

Porridge – with all the toppings!

Kam's go to breakfast of choice most days in the winter months is porridge, with all the toppings! Try this recipe for a hearty, healthy start to your day.



Ingredients

The Porridge - Organic Oats, plant milk (I used no sugar – soya milk)

Toppings - fresh strawberries (or your choice of fruit or berries), mega mix of seeds-chai, pumpkin, sunflower, dark choc chips, cinnamon, and a dash of agave syrup.

Method

- On the hob

Put 50g porridge oats in a saucepan, pour in 350ml milk. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.

- In the microwave

Mix the porridge oats and milk in a large microwave proof bowl, then microwave on High for 5 minutes, stirring halfway through. Leave to stand for 2 minutes before eating.

- To serve

Pour into bowls, spoon the fresh strawberries over the top along with all the seeds, cinnamon, syrup, and chocolate chips.