

Hot Porridge Oats

Recipe by Claire Sambolino
BANT Registered Nutritionist®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	268 kj	13%
Energy (kcal)	64 kcal	13%
Fat	3.6 g	30%
of which saturates	2.3 g	46%
Carbohydrate	4.5 g	4%
of which sugars	4.4 g	10%
Fibre	0 g	19%
Protein	3.3 g	10%
Salt	0.1g	1%

Generated by Nutritics v5.61 on 24th Aug 2021
Nutrient values for the porridge only (without toppings)

INGREDIENTS (serves 1 with 161kcal for the porridge only)

35-40g oats (adjust according to desired consistency)
250ml **MILK** or plant-based alternative (almond milk, soya milk, coconut milk, oat milk)

OPTIONAL FLAVOURINGS – Choose one of the followings to flavour

½ tsp cinnamon or ginger or nutmeg (optional)
1tsp desiccated coconut (optional)
½ tsp curcumin (optional)
½ tsp of cacao (optional)

OPTIONAL SERVING SUGGESTIONS – Choose one fruit and one serving of nuts or seeds

<80g berries (raspberries, blueberries, strawberries, blackberries, red/black currants)
1-3 tbsp of stewed fruit (apple, pear, plums, rhubarb, gooseberries)
½ grated apple, ½ chopped banana
25g mixed seeds (sunflower, pumpkin)
20g nuts (flaked almonds, cashew, Brazil, hazelnut, walnut)

METHOD & COOKING TIME: 10 mins

1. Combine all ingredients in a small pan and gently bring to just below the boil.
2. Simmer for c. 5 mins until the porridge thickens and reaches the desired consistency.
3. Add your chosen toppings.

ALLERGENS



MILK



TREE NUTS

MODIFY

Substitute milk with plant-based alternatives such as soya, almond, oat or coconut milk

Substitute nuts with seeds as an alternative topping

CREDIT

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Photo by: Claire Sambolino