

# Food Babe's Parfait Porridge



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 10 mins    | 0 mins     | 10 mins     | 1       |

<https://foodbabe.com/the-perfect-parfait-porridge>

## Ingredients:

- ¼ cup oat groats, rinsed and drained
- ¼ cup rolled oats
- 1 teaspoon currants
- 1 pinch ground cinnamon
- 4 fluid ounces unsweetened almond milk
- 1 teaspoon chia seeds
- 1 cup fresh or frozen fruit of your choice

## Instructions:

1. In a "to go" glass container of your choice: Place oat groats, ezekiel cereal/oats, cinnamon, currants, chia seeds, and almond milk in the container and stir.
2. Top mixture with fresh or frozen fruit
3. Let mixture sit in fridge overnight or up to three days in fridge.

## Notes:

- Enjoy for a breakfast or snack - cold right out of the fridge, room temperature or warmed in the oven for 10-15 mins at 300° F.
- Please choose all organic ingredients if possible.