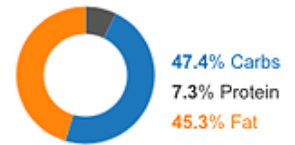


ANTHONY'S SUPER BOWL PORRIDGE



Macros: 1 serving
Carbs: 57g
Protein: 8.9g
Fat: 24.6
Total calories: 490



INGREDIENTS: (serves 1)

- 3 heaped tablespoons of whole grain rolled oats
- 1/3 cup of water
- 1 cup coconut milk
- 1 teaspoon cold pressed organic coconut oil
- 1 teaspoon raw honey
- 1 tablespoon raisins/sultanas
- 1/2 a medium banana
- 1 tablespoon of milled linseed &/or poppy seeds
- 2 whole walnuts
- 1/4 teaspoon of ground cinnamon

The "Super Bowl" is a fully charged porridge. It's a great way to start the morning, packed full with vitamins, minerals and fibre. Oats are also the perfect fitness food for beginners and athletes alike. A bowl of the slow-releasing, wholegrain goodness an hour before exercise maintains steady blood sugar levels throughout a workout, while providing plenty of energy to keep you going.

HOW TO MAKE IT:

- Add three heaped tablespoons of oats into saucepan
- Cover oats with 1/3 cup of water
- Turn onto medium heat adding 1 teaspoon of coconut oil and 1 teaspoon of raw honey, stirring as you go along
- Add in 1 cup of milk along with a tablespoon of raisin/sultanas and bring the heat up
- Continue to stir until the porridge starts to bubble and thicken, which allows the fruit to soften and ingredients to come together
- Bring the heat right down and leave it on simmer for 2 mins while you chop the banana into slices
- Turn the heat off and give it one last stir before pouring your porridge into a bowl
- Add the chopped banana and walnuts on top of the porridge
- Dust with cinnamon
- Sprinkle with linseed and/or poppy seeds
- There you have it one delicious "Super Bowl" porridge!

THE GREEN WARD
HEALTH & WELLBEING



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