

## Baked gingerbread porridge with caramelised pecans

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It actually tastes like gingerbread men! Slice it up and take it to the office, or stick it in lunch boxes for a simple snack on the go.

### Ingredients (serves 6)

Caramelised pecans (make 2 cups)

- 1 tbsp rice malt syrup
- 1 egg white
- 2 cups pecans

Porridge

- 2 cups rolled oats (gluten-free, as needed)
- $\frac{1}{4}$  cup natural vanilla protein powder (optional)
- $\frac{1}{4}$  cup granulated stevia
- 1 tsp baking powder (gluten-free, as needed)
- 1 tbsp ground ginger
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp Himalayan salt

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- 2 cups unsweetened almond milk (or other non-dairy milk)
- 2 tbsp organic coconut oil, melted
- 1 tbsp rice malt syrup
- 2 tsp natural vanilla extract or powder
- Oil spray, for cooking

### Method

Preheat the oven to 120°C and line a tray with baking paper.

Whisk together the egg white and rice malt syrup stir through cups pecans. For vegans, skip the egg and substitute with a tablespoon of olive oil or coconut oil. Spread out in a single layer on your lined tray. Bake for 20 minutes, stir, then bake for a further 20 minutes. Set aside to cool

Preheat the oven to 180°C.

In a bowl, combine the oats, protein powder, stevia, baking powder, spices and salt. Set aside.

In another bowl, whisk together the almond milk, coconut oil, rice malt syrup and vanilla until combined.

Spray a large baking dish with a little oil then add the oat mixture.

Pour over the milk mixture and bake for 30 to 40 minutes until the porridge has become firm.

Remove the porridge from the oven and top with a cup of caramelised pecans - the other cup can be stored for another batch of porridge! Leave to cool a little before serving.

Recipes: Sally O'Neil.

This recipe is a taste of [LOVE MOVE EAT](#) by [Sally O'Neil](#), published by Bauer Books. Available in all good bookstores and at [magshop.com.au](#), \$34.99.

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