

Fruity porridge

This is my favourite twist on porridge – loading it up with lots of fruit for a tasty and healthy start to the day. I'm not a big fan of apples and find this a great way to get my "apple a day" without really noticing! I use organic ingredients as much as I can, but that's a personal choice. My routine is to mix the oats and water before jumping in the shower, by the time I'm showered and dressed the water has soaked in to the oats nicely which reduces the cooking time.

To serve one:

1/4 cup rolled oats

3/8 cup boiling water

1/4 cup milk (almond milk works just as well as dairy or you could just use all water if you prefer)

Pinch salt

1 apple (grated or cut into chunks)

1 banana

Fresh or tinned fruit to top (pictured with fresh raspberries and nectarines)

Mix rolled oats, salt and boiling water in a saucepan. Leave about 10-15 minutes for oats to absorb water and cool. Add milk and cook over a low heat. While that is cooking prepare the apple. Stir through the apple just before the porridge is ready to serve and allow it to heat through for a minute or two. Serve with sliced banana and other fruits of your choice.

