

## Chocolate Porridge

This porridge is just like eating dessert for breakfast without the guilt. Creamy oats provide fibre, some protein and B vitamins for slow release energy and a happy tummy. It might be just the ticket to get your kids eating a nutritious and sustaining breakfast before school. Serve hot or cold (might need a splash more milk if you're serving cold), and works perfectly in a thermos for cooler months.

### Allergens:

Lactose Free | Gluten free | Vegetarian | Nut Free Options | Vegan | Low FODMAP Options | Egg Free | Dairy Free | Wheat Free | Soy Free | Seafood Free | FODMAP Friendly Options



### Recipe:

Family friendly | Dessert | Sweet Treat | Breakfast | Snack

Preparations time: 5mins

Cooking Time: 10mins

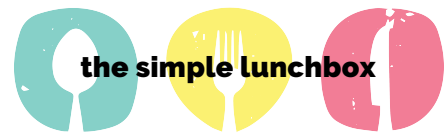
Serves: 1-2

### Ingredients

1/3 cup rolled oats  
1 cup water  
1-2 tbsp coconut (or other) milk  
1 tbsp chia seeds  
1 tbsp cacao  
½ tsp cinnamon  
½ tsp vanilla  
½ tsp maple syrup  
1 tbsp natural peanut butter  
Fruit to serve

### Instructions

1. Combine the oats, water, milk, chia, cacao, cinnamon and vanilla in a saucepan over low heat,
2. Stir occasionally for 5-7 minutes or until the porridge thickens and becomes creamy.
3. Remove from heat, transfer to a bowl and serve with a dollop of peanut butter and your favourite breakfast toppings: sliced fruit, yoghurt, homemade low sugar granola and seeds.



## Variations & Substitutions

For a FODMAP Friendly option, swap the oats for buckwheat groats.

Use carob if you are avoiding caffeine or if your child is particularly sensitive to cacao. Be mindful that carob is naturally sweet, so adjust your sweetener accordingly.