

Porridge with rosehip powder

Ingredients required for 2 persons

Preparation time 15 minutes

Difficulty easy

Ingredients

60 g oats
250 ml milk or oat milk
2 EL rosehip powder
1 banana
1 apple
2 EL chia seeds
2 TL coconut flower sugar
2 TL hemp seed oil



Preparation

Place milk or oat milk in a pot with one teaspoon coconut flower sugar. Bring to the boil, add oats and simmer over low heat, while stirring occasionally. Remove from the heat and stir in rosehip powder.

Peel banana and apple and cut into dice. Heat a teaspoon coconut flower sugar in a pan and caramelize the fruit for a few minutes.

Pour the cooked oats in bowls and garnish with the fruit. Sprinkle over with chia seeds and one teaspoon hemp seed oil per portion.