



BREAKFAST!

PORRIDGE

WHAT YOU NEED

- 1 cup porridge oats
- 1 cup of water
- 1 cup of milk
- 1/4 teaspoon salt



HOW TO MAKE IT

Put all the ingredients into a saucepan and stir over a moderate heat until just before boiling. Turn down the heat to the lowest possible, and continue to cook and stir for about 10 minutes until all the liquid is absorbed into the oats.

Toppings are the best thing about porridge. Try any type of fruit, nuts, seeds, cooked apples, berries, bananas, natural yogurt. Anything you like!

TIP 😊

This will be too much for one breakfast, but you can keep the rest in the fridge and re-heat it gently (or in the microwave) for the next day. Add a little splash of water first.

