

Meal In A Bowl



Super quick to make and having this for brekkie will set you up for the day. But the reason I've called it a meal in a bowl is that you could realistically have this anytime. And not a bad option around training sessions. There's no rules!!!

Ingredients:

80g oats
Whole milk (enough to cover the oats)
Double cream (a quick pour)
Pinch of cinnamon
Chopped strawberries
Sliced Banana
Raspberries
Blueberries
Crushed walnuts

Method:

- 1- Add oats, milk, cream and cinnamon, stir and heat until porridge is at desired consistency
- 2- Pour into your bowl and layer with banana, strawberries, raspberries, blueberries and crushed walnuts (optional: you can add a few chopped dates as well)
- 3- Finish with a shake of cinnamon over the top.