

Fresh for Kids®

# Strawberry porridge



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## Ingredients:

- 250g strawberries, hulled
- 1 cup quick oats
- 2<sup>1</sup>/<sub>2</sub> cups reduced fat milk
- 2 tbs brown sugar (or to taste)

## Health benefits of strawberries:

- Excellent source of folate.
- High in vitamin C, half a cup of strawberries will provide a child with over half of their daily vitamin C requirements.
- A fruit with a low glycaemic index (GI), which means it gives a sustained release of energy.

## Strawberry porridge

Warm up kids at breakfast with this delicious porridge.

## Method:

1. Roughly chop half the strawberries. Place oats and milk in a medium heatproof bowl. Stir to combine. Microwave on high/100% power for 4 minutes. Stir in chopped strawberries. Microwave on high/100% for a further 2–3 minutes or until oats are tender and almost all milk is absorbed. Stand for 2 minutes.
2. Slice remaining strawberries. Add 1 tbs brown sugar to porridge and stir to combine. Spoon into serving bowls, sprinkle with remaining brown sugar (or to taste), top with sliced strawberries and serve.

**Serves:** 4

**Preparation:** 5 minutes

**Cooking:** about 6 minutes (+ 2 minutes standing time)