

Rhubarb & almond porridge



DYNAMIX
HEALTH & FITNESS

160g rhubarb, washed and cut into small chunks

1 tsp stevia (or use granulated sweetener of your choice)

100g oats (use gluten free if preferred)

a pinch of ground cinnamon

30g oat bran (use gluten free if preferred)

500ml unsweetened almond milk (or use milk of your choice)

1 tbsp maple syrup

15g almonds, roughly chopped

SERVES 2

Preheat oven to 170°C/350°F. Line a baking tray with foil.

Place the rhubarb on the tray and sprinkle over the stevia. Bake for 10-15 minutes, or until soft.

Meanwhile, place the oats, cinnamon and oat bran in a saucepan. Add the milk and stir well. Cook over a medium heat for 10-15 minutes, stirring frequently until thick and creamy. Add more milk or boiling water during cooking time if required.

Transfer to two serving bowls.

Top with the baked rhubarb, maple syrup and chopped almonds. Serve.

Consume immediately.



PER SERVING:
360 Calories
51g Carbs
12g Protein
12g Fat

