

**PORRIDGE** 1 portion**INGREDIENTS**

- 70 grams of oats, quick, dry, Quaker
- 250 mls of water, bottled, generic [250 g]
- 250 grams of beverages, almond milk, unsweetened, shelf stable

COOKING METHOD

- 1° You can just blitz porridge in the microwave but it always tastes better if made traditionally on the stove.
- 2° Mix all the oats, water and milk in a saucepan, cover and leave to soak overnight. This improves the taste and texture of the porridge and reduces cooking time in the morning.
- 3° Put on a medium heat, bring to the boil, reduce the temperature and simmer gently for 10-15 minutes, stirring frequently.
- 4° Once it reaches a thick but pourable consistency, remove from the heat
- 5° Serve in a bowl, add Greek yoghurt for additional protein and honey to sweeten.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [570 g]	% DRI
ENERGY	54 kcal	309 kcal	15 %
PROTEIN	2 g	10 g	21 %
CARBOHYDRATE	9 g	50 g	19 %
SUGARS	0 g	3 g	3 %
FAT	1 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
FIBER	1 g	7 g	28 %
SODIUM	33 mg	187 mg	8 %