

CHAI APPLE PORRIDGE

Adapted from recipe by Anthea Cheng



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This is an easy and delicious way to spice up your morning routine! The chai spices are so warming and complement the apple perfectly.

A tasty twist on a filling family favourite.

Ingredients

- 1 cup rolled oats
- ½ cup any plant milk
- 2 cups water
- 1 apple, grated
- 2 tsp chai spices*
- 2 tsp coconut chips or desiccated coconut
- 2 tsp almond butter, to serve (optional)

Stewed apple

- 1 apple, cored and chopped into 2cm cubes
- 1 tbsp water
- 1 tsp chai spices*
- ½ lemon, juiced

PREP TIME: 5 MINS

TOTAL TIME: 20 MINS

SERVES: 2

Directions

1. To make the porridge, add the oats, milk, water, grated apple and spices to a medium pot over medium heat. Bring to a boil while stirring occasionally. Reduce to a simmer for 15 minutes or until the porridge reaches your desired consistency. Add more water/milk for a thinner porridge.
2. To stew the apples, add the apple, spices and 1 tablespoon water to a small saucepan over medium heat. Stir, place the lid on the pot and cook until the apples have softened, stirring regularly. Add lemon juice and stir.
3. Divide the hot porridge into 2 bowls. Top with the coconut chips, stewed apple and almond butter.

* Combine 3 tablespoons cinnamon, 1 tablespoon cardamom, 1 tablespoon ginger, 1 teaspoon nutmeg and 1 teaspoon turmeric. Stir well to blend, then use 1 tsp of this mixture in the recipe.

Chef's tip: leave the skin on the apples, it adds texture and contains plenty of nutrients!

Anthea Cheng (BArtTh, BA Hons, GradDip Govt) is a vegan food blogger, chef, and published author with a background in humanitarian policy. These days, she runs her blog [Rainbow Nourishments](#) where she shares wholesome and indulgent plant-based recipes.

