

Porridge - lots of ways

These brilliant porridge recipes will give you great ideas to jazz up this breakfast favourite. Fruity, syrupy or nutty – give it a go.

Ingredients:

Serves: 4

For basic porridge (base recipe):

- 160g rolled oats
- 600 ml milk
- sea salt

For blackberry and apple porridge:

- 1 apple
- 2-3 tablespoons runny honey , to taste
- 100g blackberries

For banana, almond and cinnamon porridge:

- 2 ripe bananas
- 30g flaked almonds
- ½ teaspoon ground cinnamon
- 2 tablespoons poppy seeds
- 2-3 tablespoons maple syrup or runny honey , to taste

For apple, maple syrup and pecan porridge:

- 1 apple
- 30g pecans
- 2-3 tablespoons maple syrup , to taste



Directions:

Ready in: 15min



For basic porridge:

1. Place the oats and milk in a large pan over a medium heat.
2. Add a tiny pinch of salt and stir with a wooden spoon.
3. Bring to a steady simmer for 5 to 6 minutes, stirring as often as you can to give you a smooth creamy porridge – if you like your porridge runnier, simply add a splash more milk or water until you've got the consistency you like.

For blackberry and apple porridge:

1. Pull off the apple stalk, then use a box grater to coarsely grate it onto a chopping board (core and all).
2. Stir the grated apple and most of the honey through the porridge for the last few minutes of cooking.
3. Squash in most of the blackberries, then serve with the remaining scattered on top and the remaining honey drizzled over.

For banana, almond and cinnamon porridge:

1. Peel, then slice the bananas on a chopping board (I like to cut mine at an angle).
2. Add the almonds to a small non-stick frying pan over a medium heat (there's no need for oil) for 3 to 4 minutes, or until lightly golden, stirring occasionally.
3. Stir the cinnamon, poppy seeds and most of the maple syrup or honey through the porridge.
4. Serve with the bananas and toasted almonds on top and the remaining syrup or honey drizzled over.

For apple, maple syrup and pecan porridge:

1. Pull off the apple stalk, then use a box grater to coarsely grate it onto a chopping board (core and all).
2. Snap the pecans up into little pieces, then add them to a small non-stick frying pan over a medium heat (there's no need for oil) for 3 to 4 minutes, or until lightly golden, stirring occasionally.
3. Stir the grated apple and most of the maple syrup through the porridge for the last few minutes of cooking.
4. Serve with the toasted pecans on top and the remaining maple syrup drizzled over.

Recipe courtesy of jamieoliver.com