

Heather Parkinson C.H.N.C

Peach Porridge Hot

Heather Parkinson, C.H.N.C.
(Serves 4)

Ingredients:

2	peaches, remove skins and pits, chop into bite size chunks
2/3 cup	large flake oats
1 tbsp	liquid honey
2 tsp	cinnamon
1/4 tsp	salt
1 cup	water
1/2 cup	raw walnuts or pecans, coarsely chopped
1 tbsp	liquid honey
1 tbsp	coconut oil

Instructions:

1. Preheat oven to 375F
2. Combine first 5 ingredients in an 8x8 glass baking dish so the honey is distributed throughout.
3. Pour water over top. No need to mix in.
4. In a separate dish, combine nuts and second amount of honey well.
5. Sprinkle nut mixture over top and place in the oven.
6. Bake for 30 min.
7. Remove from the oven and let stand 5 min.

Make Ahead:

1. The day before, combine first 5 ingredients in an oven proof dish so the honey is distributed throughout. Cover and place in the fridge over night.
2. Also the day before, in a separate dish, combine nuts and second amount of honey well. Cover and place in fridge overnight.
3. In the morning, preheat oven to 375F.
4. Pour water over top. No need to mix in.
5. Sprinkle nut mixture over top and place in the oven.
6. Bake for 30 min.
7. Remove from the oven and let stand 5 min.