



Traffic light category: **Green** Serves: 6

## Ingredients

- 1½ cups rolled oats
- ½ cup milk
- 2 cups water
- 3 tablespoons honey

### Optional:

- fruit to serve such as: banana, strawberries or blueberries

## Method

1. Combine oats, milk, honey and water in a large saucepan over medium heat
2. Cook, stirring constantly for 5-7 minutes, or until porridge boils and thickens. remove from heat.
3. Spoon into heat proof takeaway cups or bowls
4. Top with fruit of your choice such as strawberries, blueberries and banana.

**Top with your  
favourite fruit!**



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