



HONEY AND BERRY PORRIDGE WITH CHAI SEEDS

SIMPLE, SUPER TASTY WAY TO ENERGISE YOUR DAY!

Ingredients:

- Scottish Porridge Oats (40-50g)
- Organic Honey
- 6 Blackberries
- 4 Strawberries
- 250ml Semi-skimmed milk
- Chai seeds
- Sugar

Method:

1. Weigh out the oats and place in a saucepan
2. Add in the milk and turn on the heat
3. Add a pinch full of sugar
4. Stir occasionally making sure it doesn't stick to the bottom
5. Whilst that's cooking, prepare your fruit.
6. Once the milk and oats start to boil, remove from the heat and add a drizzle of honey. Stir well
7. Place porridge in a bowl and sprinkle on the chai seeds, add the fruit and serve hot.