

Creamy Yoghurt Porridge with Banana and Blueberries

Porridge Ingredients

- 3 tbsp (25g) porridge oats
- 150g pot of 0% fat probiotic plain yoghurt

Topping Ingredients

- 1 small banana, chopped
- Generous handful of blueberries or thawed frozen raspberries (85g)

Method

1. To cook on a hob, tip 200ml of water into a small non-stick pan and stir in the porridge oats.
2. Cook over a low heat until bubbling and thickened.
3. To cook in a microwave, use a deep container to prevent spillage as the mixture will rise up as it cooks. Cook for 3 minutes on High.
4. Stir in the yoghurt, or swirl in half and top with the rest.
5. Stir the banana into the porridge and then top with blueberries or raspberries.