



Golden Pumpkin and Apple Porridge

🕒 15–20 Min   

Preparation

- 1 Finely grate an apple, then use a fork to crush the banana into a puree and stir well into the pumpkin puree, milk and porridge in a bowl. Now add the Golden Milk mixture and the cinnamon and mix thoroughly once more.
- 2 Add everything to a saucepan and bring to the boil. Allow to simmer for around 4 minutes over a low heat.
- 3 Serve the porridge up in bowls and top with the pieces of apple from the second apple, nuts and cocoa nibs. Sweeten with a little honey.

Ingredients 2 Portions

🔥 = Kotányi Produkte

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|---------|---|
| 50 g | Squash (e.g. red kuri or butternut), pureed |
| 100 g | Porridge or rolled oats |
| 200 ml | Milk or plant-based milk |
| 2 piece | Apples |
| 1 piece | Banana |
| 1 tbsp. | Runny honey |
| 2 tbsp. | Cocoa nibs |
| 2 tbsp. | Walnuts |
| 2 tbsp. | Almond slices |
| 1 tbsp. | 🔥 Archive: Golden Milk Seasoning Mix |
| 1 pinch | 🔥 Cinnamon, Ground |

