

Miele

Porridge with chia, dark chocolate and caramelised bananas

By Miele

10 minutes

Preparation time

15 minutes

Cooking time

4

Serves



INGREDIENTS

Oat and chia porridge

180 g (2 cups) rolled oats
1 tbsp chia seeds
Pinch salt flakes
750 ml (3 cups) water

Caramelised bananas

40 g butter
4 small bananas, halved lengthways
1 tbsp brown sugar

To serve

45 g (¼ cup) good-quality dark chocolate chips
1 tbsp Dutch-processed cocoa powder
Honey
Your preferred milk (cows, oat, soy or other)

METHOD

Oat and chia porridge

1. Place the oats, chia seeds, salt and water into an unperforated steam container.
2. Place into the steam oven and Steam at 100°C for 15 minutes.

Caramelised bananas

1. Melt the butter in a frying pan on medium heat, induction setting 6.
2. Place the bananas in the pan, cut side down, cook for 2 minutes or until lightly coloured. Add the brown sugar and cook for 1 minute.

To serve

1. Divide the porridge between the serving bowls.
2. Top with carameilsed bananas, dark chocolate chips and a sprinkle of cocoa. Add milk and honey as needed.

Additional appliance method:

- Alternatively, cook the oats on a cooktop using medium-low heat, induction setting 4.

Hints and tips

- Any fruit can be added to this versatile breakfast. Try raspberries or apricots in summer, or pears and rhubarb in winter.
- Oats are an excellent source of soluble fibre with a low glycaemic index. They are a great way to start the day.