THE LIGHTER PLATE METHOD

Golden Turmeric & Ginger Porridge

Warming, softly spiced oats with a glow of turmeric and a nutty crunch on top.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**7 min**	**10 min**	**2**	**EASY**

Ingredients

- 80 g porridge oats
- 400 ml oat milk (plus a splash to loosen)
- 1 tsp ground turmeric
- 2 cm piece fresh root ginger (finely grated)
- 2 tsp runny honey
- 20 g flaked almonds
- 1 pinch sea salt

Method

1. Toast the flaked almonds in a dry pan over a medium heat for 2 minutes, shaking often, until golden. Tip onto a plate.
2. Put the oats, oat milk, turmeric, ginger and salt into the same pan. Bring to a gentle simmer over a medium heat.
3. Cook for 5 minutes, stirring regularly, until thick and creamy. Add a splash more milk if it tightens too much.
4. Divide between two bowls, drizzle with honey and scatter over the toasted almonds.

Tips & swaps

- Grate the ginger straight into the pan so you catch the juice. A pinch of black pepper is traditional alongside turmeric and adds a gentle warmth.

Storage & reheating

Best eaten fresh. Reheat leftovers gently in a pan with a splash of milk.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
320	**9g**	**44g**	**12g**	**7g**

Estimated values, for guidance only. Contains: Oats (gluten), Tree nuts (almonds).