

Breakfast Bonanza

Cereal-ously Good!



Very Berry Porridge

Ingredients:

- ½ cup porridge oats
- 1 cup milk
- ½ cup frozen mixed berries
- 1 teaspoon honey

Equipment:

- Cup
- Pan
- Wooden spoon
- Bowl
- Spoon

**Method:**

- 1 Put the oats and milk into a pan and bring to the boil.
- 2 When the milk starts to boil turn the heat down and keep stirring for approximately 3 minutes.
- 3 Add the berries and stir for a further 3 minutes.
- 4 Pour into a bowl, drizzle with honey – serve and enjoy!

Yoghurty Oats

Ingredients:

- 1 small apple
- 1 handful raisins
- ½ cup porridge oats
- 1 pot of yoghurt (any flavour)
- 1 tsp of honey

Equipment:

- Grater
- Mixing bowl
- Cup
- Wooden spoon
- Teaspoon
- Bowl

**Method:**

1. Grate apple (including skin).
2. Mix the oats, apple, raisins in a mixing bowl.
3. Add the yoghurt and honey and mix well.
4. Put into a serving bowl and refrigerate for a minimum of 1 – 2 hours (best left overnight).
5. Serve and enjoy!!

Fruity Muesli

Ingredients:

- ½ cup porridge oats
- 1 cup bran flakes
- ½ cup dried mixed fruit
- 1 handful pumpkin seeds
- 1 handful sesame seeds
- 1 handful fresh fruit (banana is good!)
- Milk

Equipment:

- Mixing bowl
- Cup
- Chopping board
- Knife
- Bowl

**Method:**

1. Mix all dry ingredients together in a mixing bowl.
2. Chop fresh fruit into bite-sized pieces.
3. Serve with milk.
4. Store any excess in an airtight container.