

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.



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