

## Coffee Porridge

Serves 2, free at Mealtimes



### Ingredients

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- 100g porridge oats
- 500ml milk
- 1-2 shots of espresso (or 1-2 tsp of instant coffee)
- Sweetener of your choice
- 1/2 tsp of vanilla extract
- Pinch of salt (optional)
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### For the topping

- 1 banana, cut in 2, and split lengthways
- A dollop of yoghurt of your choice
- Cacao nibs

### Method

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First, fry your bananas. Spray a non stick pan with oil and fry your bananas until golden on each side.

Meanwhile, add all the porridge ingredients into a saucepan, bring to a simmer, stirring consistently for 3 minutes.

Top your porridge with the banana, cacao nibs and yoghurt