

# Tuesday - Breakfast

## Porridge & Summer Fruits



### Methods

1. Put the porridge oats in a pot and stir in the water.
2. Bring to the boil and then reduce heat to simmer.
3. Stir occasionally to make sure it doesn't stick.
4. Split into 4 bowls and top with the summer fruit.

### Ingredients

- 200g porridge oats
  - 1.4L water
- 200g summer fruits