

OAT PORRIDGE

Ingredients:

(makes 4 servings)

- 175 g (6 oz) gluten-free porridge oats
- 250 ml (9 fl oz) rice, sesame, or almond milk
- 250 ml (9 fl oz) water
- 4 tsp (20 ml) manuka honey or maple syrup
- **Optional:** handful of raisins, chopped dates, or any fruits of your choice



Instructions:

1. Mix the oats, milk, and water in a saucepan.
2. Bring to the boil and simmer for approximately 5 minutes, stirring occasionally.
3. Serve with honey / maple syrup and raisins / fruits if you wish.

