

# 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 Golden Syrup and Rhubarb

## Ingredients

- ½ cup stewed rhubarb
- 2 teaspoons golden syrup
- 1 quantity cooked Creamy Porridge

## Method

1. Stir half the golden syrup into the rhubarb.
2. Swirl rhubarb through individual serves of cooked Creamy Porridge.
3. Serve with skim or reduced fat and drizzle with the remaining golden syrup.

