

Colada de Avena

Description

This is the kind of breakfast you must have a least every other morning, especially when the winter and cold arrives! It's good for you, plus it keeps the tummy satisfied all morning.

Colada de Avena or Porridge **(English version below)**

Ingredientes para 2 porciones

- 6 cucharadas de avena
- 2 taza de leche
- 1 cucharadita de canela en polvo o 1 astilla de canela
- 3 cucharadas de azucar
- Una pizca de sal

Preparacion

1. En una olla mediana poner la leche, azucar, canela y sal.
2. Cocinar a fuego medio revolviendo continuamente.
3. Cuando empiece a hervir agregar la avena.
4. Dejar hervir la mezcla por unos minutos y luego bajar del fuego.
5. Decorar con uvas pasas. (opcional)

Porridge (English version)

- **Ingredients**
- 6 tablespoons of oats
- 2 cups milk
- 1 teaspoon of ground cinnamon o a stick
- 3 tablespoons sugar
- Pinch of salt

Preparation

1. In a medium saucepan put the milk, sugar, cinnamon and salt.
2. Cook over medium heat stirring constantly.

3. When it starts boiling add the oats.
4. Boil the mixture for a few minutes and then lower the heat.
5. Decorate with raisins. (optional)