

Porridge with warm, spiced berries

(Serves 1)

Ingredients

- 50g Porridge oats, Quaker (equivalent to 1/2 cup)
- 220mls Milk, semi-skimmed (equivalent to 1 cup)
- 80g Mixed berries
- Pinch Mixed spice, ground

Preparation

For the porridge:

1. Mix the porridge with the milk in a cereal bowl.
2. Microwave for approx 3 minutes on power 600. Remove & stir.
3. If it needs to be thickened up a bit more, cook for a further 1 minute on power 600. Stir thoroughly.

For the warm, spiced berries:

1. Place a non-stick frying pan over a medium-high heat.
2. Add the fruit.
3. Sprinkle with a pinch of ground mixed spice. Mix thoroughly.
4. Cook for approx 1 minute until fruit softens.
5. Spoon the warm, spiced berries over the porridge & serve immediately.

TOP TIP: Cooking the fruit for just a minute until softened brings out the sweetness without the need for extra sugar.

NUTRITIONAL VALUES PER SERVING

Calories 345
Total Sugars 19.11g
Total Fats 8.44g
Saturated Fats 3.19g
Salt 0.22g
Fruit & Veg 1