

Creamy Chai Spiced Porridge



Servings
For two



Prep time
10 minutes
3-5 mins infuse tea
5+ mins cooking

Ingredients

Porridge

1 cup rolled oats
1/3-1/2 cup pitted dates
1 packet of chai tea bag
1/2 cup boiling water
1/2 cup milk of choice
1 tsp ground cinnamon

Optional: 1 tbsp honey or any sweetener of your choice

Topping for Serving

This recipe uses pepitas and chopped walnuts, but use any toppings you like. E.g. fruit, seeds, and yoghurt.

Equipment

Measuring jug
Medium saucepan



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Instructions

Step 1: Infuse the chai. In a glass measuring jug or medium bowl, combine boiling water and milk. Add chai teabag and infuse for 3-5 minutes.

Step 2: Prep the dates. Roughly chop up pitted dates into small pieces.

Step 3: Boil chai mixture. Remove teabag and pour chai mixture into a saucepan. Bring to a boil over medium heat.

Step 4: Cook oats and dates. Once boiling, reduce to low-medium heat. Add rolled oats, dates and cinnamon. Give it a good stir. Cover saucepan with lid and cook for 2-3 minutes.

Step 5: Sweeten and simmer. Add honey to the mixture and give it another stir. Cover with lid and cook for another 2-3 minutes.

Step 6: Check consistency. The oats should be cooked and have a nice chew to them after 5 minutes. If you prefer them softer, cook for a few more minutes (testing the consistency as you go).

Step 7: Serve. Serve porridge in small to medium bowls and add toppings of your choice. My porridge had pepitas and chopped walnuts, but you can use anything you like - fruit, yoghurt, seeds, go wild!

Enjoy! - Karen @ One More Foodie

