



## CHRISTMAS PORRIDGE

### INGREDIENTS

For 2 people – or one large person:

1 ramekin porridge oats – this makes the porridge creamy.

1 ramekin Jumbo oats – this gives the porridge 'texture' and is very good for you.

4 Ramekins of cold water or

2 water to 2 of milk –

or 3 soya milk to 1 water.

Pinch – a ¼ teaspoon salt – has to have salt to bring out the taste – don't leave it out!!

1 Tbsp. Each: dried blueberries, Cranberries, Sultanas

1 Tbsp. honey & clotted cream

1 Tbsp. Roasted sliced almonds.

I have demonstrated this porridge for the last couple of years at the Padstow Christmas Festival – it has always been very popular – especially after I tell everybody the benefits of oats for our bodies: Calcium for bones – even more calcium if you use milk, lots of protein, will keep your weight down – because it is filling and, Low in fat, Lots of fibre to keep you regular, 'Water Soluble fibre' that will help lower cholesterol. Also 'Soluble Fibre' that deters the consumption of starch – which is good for diabetics and the vitamins in porridge helps prevent diabetes. Oatmeal is also said to have cancer fighting properties, the dried fruit – like blueberries have anti-carcinogenic properties as well! And it is delicious.

### METHOD

Put the Jumbo and porridge oats into a large n/s saucepan, with the water and milk, salt and dried fruit. Bring to a gentle boil, stirring with a wooden spoon all the time. Once up to a gentle boil, reduce to simmer for 5 minutes, still stirring, if it becomes too thick for you're your taste, add some more boiling water. Have a warm bowel to serve. Scatter the almonds over the top with Cornish honey and clotted cream.