

WHAT YOU NEED

- ½ cup (50g) of porridge oats
- 1 mug (300ml) of milk or water (or a mixture of the two)
- banana or fruits of your choice
- cinnamon (optional)

Milk can be of your choice: cow's milk, long life UHT milk or dairy free

How to Make Porridge in the microwave

Serves 1 to 2



Collect ingredients.
Always check the labels for allergy warnings.



Put ½ cup (50g) of porridge oats into a microwave safe bowl.



Measure out 1 mug of milk.



Add milk into the porridge oats.



Cook uncovered in the microwave for 1 minute, on high.



Remove and stir. Cooking times may vary slightly, depending on the power of your microwave.



Cook for another minute - repeat for 30 seconds if you like your porridge thick.



Serve straight away.
If it's too thick, add a splash of water.



You can also get creative with your fruit toppings or sprinkle with cinnamon (optional).