

FIG CARDAMON OAT CUP / PORRIDGE -serves 1

Ingredients:

- 1/3 cup rolled oats
- 3 dried figs, sliced
- 1 tsp maple syrup
- 1tsp maca powder
- 1/8 tsp ground cardamom
- 2 tbsps maple syrup
- 1/2 cup homemade almond milk

How to make:

If there is no time to have breakfast before leave the house, you can make it as an overnight oatmeal cup.

Or combine all ingredients to a small pan, mix well for about 5 min until oats are cooked. Serve warm.