

## Stewed prunes & cinnamon oats

Search:

- [Recipes](#)

## Stewed prunes & cinnamon oats

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Stewed prunes & cinnamon oats

---



Rate this recipe

0 people are cooking this [Count me in](#)

Start your day with this wholesome porridge.

Ingredients (Serves 1 to 2)

Porridge

- 1 ½ cups almond milk
- 1 cup oats
- ¼ tsp ground cinnamon

Toppings

- 1 tbsp peanut butter
- ½ small banana, sliced
- 1 fresh fig, sliced
- 1 tsp toasted coconut flakes
- 3 stewed prunes + juice (or soak pitted prunes little hot water for an hour or two)
- ½ tsp cacao nibs

Add the porridge ingredients to a small saucepan on medium-high heat. Cook for a few minutes until

## Stewed prunes & cinnamon oats

---

creamy and the liquid has absorbed.  
Serve with toppings and optional extra milk.

Words, recipes and food photography: Nadia Felsch.

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```