

**Porridge with yoghurt and berries : a quick and yummy breakfast ... :
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porridge with yoghurt and berries



A quick and yummy breakfast

Serves: 4

Preparation time: 5 minutes

Cooking time: 10 minutes

Rough cost for recipe: 70p



change
4 life

Eat well Move more Live longer



porridge with yoghurt and berries

WHAT YOU NEED

150g porridge oats
900ml (1 ½ pints) cold water
A small pot of low-fat natural yoghurt
100g frozen berries or forest fruits (take them out of the freezer and put them in the fridge the night before you

need them so they thaw out overnight)



WHAT YOU DO

STEP 1 Put the porridge oats and water into a non-stick saucepan. Give it a good stir and heat the mixture up until it's boiling.

STEP 2 Turn the heat down and simmer so it's bubbling gently for 5 minutes, stirring all the time.

STEP 3 Spoon the porridge into 4 bowls and top each portion with a dollop of yoghurt.

STEP 4 Put the berries on top - you could arrange them into a face or a picture if you're feeling creative - and serve.

SWAP TIP For a tasty alternative, try spooning some tinned pineapple chunks in natural juice over the yoghurt instead of berries.

