

# POWER PORRIDGE

with quinoa and chia seeds



Serves 4



**Porridge**  
Prep and  
Cook Time  
30m



**Topping**  
Prep Time  
15m

## Ingredients

### Porridge:

700 ml milk  
300 ml coconut cream  
1 cup apple juice  
Juice of 1 coconut  
2 cups creamy porridge mix  
½ cup wholemeal oats  
½ cup dried mango, thinly sliced  
2 tbsp quinoa  
2 tbsp chia seeds  
3 cardamom pods,  
seeds removed  
Pinch salt

### Topping:

Flesh of ¼ coconut  
½ cup dried mango, thinly sliced  
1 x 400 g can mango pieces,  
drained and sliced  
½ cup unsalted pistachios,  
coarsely crushed  
100 ml coconut cream

### For porridge

1. To prepare coconut, use a sharp instrument such as a nail to punch out 3 holes and drain coconut juice.
2. In a large saucepan, combine all dry ingredients. Cover with liquids and cook over a low heat until porridge is creamy and thick and begins to bubble.
3. Allow to cool, then divide porridge between 4 small bowls. Refrigerate for 20–30 minutes while you prepare topping.

### For topping

1. Roast drained coconut over an open flame until coconut shell splits. Allow to cool, then peel off shell to get at toasted coconut flesh inside.
2. Using a peeler, shave off curls of flesh and toast under the grill or in a hot oven until golden and fragrant.
3. Layer all ingredients and toasted coconut over chilled porridge and serve.