



# Porridge

*Get off to a good start with this luxuriously filling and warming porridge.*

Ingredients for one portion:

- 50g jumbo oats (190 calories) (protein 5.5g) (fibre 3g)
- 200ml full cream milk (calories 130) (protein 7g) (calcium 250mg)
- A sprinkle of lavender seeds – three or four will do, they are very strong tasting
- 1 tablespoon, 7g ground linseeds (calories 40) (protein 1g) (fibre 2g)
- 1 medium banana – sliced (100 calories) (fibre 3g)
- 1 tablespoonful (13.5g) of honey or maple syrup (50 calories)

Protein	
Carbohydrate	●●
Vegetables	
Fruit	●
Dairy	●●
The rest ...	●

Health Count:

480 calories, protein 13.5g,  
fibre 8g, calcium 250mg

Note that maple syrup, an added sugar, counts as half a portion of 'the rest'.

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## Method:

Place all ingredients except the honey or syrup into a thick-bottomed pan and bring gently to the boil. Immediately turn the heat right down, add a lid and leave on the lowest setting for ten minutes. It should not burn or scald. The mixture will be rich and creamy and should still be very warm. You may re-heat it a little, if you like. Add more milk if it seems too thick. Turn the mixture into a large bowl and garnish with honey or maple syrup.