**Nutty porridge** (Serves 1)

2 cardamom pods OR 1 tsp of cinnamon
70g porridge oats
200ml coconut milk OR coconut water OR water
1 tsp rosewater
2 tbsp of crushed pistachio nuts OR almonds

1. Bash the cardamom pods and place them in a saucepan with the oats and water or milk
2. Simmer for around 8 minutes until the oats are cooked –
3. add some water if they are looking dry
4. Stir in the rosewater, sprinkle with nuts drizzle with a little honey if desired and eat