

Zucchini Porridge

Serves: 2

Prep time: 5 minutes

Cook time: 10 minutes



1 serve per portion

Ingredients

1 cup rolled oats

1 cup zucchini, finely grated

1 ½ cups milk, reduced fat

1 tablespoon sugar-free maple syrup OR honey

1 tsp ground cinnamon

2 bananas, chopped

1 cup frozen berries, thawed



Everyday Food

Method

ADD oats, zucchini, milk, sweetener of choice, and cinnamon to a saucepan.

COOK over medium heat, stirring occasionally, until porridge has thickened (around 5-10 minutes). You may need to add more milk or water depending on your preferred consistency.

DIVIDE into bowls and top with banana, berries, and a sprinkle of extra ground cinnamon.

Recipe courtesy of Jeanette Weston, Magnetic Garbutt Branch