARS	10 g	28 g	—
FIBER	4 g	12 g	47 %
PROTEIN	5 g	14 g	—