

# Fruit & nut porridge



40g porridge oats, (use gluten free oats if preferred)

100ml cold water (or use milk of your choice)

1 tsp stevia (or natural sweetener of your choice)

1 kiwi, diced

7g flaked almonds

5 dried pitted prunes, chopped

Place the oats and water in a saucepan. Stir and cook over a medium heat for 3-4 minutes, stirring continuously.

If the mixture is a little dry, add a splash more water or milk.

Remove pan from the heat and stir in the stevia.

Spoon the contents into a bowl. Add the kiwi, almonds, and prunes.

*Consume immediately.*

SERVES 1



PER SERVING:

276 Calories

**51g Carbs**

**9g Protein**

**6g Fat**