

LOADED PORRIDGE

Serves 1

INGREDIENTS

½ cup oats

1 cup of water

½ grated apple

1 tbsp hemp seeds

1 tbsp organic or grass-fed ghee

Pinch of cinnamon and nutmeg

¼ cup of dairy or plant-based milk (optional)

INSTRUCTIONS

1. Add oats, water, apple and hemp seeds to a saucepan on medium heat.
2. Sprinkle cinnamon and nutmeg
3. When water has absorbed, and porridge is thickened remove from heat
4. Stir through ghee (and milk if desired) and serve