



## Raspberry & Honey Porridge

Serves 1 (contains approximately  
300 kcal)

PROUDLY SUPPORTING  
OPERATION TRANSFORMATION 2021



### Ingredients

- 40g porridge oats
- 200ml low fat milk (1.5% fat)
- 40g raspberries
- 1 teaspoon honey (5g)
- 1 teaspoon flax seeds (otherwise known as linseeds) (5g)

### Method

Place the oats in a pan with the milk and place on the hob over a medium heat. Cook for 5 minutes, stirring occasionally with a wooden spoon until thickened and creamy.

Transfer to a bowl and drizzle with the honey. Scatter over the flax seeds and raspberries to serve.

\* Suitable for vegetarians