

# Meike's Quick and Easy Porridge

## RECIPE



## Ingredients

- 40 g (1.4 oz) oat bran
- 200 ml (7 oz) milk
- 3 g (1 tsp) *nigella sativa*
- 0.5-1 tsp curcuma powder
- 1 tsp or a few dashes of cinnamon
- 1 Tbsp ground almonds
- 1 tsp honey



## Directions

- Fill a microwaveable bowl with the milk and heat to a boiling point in the microwave
- Cook for 1 min 50 seconds to 2 minutes
- Stir oat bran, curcuma and nigella sativa into the milk
- Let it boil (50 seconds to 1 minute)
- Let the porridge sit and cool down for about 20 minutes
- Stir in honey to your liking
- Pour ground almonds, cinnamon, vanilla to taste
- Add yogurt or fruit if desired