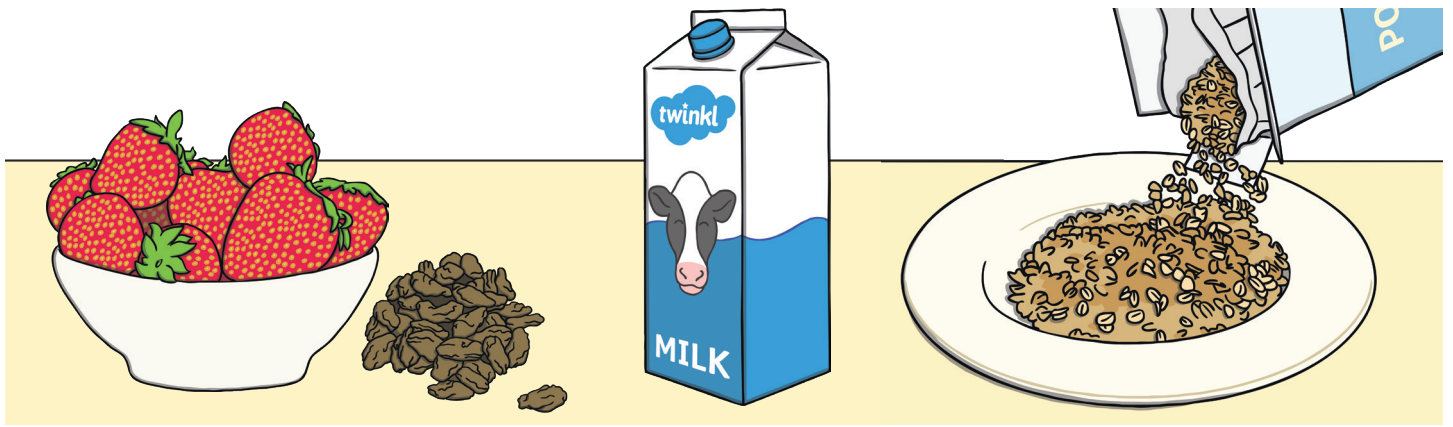




Porridge

Ingredients

2 $\frac{2}{3}$ 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

1. 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.