



Colada de Avena

Description

This is the kind of breakfast you must have at 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)