

## Banana porridge

*Naturally vegan, GF, filling and so yummy. What more could you want from a breakfast?*

- 🌀 1 cup GF jumbo oats
- 🌀 2 mashed bananas
- 🌀 2 cups almond milk
- 🌀 1 tbsp chia seeds
- 🌀 1 tsp vanilla
- 🌀 1 tsp ground cinnamon
- 🌀 1 tbsp maple syrup

*Put all the ingredients in a pan and cook over medium heat for about 5 minutes. Top with whatever you like and enjoy*