



REMEDY
KITCHEN

My perfect duo, porridge and blueberries!
Simply a match made in heaven. This is my
number one go to on a busy morning when
the whole family is rushing out the door.



Blueberry & Maple OMG Porridge

Ingredients

1 Cup OMG Omega Porridge

2 Cups Almond Milk

1 Teaspoon Honey

2 Tablespoons Vanilla Coconut Yoghurt

Maple Syrup

Handful of washed Blueberries

Method

Step 1

In a small saucepan combine the OMG oats, milk and honey. Stir on a medium to low heat until the porridge thickens to your desired consistency. Turn heat off, stir in yoghurt .

Step 2

Top with blueberries and a light drizzle of maple syrup! This might be simple, but it packs a healthy punch! Hands down my go-to when I'm on the run...

ENJOY X

Mel ♥

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