

Porridge



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Serves: 2

Preparation time: 7 minutes

Ingredients

- $\frac{3}{4}$ cup rolled oats
- 1 $\frac{1}{2}$ cup water or skim milk, or combination of both
- 6 strawberries, sliced
- $\frac{1}{4}$ cup blueberries
- 10 nuts

Method

1. Place oats and liquid into a saucepan.
2. Bring to the boil, and cook for 5 minutes or until oats are thick and creamy.
3. Divide between two bowls. Add a dash of skim milk and top with strawberries, blueberries and nuts.

