

Porridge

Ingredients

2 ²/₃ cups of water

1 cup porridge oats

milk

honey or brown sugar sultanas or fresh fruit

Equipment

microwaveable bowl or a small saucepan

wooden spoon

1 bowl for each child spoons

knife

chopping board to cut fruit up

Saucepan Method

- 1. Put the water and porridge into the saucepan. and put on the stove.
- 2. Heat on full power, stirring all the time, until mixture boils.
- 3. Lower the heat and simmer for 4 minutes until thick.
- 4. Spoon the porridge into the bowls.
- 5. Top with milk and sugar or honey.
- 6. Sprinkle on some sultanas or fresh fruit.

Microwave Method

- Mix the oats and water and put into the bowl (with no lid).
- 2. Microwave for 1 minute then stir well.
- 3. Cook again for 1 minute.
- 4. Spoon the porridge into the bowls.
- 5. Top with milk and sugar or honey.
- 6. Sprinkle on some sultanas or fresh fruit.



