

NUTRITION WITH LED

Delicious Homemade Chocolate Porridge

This recipe is easy to make and delicious. Perfect for getting those fats in early and starting the day right. It's incredibly high in protein from the eggs and the chocolate makes you think you are being naughty, with out actually being naughty. Perfect for getting those fats in early and starting the day right.

Ingredients

1 cup of oats

3/4 cup of almond milk

1 tbsp of cocoa powder

1/2 tbsp of coconut sugar (optional)

4 egg whites

- Add the oats and the almond milk to a pan over the hob.
- Stir until it becomes thicker- stirring needs to be constant.
- Once the mix becomes thicker, add the cacao powder and the coconut sugar and add in 4 egg whites.
- Stir constantly until the thickness is how you like your porridge,
 - Add fruit or dark chocolate chips if you wish

My recommendation is dark chocolate chips (30g) and raspberries (45g).



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