

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 on the hob

Serves 1 to 2



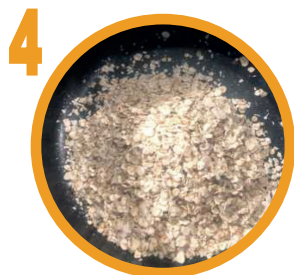
1 Collect ingredients. Always check the labels for allergy warnings.



2 Put ½ cup (50g) of porridge oats into a small bowl.



3 Measure out 1 mug of milk.



4 Place a pot on a medium heat and add in porridge oats.



5 Pour milk into pot.



6 Bring to boil stirring continually. Reduce heat to a simmer and stir for 4-5 minutes.



7 Watch carefully that it doesn't stick to the bottom of the pot.



8 Pour into a serving bowl. Serve straight away. If it's too thick, add a splash of water.



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