

# Breakfast Porridge

Try this easy breakfast porridge topped with fresh fruit and honey.

*Nutritional Info (per serving): 380 calories, carbs 22.6g, fat 10.2g, protein 12g*



*Photo by Melissa Belanger on Unsplash*

## Ingredients (serves 1)

50g porridge  
350ml milk  
½ tbsp clear honey and  
fruit of your choice to  
serve

## Method

Put 50g porridge oats in a saucepan and pour in 350ml milk. Bring to boil and simmer for a few minutes, making sure the porridge does not stick to bottom of the pan. Leave it to stand for a couple of minutes before serving. Serve in a bowl. Add some cut fruit. Drizzle with honey. Enjoy!



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