

Breakfast Fruit Porridge

Serves 2-4

Preparation Time: 3 minutes

Cooking Time : 8 minutes

100g Porridge Oats

A handful of frozen blueberries OR 75g Dried mixed fruit/sultanas/raisins OR fresh fruit such as banana slices

600ml Skimmed/ semi skimmed milk

Place porridge oats, dried or frozen fruit with milk in a bowl that is suitable for the microwave.

Stir well and cook in a 650w microwave for 4 minutes (reduce/increase cooking time dependant on the wattage of your microwave)

Stir and cook for a further 3 minutes

Alternatively, place the ingredients in a medium sized saucepan, cook over a moderate heat for 7 – 8 minutes until thick and creamy, adding more milk if required.

Bridgewater Community Healthcare



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Health Improvement Team