

Gamma breakfast recipe: Vanilla porridge with caramelized pears and nuts

Preparation time: 25 minutes



Ingredients:

- 150 g pears, ripe
- 5 g honey or maple syrup
- 5 g butter or coconut oil
- Half a teaspoon of lemon juice
- A knife tip of cardamom or cinnamon
- 50 g oatmeal, tender or pithy
- 250 ml almond milk
- One third teaspoon of vanilla pulp
- 5 g honey
- 5 g of chopped nuts (walnuts or hazelnuts)
- A pinch of cinnamon powder
- 125 g curd
- 120 ml water



Preparation:

Heat the oven to 190 ° C. Halve and core the pear and place the cut side in a small roasting pan, drizzle with the honey and lemon juice and add the butter. Sprinkle with some cardamom or cinnamon. Roast for about 20 minutes in the oven until tender, occasionally sprinkle with the resulting sauce in the roasting pan.

In the meantime, mix the oatmeal, milk and vanilla seeds in a pot. Boil for 8-10 minutes over low heat, stir often, until the porridge is creamy and soft and thickened. Add a little more milk if the porridge is too firm.

Smooth the curd with water and a little cinnamon.

Serve the porridge with the roasted pear halves and a little roasted syrup, a little honey, chopped nuts, a pinch of cinnamon and the curd cream.

