

Creamy Porridge

Ingredients

- ½ cup Lowan Wholegrain Quick Oats
- ½ cup (125mL) cold water
- ½ cup (125mL) cold skim or reduced fat milk
- Skim or reduced fat milk for serving
- Topping of choice – see porridge topping ideas

Method

1. Place oats and cold water in a saucepan. Stir and stand for 5 minutes.
2. Place saucepan over a medium heat, add the milk and stir occasionally until the porridge comes to the boil.
3. Reduce heat to low and stir constantly for 2-3 minutes.
4. Serve in heated bowls with topping of choice.

Creamy Porridge

with Strawberries, Blueberries and Raspberries

Ingredients

- 1 quantity cooked Creamy Porridge
- ¼ cup hulled and sliced strawberries
- ¼ cup blueberries
- ¼ cup raspberries
- ¼ teaspoon icing sugar
- Skim or reduced fat milk for serving

Method

1. Place strawberries and blueberries into a bowl and mix to combine. Gently stir in the raspberries.
2. Spoon berries evenly over individual serves of cooked porridge.
3. Using a fine sieve, sift icing sugar over the berries.
4. Serve with skim or reduced fat milk.

