

Gut-Bug Friendly Food: Almond Nuts

Almond Porridge Breakfast Bowl

Prep: 5 mins Cook: 5 mins Servings: 2 Kettle Only



Top Tips



Fresh fruit also works well – choose whatever you like best.

If you've got a sweet tooth, try adding a dollop of jam to the porridge.



Try adding a variety of nuts to the porridge, such as cashew nuts, hazelnuts, or pistachios.

Equipment



2 Bowls



Kettle



Tin opener
(if required)



2 Spoons



Chopping board & knife



Sieve

Ingredients



6 handfuls of
porridge oats
(gluten)



A splash of **milk**
(dairy or plant-based)



2 handfuls of almonds
(nuts) (flaked, crushed or
whole will be fine if they
still have their skins on)



1 tin of fruit (apple,
pear, etc...)



1 tablespoon of
honey (optional)



Sprinkle of
cinnamon
(optional)

For allergens, see ingredients in **bold**. Allergens may vary between brands, refer to the ingredient lists on the items you have

1

Put the oats into 1 of the bowls.

Boil the kettle and pour just enough boiling water to cover the oats.

Leave for 2 mins or until the oats have softened.

Add milk to preferred taste and texture.

2

Add the almonds to the porridge and mix together.

Divide the mixture between the 2 bowls.

Drain and thinly slice the fruit.

3

Arrange the fruit on top of the bowls of porridge.

Drizzle the honey if using.

If desired, sprinkle the cinnamon.

Enjoy!

Allergens: **milk**  **oats (gluten)**  **almonds (nuts)** 

If you have IBS, try using gluten-free oats and dairy-free milk, add a smaller quantity of nuts to the porridge and skip the honey