

Simple. Recipes

Serves **1** Porridge

Ingredients

40g oats
275 mls milk (or water)

Oats are a wholegrain so they release their energy into the body slowly, so along with their fibre content they will keep you fuller for longer and reduce the urge to snack.

TIP: You can just multiply the recipe by the number of people you want to feed for a quick family recipe.

Method

- 1 Measure out the oats and the milk (or water) into a microwavable bowl.
- 2 Place the bowl in the microwave for 3 ½ - 6 minutes depending on the power settings.
- 3 Serve and enjoy!
- 4 If making it on the hob, just place the ingredients in the pan and bring to the boil, then simmer for 5 minutes and serve.

TIP: This is a basic porridge recipe, but you can adapt to make it how you like it or to have variety.

You can add fresh fruit like banana or blueberries, grated apple or dried fruit like prunes, dates or sultanas; add spices like cinnamon, ginger, and nutmeg.

A small spoon of peanut or almond butter can add some protein to this breakfast