

Banana Bread Wild Rice Porridge

9 ingredients · 40 minutes · 3 servings



Directions

1. In a small mixing bowl, mash the ripe banana until very smooth.
2. To a medium pot with a tight-fitting lid add the water, coconut milk, rice, maple syrup, vanilla, cinnamon, nutmeg, and mashed banana and stir well. Bring liquid to a gentle boil then reduce heat to medium-low and cover with lid.
3. Let simmer covered for about 40 minutes or until the rice is tender, stirring every 5 to 10 minutes to ensure porridge isn't sticking to the bottom of the pot.
4. When rice is tender, remove porridge from heat and let sit uncovered for 10 to 15 minutes to thicken.
5. Divide into bowls and top with chopped walnuts. Enjoy!

Notes

No Time

For a quick breakfast, cook the rice the night before, reheat and top with yoghurt, fresh fruit and walnuts. Alternatively, use rolled oats or Quinoa flakes as they cook very quickly.

No Wild Rice

Use Brown Basmati rice or rolled oats instead. If you use white rice, the cooking time will be much faster. All rices have different cooking times, so continue to stir and taste and adjust cooking time to suit. Rolled oats cook very quickly.

No Fresh Bananas

You can use frozen pieces of banana, just thaw them out and mash them.

Leftovers

Keeps in the fridge for up to 3 days.

Additional Toppings

Sliced bananas, berries, a pinch of cinnamon or a pinch of sea salt.

Ingredients

- 1 Banana (ripe)
- 2 cups Water
- 1 cup Organic Coconut Milk (full-fat, from the can)
- 1/2 cup Wild Rice
- 2 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 cup Walnuts (chopped)