

winter steel cut oats with maple fried banana



serves 2

ingredients:

1 C steel cut oats

2 C water

½ C nut mylk

pinch pink salt

topping:

1 banana, sliced lengthways and then cut in half

2 Tbsp almond butter

1 tsp hemp hearts

1 tsp cinnamon

1 Tbsp maple syrup*

1 tsp coconut oil*

nut mylk, to serve

*Item not available online but is available in your local GoodFor store.

method:

The night before you want to have your oats for breakfast, soak your oats in a pot with 2 cups of water overnight.

The next morning, add ½ C of nut mylk to the pot and bring to a boil over high heat. Add a pinch of salt. Once bubbling, reduce to a low simmer and cook for 15 minutes or until the oats are cooked through. Remove from the heat, stir and then cover for a few minutes.

Meanwhile, heat the coconut oil in a small pan over medium heat. Add the maple syrup and then place the banana in the pan. Cook on each side for approximately 2 minutes or until caramelised. Add a little more maple syrup or coconut oil if it needs a little more liquid.

Pour the oats into a bowl then top with fried banana, almond butter, hemp hearts and a sprinkling of cinnamon.

Serve with nut mylk.

