Breakfast

Berry Porridge with Toasted Almonds

Creamy rolled oat porridge simmered with strawberries, raspberries and blueberries, finished with a scatter of toasted flaked almonds.

5 min	348	46.7 g	12.9 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 1 serving

- [ ] 50 g rolled oats
- [ ] 6 strawberries, sliced
- [ ] 6 raspberries
- [ ] 15 blueberries
- [ ] 100 ml skimmed milk
- [ ] 2 tsp toasted flaked almonds

Method

- [ ] 1 Put a pan on the heat with the rolled oats and 250ml water, and wait for it to reach the boil. Lower the heat and keep giving it a stir from time to time for 4-5 minutes.
- [ ] 2 Work three-quarters of the sliced strawberries, raspberries and blueberries through the oats, then pour in the 100ml skimmed milk.
- [ ] 3 Raise the heat once more, give the porridge a thorough mix and spoon it into a serving bowl.
- [ ] 4 Finish by scattering the rest of the strawberries, raspberries and blueberries over the top with the 2 tsp toasted flaked almonds, and serve straight away.

Nutrition Facts

Per serving

Calories	**348**
Total fat	10.4 g
Saturated fat	1.3 g
Sodium	Not listed
Total carbs	46.7 g
Fiber	7.9 g
Total sugars	12.9 g
Protein	12.8 g

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