Porridge with Nuts



Breakfast is the most important meal of the day, so get up 15 minutes earlier to prepare healthy, quick and delicious breakfast.

INGREDIENTS :

175 g of cereal

60 g of nuts (chopped) + a few whole cores

A pinch of salt

1 tea spoon of cinnamon

600 ml of milk

200 ml of water

60 – 70 g of honey

Agave syrup (if wished for additional sweetening)

2 oranges

Frozen raspberries

PROCEDURE :

1 . Put all the ingredients into a pot except the fruit, agave syrup and whole nut cores …

2 . put the pot on the oven and let it boil …

3 . stir as often as possible until it boils and cook for just 1 minute …

4 . divide your breakfast into four portions …

5 . peel the oranges, cut them and divide in four portions …

6 . put the whole nut cores, oranges and raspberries on each portion …

NOTE AND ADVICE :

1 . When you add raspberries into the hot porridge, stir everything well to let the raspberries melt.

2 . Honey is added after the porridge has been cooked, so that all the vitamins can be preserved.



If you like recipes from my blog, you can subscribe to my YouTube channel for free …. thank you for trusting me your Meri