



nutella®

PORRIGELLA

Ingredients - Serves 1

- 40g (1/2 cup) porridge oats
- 220ml (1 cup) semi-skimmed / 1% skimmed milk* or water or half and half
- 1-2 tsp (7.5g-15g) Nutella

Method

Hob

1. Place oats in pan, add liquid and mix well.
2. Bring to the boil and simmer gently for 4-5minutes stirring occasionally.

Microwave

(based on 850W as a guide only, adjust for your oven)

1. Mix oats and liquid in large microwaveable bowl and cover with suitable pierced film
2. Cook on full power for 2.5 minutes and stir well. Re-cover.
3. Cook on medium power for another 2minutes, stir again and leave to stand for 2 minutes
4. Add a dollop of Nutella (1-2 teaspoons) and stir in

Tips

- You can use instant porridge if you prefer
- As a rule you use double the liquid of the porridge oats but if you like your porridge thicker or thinner you may need to adjust
- Use milk if making porridge for children to provide them with calcium
- *Skimmed milk is not suitable for children aged under five years.