

Golden Pumpkin and Apple Porridge

15–20 Min

Ingredients 2 Portions

= Kotányi Produkte

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

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.