



Mood Lift Breakfast

Recipe by: Tiina Lemmik

Prep time: 10 mins

Serves: 1

Ingredients

Porridge:

50 g porridge oats

350 ml milk or water (or mixture of the two)

pinch of salt

Topping:

1 heaped tablespoon Greek yogurt

1 small banana

1 tablespoon raw cacao nibs

2-3 chopped brazil nuts

Method

Put oats in a small saucepan, pour in milk or water and sprinkle in a pinch of salt. Bring to the simmer for 8-10 minutes, stirring from time to time so it does not stick to the bottom of the saucepan.

To serve, pour into a bowl, spoon yogurt on top, add sliced banana and sprinkle with cacao nibs and chopped nuts.

Optional: drizzle with honey or maple syrup