

Jill's Joyful Kitchen



Fruity Oatmeal Porridge

Serves about four

The inspiration for this recipe came from JL Fields' recipe "Ice Cream" for Breakfast, found in Vegan For Her. This "raw" porridge is rich and creamy. It can double as a dessert pudding too. It's also excellent with frozen blueberries or mangoes instead of peaches. Don't worry if you don't have time to soak the oatmeal or the cashews, your porridge will just have a bit more texture to it. This recipe has more of a creamy, soft serve consistency.

¼ cup uncooked rolled oats, soaked in water about one hour or overnight, then drained

½ cup cashews, soaked in hot water about one hour or overnight, then rinsed and drained

1 frozen banana, chopped into small chunks

½ teaspoon vanilla extract

¾ cup frozen peaches (or other favorite frozen fruit)

Pinch of fine sea salt

1- 2 tablespoons maple syrup

4 teaspoons shredded coconut

4 teaspoons slivered almonds (chopped hazelnuts work nicely too)

1 fresh banana, diced

Place first seven ingredients in a food processor and blend until smooth. You may want to stop after a few seconds and scrape the sides of the processor bowl. Divide into 4 ramekins. Garnish each with one teaspoon of the shredded coconut, ¼ of the diced fresh bananas, 1 teaspoon of slivered almonds and a drizzle of maple syrup if desired.

