



Peanut Butter Cacao Cinnamon Porridge

Ingredients

1. 1 banana
2. 160gm almond milk
3. 1 tablespoon (15gm) of peanut butter
4. 1 scoop Prana hazelnut cacao protein powder
5. 1 sachet of Keep it cleaner original porridge (or 50gm of oats/ porridge of choice)
6. 2 tablespoons of chia seeds
7. Shredded or desiccate coconut (to top)
8. Cinnamon

Steps

1. In a bowl empty the cacao porridge sachet and the almond milk
2. Place in the microwave and heat for 90 seconds. **OR** place in a saucepan on the stove and bring to the boil. Once it is boiling let simmer for a 1 or 2 minutes and then let sit for 30 seconds.
3. While the porridge is cooking. In a bowl place half the banana and cinnamon and mash it together until combined.
4. Once the porridge is cooked, mix in the banana, chia seeds and protein powder and mix thoroughly. Adding a dash more almond milk if needed.
5. Once that is all mixed. Mix through the scoop of peanut butter and top with shredded coconut.

