

Stewed prunes & cinnamon oats

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Start your day with this wholesome porridge.

Ingredients (Serves 1 to 2)

Porridge

- 1 ½ cups almond milk
- 1 cup oats
- ¼ tsp ground cinnamon

Toppings

- 1 tbsp peanut butter
- ½ small banana, sliced
- 1 fresh fig, sliced
- 1 tsp toasted coconut flakes
- 3 stewed prunes + juice (or soak pitted prunes little hot water for an hour or two)
- ½ tsp cacao nibs

Add the porridge ingredients to a small saucepan on medium-high heat. Cook for a few minutes until

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creamy and the liquid has absorbed.
Serve with toppings and optional extra milk.

Words, recipes and food photography: Nadia Felsch.

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