

# Bananen-Porridge



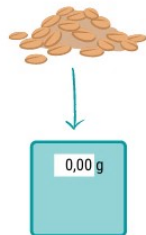
## Zutaten

150 g kernige Haferflocken  
450 ml Milch  
150 ml Wasser  
2 EL Mandeln gehackt  
1-2 Bananen  
1 TL Zimt  
1 EL Mohn  
Ahornsirup

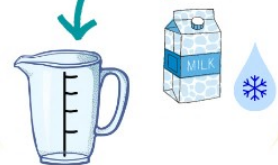


Start

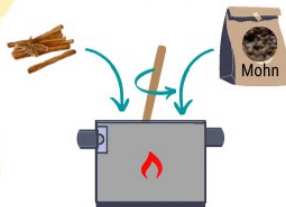
abwiegen



abmessen



unterrühren



aufkochen



in Schüsseln  
füllen



in Scheiben  
schneiden



Mandel-Ahornsirup-  
Topping drauf



Ziel