

Porridge Power



Perfect Porridge Power - Porridge is not just for cold mornings! Try cooking up a big batch and allowing family members to experiment with their favourite nutritious toppings. Any left over can be warmed up and topped with fruit the next day. Serves family of 4 for a really reasonable price. Buy in bulk.

Dairy free: Try making with oat or almond milk for a delicious dairy free alternative

What you'll need

Ingredients:

200g porridge oats

800ml whole milk

Topping ideas:

1-2 tsp seed mix

1-2 tbsp of chopped nuts

1-2 tsp runny honey

1tsp of peanut or cashew butter

1-2 tsp maple syrup

4-8 raspberries, strawberries or blueberries

4-8 slices of banana

2 tsp of hazlenut choc spread

Equipment:

Saucepan

Weighing scales

Wooden spoon

How to do it

1. Add the oats and milk to a saucepan and place over a medium heat and cook for 5-10 mins, stirring frequently or until the porridge is nice and thick. Stir and add extra milk if required.

2. Allow children to choose from selection of toppings and add.

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[Breakfast](#)

[Dairy free](#)

[Difficulty: Easy](#)

[Feeds Four People](#)

[Less than 10mins preparation](#)

[Total time: Less than 30mins](#)

[Vegetarian](#)

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