

Little Green Spoon

Flahavan's

Coconut Porridge with Pineapple

This tropical breakfast is inspired by beautiful Hawaii. Every bite tastes like a tropical getaway, it's such a gorgeous way to treat yourself in the morning and it only takes a few minutes to make.

Serves 2

90g of oats

200ml of water

200ml of unsweetened coconut milk

1 tablespoon of maple syrup

200g of pineapple

to serve: desiccated coconut, lime

Add the oats, water, coconut milk and maple syrup to a small saucepan on medium heat. Bring it up to a gentle simmer. Let it simmer for about 3 minutes until the oats are tender and plump.

While it's simmering, peel and slice your pineapple.

Divide the coconut porridge between your bowls and serve with the pineapple and a sprinkling of desiccated coconut and lime zest.

Miso Tahini Oats

My grandmother is Japanese and miso is one of my all-time favourite ingredients. You can get it in most good supermarkets and this surprising combination makes the dreamiest breakfast. It's creamy, nutty and sweet with a salted caramel vibe and such a delicious way to change things up.

90g of oats

400ml almond milk

1 tablespoon of tahini

1 tablespoon of sweet miso paste

1 tablespoon of maple syrup

10g sesame seeds

20g of walnuts

Add the oats and almond milk to a saucepan and place it on medium heat. In a small bowl, whisk together the tahini, miso paste and maple syrup.

Bring it up to a simmer and then cook for about 3 minutes until the oats are tender.

In another pan, toast the sesame seeds and walnuts just until golden.

When the oats are ready, stir in the miso tahini mixture, gently whisking until smooth.

Serve with a drizzle more of maple if desired and the toasted nuts and seeds sprinkled on top.

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Vanilla Porridge with 3 minute Raspberry Coulis

Thanks to the rich vanilla and sweet raspberry coulis this porridge tastes like a decadent Italian panacotta, but it is so easy to make. It's my go to breakfast when I want something that tastes extra special with minimal effort.

Serves 2

90g of oats

400ml of almond milk

1 vanilla pod

for the raspberry coulis:

120g of fresh or frozen raspberries

1 tablespoon of water

1 tablespoon of maple syrup

Add the oats and milk to a medium saucepan on medium heat and bring it up to a simmer. Let them simmer gently while you make the coulis.

Add the frozen berries, water and maple syrup to a small saucepan on medium heat. Give it a stir and bring it up to a simmer. Turn the heat down so that it's bubbling gently. Keep an eye on it as it bubbles and use a fork to gently mash the berries as they cook.

Use a knife to carefully slice open the vanilla pod lengthways and scrape the seeds from inside straight into the oats. Stir well.

After about 3 minutes, the berries should be soft and sticky.

Serve the oats with the berries generously poured on top.

Chai Spiced Porridge

This recipe is based on my love for an Indian chai latte on a cold winter morning. It's full of warming spices for loads of comfort and the gorgeous pomegranate gives a pop of colour to brighten up your morning. A good chai latte is seriously creamy so I use oat milk for the creamiest porridge.

Serves 2

1/4 teaspoon of ground cardamom

1/2 teaspoon of ground cinnamon

1/3 teaspoon of ground ginger

sprinkle of nutmeg

90g of oats

400ml of oat milk

25g of flaked almonds

2 tablespoons of maple syrup

to serve: pomegranate seeds

In a small bowl, mix together the ground cardamom, cinnamon and ginger. Add a pinch of nutmeg.

Add the oats and milk to a medium saucepan on medium heat and bring it up to a simmer.

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In a small pan on medium heat, toast the flaked almonds until golden.

Let the oats cook for about 3 minutes until tender, then sprinkle in the spices and stir well.

Stir in the maple syrup.

Serve the porridge with the toasted almonds and pomegranate seeds sprinkled on top.