



CINNAMON AND VANILLA OAT PORRIDGE

She's been at it again.....**Meg Phillips** producing simple, delicious and wholesome recipes to share on the Affordable Wholefoods Recipe blog. This may seem like a pretty standard breakfast....a bowl of oats in the colder weather, but its always great to have a little inspiration with how we flavour our meals. This one is made using cinnamon and vanilla, and a little coconut sugar for sweetness. Toppings and garnishes to your own making....Enjoy!

Serving size: For one...

Ingredients:

1 cup *organic rolled oats*

2 cups *almond milk*

1 tablespoon *coconut sugar*

1/4 teaspoon *vanilla bean paste* (or fresh *vanilla pod seeds*)

1/8 teaspoon of *ground cinnamon*

Method:

Add all the ingredients to a saucepan and stir over a medium heat until the almond milk has been fully absorbed and the mixture is creamy.

Serve hot with a garnish of your favourite fresh fruit, nuts, seeds or coconut yoghurt.

Dairy Free | Vegan

To see more from Meg, you can follow her [Instagram page](#) here