

What you need:



Porridge oats










Milk






Salt

Porridge recipe

1		1 mug porridge oats 
2		1 mug milk 
3		2 mugs water 
4		Put into a saucepan.
5		Cook over a low heat.

Porridge recipe

6		<p>Stir with a wooden spoon.</p> <p>When it starts to boil it will get thicker.</p> <p>Keep stirring for about 5 minutes</p>
7		<p>Add a pinch of salt, stir it in.</p>
8		<p>Serve right away, just as it is....</p> <p>or turn over for more ideas</p>



Add a little honey or sugar

or

a handful of fresh berries

or

a sliced banana

