

Red Berry Porridge

 1 serving 318 Kcal / serving

Ingredients

- 40g - **Porridge oats**
- 250ml - **Low fat milk (1.5% fat)**
- 1 teaspoon (5g) - **Honey**
- 1 teaspoon (5g) - **Flax seeds (otherwise known as linseeds)**
- 75g - **Red berries, such as raspberries or strawberries, sliced if large**



The Method

Place the oats in a pan with the milk and place on the hob over a medium heat. Cook for 2-3 minutes, stirring occasionally with a wooden spoon until the mixture thickens, then stir in half of the berries.

Transfer to a bowl and top with the rest of the berries, then drizzle with the honey and scatter over the flax seeds to serve.

 Suitable for vegetarians