

Quick and easy



Chocolate protein porridge

Serves 1

40g rolled oats

20g ground flaxseed

1 tsp cocoa powder

185ml skimmed milk

30g chocolate protein powder

10g honey

45g yoghurt, such as Greek, natural or soya

Method

Combine all of the ingredients, except the yoghurt, in a saucepan and set over a medium heat. Bring to a gentle simmer then cook for 8–10 minutes, stirring regularly until thickened. Remove from the heat, stir in the yoghurt and serve.

Alternative ingredients

To make this dairy-free, swap the skimmed milk for the same amount of another milk (e.g. soya or almond).