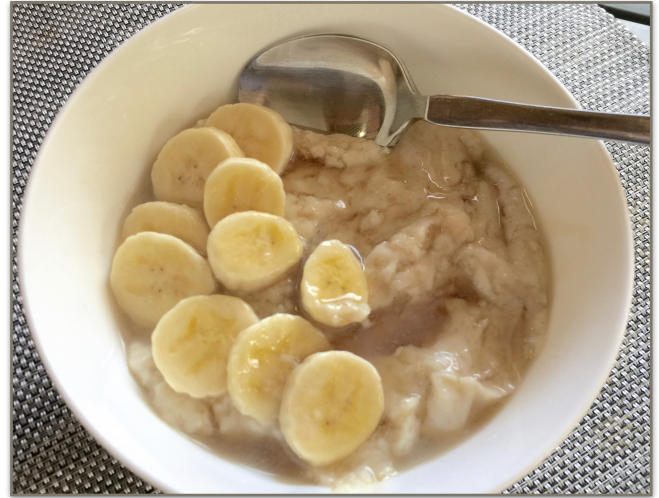


## Rolled Oats (PORRIDGE)

Serves: 1  
Prep time: 2 Minutes  
Cooking time: 10 Minutes

### Ingredients:

- ½ cup original rolled oats (not instant)
- ¾ cup milk \* **see note for dairy free**
- ¾ cup water
- pinch salt
- ½ banana, sliced
- 1-2 tablespoons honey
- extra milk



*I just love this childhood winter bowl of yumminess*

### Method:

- Add the rolled oats, milk, water and salt to a medium size saucepan. Stir to combine
- Bring to a boil then reduce heat to low
- Cook while constantly stirring for 10 minutes, until the porridge thickens and becomes creamy
- Serve with sliced bananas and honey
- Drizzle a little extra milk over the top
- **Note:**
- You can add brown sugar in place of honey
- Add berries instead of bananas
- **\*Replace the milk with coconut/almond/soy milk for a dairy free option**