

Chocolate, Raspberries & Tahini Porridge

A recipe from Ashley Devine



Ingredients

40g porridge oats
1 cup raspberries
1 tbsp tahini
200ml chosen milk (plus additional)
½ scoop chocolate protein powder
or 1 tsp cocoa powder
1 tsp Lepicol powder

Method

Add your oats with 200ml milk or plant based alternative into a saucepan and stir.

Bring to boil on a low heat and gently simmer for 5 minutes, or until you've reached your desired consistency.

Set the porridge aside and allow to cool for a minute. Stir in protein powder or cocoa followed by 1 teaspoon of Lepicol, if need be add a little extra milk to maintain consistency.

Scoop porridge into your favourite bowl and decorate with raspberries and a drizzle of tahini. Enjoy!