

Yulaf? Muhallebi

Healthy vegan oat pudding with banana and honey. Gluten-free, high fiber breakfast or snack ready in 8 minutes. Perfect for weight management.

5	3	8	2	Easy
HAZIRLIK DK	PI?IRME DK	TOPLAM DK	PORSIYON	ZORLUK

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Malzemeler

- 4 tbsp oat
- 1 cup almond milk
- 2 tsp cinnamon
- 1 banana
- 2 tsp cocoa powder
- 1 cup almond
- 2 sprig mint

Yap?l???

- Prepare the base**

Combine 4 tablespoons rolled oats and 1 cup plant-based milk in a medium saucepan.
- Place the saucepan over low heat and cook, stirring constantly with a wooden spoon, until the mixture thickens to a pudding-like consistency, about 3-4 minutes.**
- Add flavorings**

Remove the saucepan from heat and immediately stir in 2 teaspoons cinnamon and 2 teaspoons cocoa powder until completely combined.
- Peel and mash 1 banana with a fork until smooth, then fold it into the warm oat mixture until evenly distributed.**
- Chill the pudding**

Divide the mixture between 2 serving bowls and let cool at room temperature for 10 minutes.
- Cover the bowls with plastic wrap and refrigerate for at least 2 hours until completely chilled.**
- Prepare garnish and serve**

Roughly chop 1 cup almonds into small pieces and garnish each chilled pudding with chopped almonds and 2 fresh mint sprigs before serving.

?puçlar?

Use old-fashioned rolled oats rather than quick oats for better texture and creaminess in your pudding.

Stir constantly while cooking to prevent the oats from sticking to the bottom of the pan and ensure even cooking.

For extra richness, replace half the plant milk with coconut cream, but be mindful this will increase the calorie content.

Let the pudding cool completely before adding fresh banana to prevent it from becoming mushy and losing its shape.

Toast your chopped almonds in a dry pan for 2-3 minutes before serving to enhance their flavor and add extra crunch.

If the pudding becomes too thick after chilling, thin it out with a splash of warm milk and stir gently until smooth.

For a protein boost, stir in a scoop of vanilla protein powder after removing from heat, adding extra milk if needed.

Make flavor variations by substituting cocoa powder with matcha powder, vanilla extract, or cardamom for different taste profiles.