

Creamy porridge

Serves one

Ingredients

- ½ cup porridge oats
- 1 cup full cream milk or high-calorie milk
- Small pinch salt.
- 1 dessert spoon (dsp) double cream
- 1 dsp honey or golden syrup
- 1 dsp dried fruits e.g apricots

Mix porridge, salt and milk in a microwave-safe bowl.

Microwave on high for two minutes, stir half way through. Leave to stand for one minute.

Stir in cream, swizzle over honey and dried fruits.