

## Golden mylk porridge

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Tuck into this healthy breakfast and start your post-party day off on the right note.

### Ingredients (serves 2)

Use the leftover berries from your Christmas pavlova to top this delicious, nourishing brekky bowl packed with anti-inflammatory goodness!

- 2 cups of almond milk or additive-free coconut milk (I love a mix of the two!)
- 1 tsp turmeric, ground or freshly grated
- ½ tsp cinnamon
- 1 tsp raw honey, Stevia or maple syrup to taste
- Pinch of black pepper (to increase absorption)
- ¼ tsp ginger, ground or freshly grated
- ¼ cup fresh orange juice
- ¼ cup chia seeds

### Garnish

- 10 strawberries, hulled
- Coconut flakes and micro mint or lemon balm to serve (optional)

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### Method

Blend all ingredients except for chia seeds and garnish in a high speed blender until

smooth or whisk together well in a small bowl. Add the chia seeds and mix, then

refrigerate for 30 to 60 minutes until the porridge has thickened. Pour into your

favourite bowls and top with strawberries, coconut and micro herbs.

Recipes and photography: **Sally O'Neil**, [The Fit Foodie](#).

Grab the December 2016 edition of *nourish* for more healthy post-Christmas breakfast treats.

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