



## Tin-Tin's favourite recipe to fuel training

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**Posted On:** June 10, 2020

Porridge is great for fuelling training and competition, so it is no surprise that our Eat with Team England series this week features a favourite oatmeal recipe.

England No 1 Tin-Tin Ho is the athlete who is providing the recipe, which features apple, cinnamon and seeds to keep her going through the days of training, either at home during the lockdown or previously while on the competition circuit.

Tin-Tin, four times the national women's singles champion and a three-time Commonwealth Games medallist, said:

It's delicious, I really like it! I enjoy porridge in general because you can change up the flavour by adding different types of fruit. I also find it very satisfying and good fuel for training too.



## Ingredients

- 40g oats (I used whole rolled oats)
- 2tsp chia seeds
- 300ml oat milk (or any milk/ water) – you can change the volume according to taste
- 1 chopped apple
- Mixed seeds
- Cinnamon

# Method

- Add oats, chia seeds and milk to a cooking pot and cook on low heat for roughly 2 minutes
- Add the chopped apple
- Cook for a further 3-4 minutes on low heat, the time depends on your desired consistency (if you want it thicker than it will take longer)
- Add cinnamon, mixed seeds/ any other toppings

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