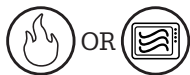


Porridge

Porridge is a great breakfast which will keep you feeling full for a long time, as it is digested slowly. We think this recipe tastes lots better than instant porridge and it's so simple to make. We have given you two methods, one using a microwave, and one using the hob.



Milk and oats (gluten)*

Nutritional information per portion (355g):

Energy	Fat	Saturates	Sugars	Salt
1075kJ 256kcal 13%	6.8g 10%	2.3g 12%	7.8g 9%	0.17g 3%

of an adult's reference intake.
Typical values per 100g: energy 303kJ/72kcal.

Equipment

Weighing scales
Measuring jug
Small saucepan or microwave-safe large bowl
Wooden spoon
Serving bowl

Ingredients

Serves 1
50g porridge oats
150ml water
150ml semi-skimmed milk

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- If you don't want to use weighing scales, 1 cup of oats and 3 cups of liquid works well for 1 portion. Measure in a mug to serve 2 people.
- Adjust the consistency of the porridge when cooked by adding a little extra milk or water.
- There are many different toppings that you can add to your porridge – try adding a spoonful of Fruit Compote (see the recipe on our website).

Porridge

Method

On the hob

1. Measure and weigh all of the ingredients.
2. Place the oats, water and milk into a small saucepan, bring to the boil and simmer gently for 4 minutes, stirring all the time.
3. Pour into a serving bowl and serve with your choice of toppings. Banana, honey and cinnamon, raspberries and honey, stewed rhubarb or Fruity Compote (see the recipe on our website) are all delicious with porridge.

In the microwave

1. Place the oats, water and milk into a large microwave-safe bowl and microwave on high power for 2 minutes, stir, then microwave for another 2 minutes, stir, and leave to stand for 2 minutes (timing based on an 800W microwave).
2. Stir and pour into a serving bowl and serve with your choice of toppings (see 'on the hob' suggestions above).

Something to try next time

- Cook 20g of sultanas, dried apricots or other dried fruit in with the porridge. It will taste delicious and be naturally sweet.

Prepare now, eat later

- For a creamier porridge, put the oats and liquid in the pan or bowl and leave overnight in the fridge to soak. It will cook quicker in the morning and give a creamier result.
- Leftover porridge can easily be reheated, it will thicken on standing so you will need to add a little extra liquid, (water or milk) and stir it well before reheating it in a pan or microwave. Cool quickly and store, covered, in a refrigerator for up to 2 days and only reheat once.

Skills used include:

Weighing, measuring, boiling/simmering and serving.