



PORRIDGE PUCKS

Soak traditional oats (usually about 3-4 cups) in water (to cover) with a tablespoon of vinegar/ yoghurt/lemon juice, overnight.

In the morning rinse and drain.

In a large bowl add the oats and any of the following:

- Grated zucchini
- Grated apple
- Grated carrot
- Grated pumpkin or sweet potato
- Chopped nuts
- Seeds
- Dried fruit
- Spices – cinnamon, mixed spice, cardamom, vanilla
- Turmeric
- Dulse
- Superfoods - maca, acai, lacuma, bee pollen, chia, hemp, lsa, mesquite, collagen, greens

Stir to combine then spoon into silicon muffin tins or other mould (silicon are easy to pop out). Place in freezer. When frozen pop out and store in snap lock bag.

You could also spoon into a baking dish, cut into serving squares then freeze. The squares should snap apart once frozen. Finally you could dollop ½ or ¼ cup serves onto a baking tray lined with parchment paper and freeze. Once frozen peel off and store in snap lock bag or container.

To serve, take a couple of pucks out of the freezer to defrost (can also be cooked from frozen on a low heat with lots of liquid).

Place defrosted pucks in saucepan with liquid of choice:

- Water
- Coconut water
- Milk

Heat gently, to warm and also long enough to soften the grated vegetables if you don't like the texture of them firm.

Serve into bowl and add berries, cream/yoghurt/kefir, ghee/butter and a good drizzle of honey as desired.