

BAKED PORRIDGE

4C traditional oats

filtered water

a good splash of acidity – lemon juice, vinegar, yoghurt, kefir

Combine above ingredients and soak overnight.

In the morning strain, rinse and drain then continue with recipe.

4 eggs

½ - 1C milk of choice – dairy, nut, coconut, seed

¼ C sweetener of choice – sugar, honey, maple syrup

½ C melted fat of choice – butter, ghee, lard, coconut/macadamia/hemp/avocado oil

½ tsp salt

1 tsp ground cinnamon and or other ground spices – nutmeg, ginger, turmeric, cloves

The following are optional ingredients – you can use some or all.

2 zucchini, grated

2 carrots grated

2 apples or pears grated or finely diced

1C grated or pureed pumpkin or sweet potato

berries of choice – fresh or frozen

chopped dried fruit of choice

chopped nuts and/or seeds of choice

citrus rind

Combine above ingredients in a large bowl.

Add oats and mix well to combine.

Pour into a greased baking dish and bake at 180C until set and just golden.

When cool cut into serving sizes and freeze.

To serve take out a portion either the night before or can be cooked from frozen with added milk of choice in a saucepan on medium heat.

