

# Porridge with kiwi, apple and walnuts

prep time: 10-15 minutes

## ingredients

50g Jumbo or Rolled Oats (no sweeteners, flavours or pre-packaged oat products)

100ml water

250ml of milk of your choice (if plant milk opt for unsweetened)

1/2 teaspoon of cinnamon if you like the flavour

Your choice: 1 pear or 1 apple + 1 kiwi (chopped)

Optional: 10 walnut halves or a tablespoon of your choice of nut butter, natural yoghurt / plant-based yoghurt, 1 tablespoon of raisins or maple syrup

Put 40g of oats (1/2 cup or 3.5 heaped tablespoons) into your saucepan

Pour in 250ml of your milk of choice (unsweetened if plant milk)

Bring to boil then put onto a very low heat

Cook for 10-15 minutes until you reach the texture you prefer (you have the 100ml of water to add if thickens too much – you can add more if you like a runnier texture)

Once cooked, add to your bowl and sprinkle with cinnamon

Then top with your chopped fruit and walnuts.

You can add different nuts, seeds and fruit each week to increase the diversity of your diet to support your gut and mood





Breakfast is good for our focus and concentration and mood. Try our porridge recipe for a healthy start for your body and brain!

Rolled and jumbo oats are a great start to your day.

They contain protein, complex carbohydrates, healthy fats plus B vitamins, magnesium, iron and zinc and some trace minerals. They are rich in fibre and antioxidants to support your gut and immune system. Their beta-glucans help balance blood glucose, reduce inflammation, feed your healthy gut-microbes and support your vascular system.

The addition of the apple and kiwi adds in more antioxidants, fibres and phytochemicals to give your brain the nutrients it needs to focus and concentrate.

Walnuts are great for your brain as they contain omega 3 fatty acids, prebiotics, protein and an impressive range of polyphenols shown in research to be neuro-protective.

