

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 cinnamon

Method:

1. 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.
2. 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](#)