

Porridge Oats

Yield: 1 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/oats-porridge-recipe-jamaican-style>

Ingredients:

- 1/3 cup oats soaked in 1/3 cup water for 30 minutes
- 2 tablespoons almond milk
- 4 drops liquid stevia or 1 tbsp of your favorite sweetener, maple syrup, agave, or date syrup
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/2 banana sliced
- 1 tablespoon chopped walnuts roughly
- 1 tablespoon vegan yogurt your favorite
- 1 tablespoon compote berry
- 1 tablespoon almond butter

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 59 grams
3. Fat: 19 grams
4. Fiber: 9 grams
5. Protein: 14 grams
6. SaturatedFat: 2 grams
7. Sodium: 20 milligrams
8. Sugar: 8 grams

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