

Supercharge your porridge



The ingredients are:



Oats



Milk - any variety



Selection of berries



Nuts and/or seeds



Banana

Our
healthy
city

Supercharge your porridge

SERVES 2 ADULTS

Preparation time: 5 minutes
and soaking overnight

Cooking time: 3-5 minutes

Ingredients:

- 100g oats
- 700ml milk - any variety

As much as you would like of:

- Selection of berries
- Nuts and/or seeds
- Banana

What to do:

1. The night before, place the oats in a large tub with the milk, and place in the fridge overnight.
2. The next day remove the oats from the fridge and place in a large pan on a medium heat. Add a little water at a time if your oats are too thick, until they are suitable. (If you like your oats cold, heating in a pan is not necessary.)
3. Stir through berries and/or sliced banana. You could also mash the banana to get an even mixture. Frozen berries work too and are often cheaper than fresh berries.
4. Once everything is stirred through the porridge reaches your desired temperature (usually around 5 minutes of heating), serve into bowls and sprinkle nuts and/or seeds on top.

For more information go to:

www.leicester.gov.uk/ourhealthycity