

INGREDIENTS Tick

- 50g** of porridge oats

- 250ml** of semi skimmed milk

- Topping suggestions:**
 - mixed berries
 - banana
 - honey or seeds

Ingredients



SERVES 1



Calories: 308

Fat: 7.8g

Carbs: 42.5g

Protein: 14g

To guide you through some of the recipes videos are available online at:

www.loafcatering.com/video



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Porridge



RECIPE

METHOD: Porridge

STEP 1

Place 50g of oats in a saucepan.
Add 250ml of semi skimmed milk



STEP 2

Bring to the boil, reduce heat & simmer for 3-4 minutes. Stirring continuously



STEP 3

Add various toppings, enjoy!

