



## Porridge

### Ingredient list for 1 serve:

- 1/2 CUP ROLLED OATS
- 1/2 CUP WATER
- 1/2 CUP MILK
- 1 TABLESPOON HONEY
- 4 TABLESPOON APPLE COMPOTE
- GARNISH SALAD  
(KIWI, POMEGRANATE, COCONUT)

### Recipe:

1. Add rolled oats, water and the 1/2 cup milk in a saucepan.
2. Simmer for 5 minutes.
3. Check texture, keep it crispy.
4. Repeat adding water & apple compote. Simmer 5 minutes add honey.
5. Serve in a bowl, add fruit salad on the top.