



Vegan linseed oil porridge

The vegan, homemade porridge with juicy blueberries and bananas provides you with energy for an eventful day.

Zutaten

4 Portionen

160 g Oat flakes
400 ml Coconut milk
1 EL Agave syrup
125 g Blueberries
2 Bananas
1 Handful Hazelnuts
4 Dates
Mint, to taste
4 EL Byodo linseed oil, virgin

Zubereitung

Bring the oats and coconut milk to the boil for 2-3 minutes, stirring constantly, until the desired consistency is reached. Sweeten with agave syrup to taste.



Tip

Any milk alternative, cow's milk or water can be used instead of coconut milk.

Pour the porridge into a bowl and sprinkle blueberries and bananas on top. Chop the hazelnuts, chop the dates and add to the porridge. Garnish with a few mint leaves and serve with Byodo linseed oil (1 tablespoon per bowl).