

Cauliflower Porridge

Serves 1

1/3 cup cooked cauliflower rice
2 tablespoons oats
1 tablespoon chia seeds
1/2 teaspoon cinnamon
1/2 teaspoon manuka/raw honey
1/2 cup rice milk (or milk of choice)

Toppings: greek/coconut yoghurt, walnuts
and toasted hazelnut butter/almond butter



Place the cauliflower, oats, chia seeds, cinnamon, honey and milk into a small saucepan. Heat on low heat and stir regularly until thickened. Transfer to a bowl and add your toppings.