

PORRIDGE

INGREDIENTS

1 cup of grain, oats, rice or millet.
3 cups water



METHOD

- Place grains of your choice in a pot and bring to the boil
- Let boil until it thickens and looks like the little explosions in a hot mud pool
- Mix rapidly with a wooden spoon to stop sticking to the bottom
- Once thicken to your liking you can add anything you like, frozen berries work well, a pinch or two of spice.