

# Creamy Porridge

## Ingredients

- 1 cup Lowan Wholegrain Quick Oats
- 1 cup (250mL) cold water
- 1 cup (250mL) 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 constantly for 3-5 minutes.
4. Serve in heated bowls with topping of choice.

# Creamy Porridge

## with Strawberries, Blueberries and Raspberries

## Ingredients

- ½ cup hulled and sliced strawberries
- ½ cup blueberries
- ½ cup raspberries
- 1 quantity cooked Creamy Porridge
- ½ 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.

