



REMEDY
KITCHEN

This beautiful breakfast bowl is a little more time consuming than my other porridge recipes but its definitely worth the work! Perfect for a lazy Sunday when the world doesn't seem quite so rushed. If you are a lover of rhubarb like me the flavours are simply delicious!



Strawberry & Rhubarb Porridge

Ingredients

Stewed Rhubarb

2 Cups chopped Rhubarb

1/4 Cup Sugar

2 Tablespoons Water

Porridge

1 Cup MOP Milled Oat Porridge

1 Teaspoon Honey

2 Cups of your choice of Milk

1 Tablespoons Coconut Yoghurt

Top with strawberries and maple syrup or whatever tickles your fancy.

Serves 2

Method

Step 1

In a saucepan, combine 2 cups of chopped rhubarb, 1/4 cup of sugar, 2 tablespoons of water. Cook on a low to medium heat stirring occasionally for 10 or so minutes until the rhubarb is tender. Set aside

Step 2

In a small saucepan combine the MOP 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 3

Top with that delicious warm rhubarb, sliced strawberries, a sprinkle of cinnamon and maple syrup!

ENJOY X

Mel ♥

THE BEST CURE IS A NOURISHING BOWL
FROM A CARING KITCHEN

VISIT REMEDY KITCHEN ON SOCIAL

@/RMDY_KTCN f /RMDYKTCN

FOR MORE RECIPES VISIT

REMEDYKITCHEN.COM.AU