

Porridge **Serves 2**

1 cup Rolled oats
2 T Ground linseed
2 cups Milk or water

Toppings

Yoghurt
1 large Banana (or fresh fruit of choice)
2 T Coconut
2 T Walnuts (chopped)

Method

Place oats, linseed and milk or water in a saucepan and bring gently to the boil. Stir occasionally. Reduce heat and cook for a further 1-2 minutes.

Pour into bowls. Add yoghurt and top with sliced banana, chopped walnuts and coconut.

Microwave Method

Place oats, linseed and milk or water in a deep microwave proof container. Cook uncovered on high power for 2 minutes. Stir well then cook for another 2 minutes on medium power.

Pour into bowls. Add yoghurt and top with sliced banana, chopped walnuts and coconut.

