



**Raspberry & Honey  
Porridge**

Serves 1 (contains approximately  
400 kcal)

**PROUDLY SUPPORTING  
OPERATION TRANSFORMATION 2021**



**Ingredients**

- 50g porridge oats
- 250ml low fat milk (1.5% fat)
- 80g 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