



Botanic Cottage Community Cook Club Early June 2021

A nourishing breakfast

Oat and chia porridge with strawberries and almonds

Try this summery twist on porridge, topped with the season's best. The addition of chia seeds gives this porridge added protein which is a great boost for the morning. (If you can't find any, just leave them out.)



Ingredients

2 mugs rolled oats
4 tbsp chia seeds
2 mugs milk (any type)
2 mugs water
A pinch of salt

250g strawberries
2 tsp caster sugar
100g almonds (chopped whole almonds or flaked)
½ a banana per person (optional)

Serves 4 (use ½ mug per person for smaller families)

You will need a large saucepan (preferably non-stick), a small frying pan, a bowl, a chopping board and a knife.

Method

1. Start with the porridge, add the oats, chia seeds, milk, water and salt to the pot and bring to a simmer. Cook gently, stirring occasionally for 7-10 minutes until thick and creamy.
2. Wash, de-stalk and dice or slice the strawberries into a bowl and sprinkle with the sugar. Give the strawberries a stir.
3. Put the chopped or flaked almonds in the small pan (with no oil) and gently toast for a few minutes.
4. Serve the porridge in deep bowls with sliced banana if using, a few spoonfuls of the macerated strawberries and a scattering of toasted almonds. Add a little honey or maple syrup if you need it.