

Protein Packed Banana Porridge



Preparation time: 10 mins

Serves: 3 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Vegetarian, Kid Friendly



Ingredients

- 1 cup rolled oats
- 1 cup water
- ½ cup milk, plus extra to add during cooking
- 1 banana, preferably overripe
- 1-2 eggs (use 2 eggs if they are small)
- Cinnamon to taste
- Honey or maple syrup to taste

Method

1. Finely slice or mash the banana and set aside. Whisk the egg/s and set aside.
2. Place the oats, water and milk in a saucepan. Bring to a boil then reduce heat to low and cook, stirring gently, for about 5 minutes or until the mixture starts to soften and thicken.
3. Add the banana, whisked egg and a pinch of cinnamon and cook for a further 2-3 minutes, stirring continuously, until the ingredients have been thoroughly incorporated and the egg has cooked into the porridge. If the porridge is too thick, add extra water or milk.
4. Serve the porridge hot with a drizzle of honey or maple syrup. Add toppings as desired.

Recipe by Monique Cormack

Notes

- For a dairy free breakfast, simply use a non-dairy milk like almond, rice or coconut milk.
- If there are any leftovers, they can be popped in the fridge for up to three days. Reheat over the stove or in the microwave, adding extra milk and/or water to thin the mixture out a little as needed.
- Suggested toppings: berries, sliced banana, yoghurt, peanut butter, chopped nuts, seeds.

Nutritional Information

| Serving size | Energy | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium | Fibre | Vitamin D |
|--------------|------------------|---------|-----------|---------------|---------------|---------------|--------|-------|-----------|
| 197g | 786kj 188kcal | 7.7g | 5.7g | 1.9g | 24.3g | 9g | 48mg | 3.3g | 1.2µg |

All nutrition values are per serve.