



## Eat with Team England – Payet's Perfect Practice Porridge

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Ever wondered what elite athletes eat? Our Eat with Team England series will help answer that.

This week Commonwealth Games medallist Denise Payet has shared her porridge recipe, which she says provides the perfect fuel to get her through training.

The 18-year-old, who won a bronze medal in the women's team event at the 2018 Commonwealth Games, said:

Porridge keeps me full for a long time which is perfect when I have practice. I like adding so much fruit on the top so each bite has a different taste and I won't ever get bored or it.



# Porridge

- 1/2 cup water
- 1/2 cup oat milk
- 1/2 cup oats
- 1 mashed banana
- 1 tsp almond butter
- Handful of nuts (I used almonds and walnuts)

# Toppings

- 1 Apple
- 4 strawberries
- 1 kiwi
- 5 mango chunks
- 1 tsp seeds

# Method:

Add the ingredients to a medium sized pan and place on a low heat stirring continuously. (Approximately 5 minutes) Water can be gradually added if it's too thick.

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