

Power Porridge

Serves: 1 

Equipment:



Small saucepan,
wooden spoon,
chopping board,
knife

Ingredients:



- 30g plain porridge oats
- 250ml of semi-skimmed milk or water
- Fruit of your choice e.g., handful of strawberries or blueberries, small banana
- Cinnamon (optional)
- Nuts (optional), small handful e.g., flaked almonds, walnuts, pecans



Method:



Pour the oats and milk or water into a saucepan.

Bring to the boil and simmer for approximately 5 minutes. Remember to stir occasionally.

Pour into a bowl and add the fruit and extra toppings to serve.