

Spiced apple and pear dairy free porridge

Takes 25 minutes, serves 4 and uses two saucepans.

INGREDIENTS

Porridge:

160g jumbo rolled oats

2 teaspoons ground cinnamon

500ml water

400ml oat milk

Apples and Pears:

2 apples, cored, quartered then chopped (leave the skin on, I don't have time for peeling as well)

2 pears, cored, quartered then chopped (skin on)

1 teaspoon ground ginger

0.25 teaspoon ground cloves

0.5 teaspoon vanilla extract

A pinch of salt

2 tablespoons water

To Serve:

A small handful of pecan nuts

Optional: Maple syrup or another sweetener of your choice

DIRECTIONS

The Apples and Pears:

Place all of the ingredients in a saucepan, covered. Bring to a gentle simmer, turn the temperature down to low and leave to cook for 15 minutes, stirring occasionally. The fruit should have softened to the point it breaks up when you stir it. Leave to cool.

The Porridge:

The best, thickest, creamiest porridge is created if put all the ingredients in the saucepan, cover it and leave them overnight to soak until the morning. It also makes your morning routine quicker, as you don't have to measure anything out.

Place over a high heat and bring to a simmer. Reduce the heat and gently simmer, stirring occasionally for about 5 minutes.

Pour the porridge into bowls, then top with the apple and pear mix, a few pecans and then drizzle with syrup if you wish!

