

Super Energy Porridge.

Three tbsps of porridge oats // half a pack of orchard fruit mix // a small cup of soy milk // half an apple or banana // honey to drizzle

- 1** Mix the oats, orchard fruit mix and soy milk in a saucepan and bring to the boil
- 2** Stir until your preferred consistency is achieved
- 3** Serve with the chopped fresh fruit and a drizzle of honey

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