



SUPER GRAIN PORRIDGE



Our Super Grain Porridge is full of fibre, protein, thiamin, iron and magnesium and is just right for those busy mornings. This vegan-friendly, dairy-free baby recipe can also be enjoyed by little foodies during Stage 2 weaning.

Oats release energy slowly so they're great for you first thing in the morning. Try topping it with stewed dried fruit on a cold day or fresh fruit to keep it light.

WHAT YOU NEED

- 3/4 cup gluten-free oats
- 2 cups filtered water
- 1 tbsp quinoa pearls
- 1 tbsp ground mixed seeds (pumpkin, linseed, sunflower, one or a combination of all of them will do)

WHAT TO DO

1. Mix the oats with the water and quinoa and leave to soak overnight. This makes the oats easier to digest and reduces the cooking time.
2. In the morning, heat the mix gently in a saucepan for 5-10 minutes (different oats vary in cooking time), until creamy.
3. Serve in a bowl sprinkled with the seeds and a splash of almond milk. Top with whatever you fancy.