

Wholesome Porridge with Raisins, Camelina and Chia seeds

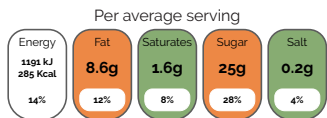


WAYS
TO BE
WELL

Hotel, Farmhouse, Winery and B&B
RIVER COTTAGE

Wholesome Porridge with Raisins, Camelina and Chia seeds

SERVES 2, VEGAN, 1 OF 5 A DAY



Of an adult's Reference Intake (84000KJ / 2000Kcal)
Typical values per 100g: Energy 724KJ/173KCal

INGREDIENTS:

40g Jumbo Oats	40g raisins
40g Barley Flakes	120mls Apple juice
1 tbsp chia seeds	240mls Oat milk
1 tbsp pumpkin seeds	
1 tbsp camelina seeds	

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METHOD:

1. Reserve some of the seeds and raisins before placing all the items into a pan and cook over a low heat until the grains have softened.
2. Sprinkle the seeds and raisins on top and tuck in.