# Chai Apple Porridge with a side serving of fruit salad and a mug of coffee.

# Chai Apple Porridge

2 large or 3 medium servings

## Ingredients

1 cup organic oats

1 cup diced fresh apple skin on (stewed apple or apple sauce OK too)

½ cup ground almonds

1 heaped teaspoon Mon’s Flavours Chai Masala (or more if you like more spice)

½ teaspoon French vanilla stevia liquid (or other sweetener of your choice)

½ cup walnut pieces or slivered almonds (optional)

### For the topping

Mon’s Chai Honey

Greek yoghurt

## Method

Pop all the ingredients into a saucepan or bowl.

Add enough milk of your choice (I like coconut milk) mix to make a slurry.

Leave overnight in the fridge or kitchen bench.

The oats will absorb the wet ingredients and the flavour will develop overnight.

### In the morning…

Add more milk or water and cook porridge until desired thickness and serve with Greek yoghurt and a spoonful of Mon’s Chai Honey on top.

### Contact us

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