

A top-down view of a breakfast meal on a light-colored wooden table. In the center is a white ceramic bowl with a gold rim, filled with granola, blueberries, sliced peaches, and goji berries. To the left is a glass of milk, and to the right is a grey mug of coffee. In the background, there are glass jars containing more granola. The text 'SATURDAY BREAKFAST PORRIDGE' is overlaid in the upper half of the image.

SATURDAY
BREAKFAST PORRIDGE

TETROGEN

INGREDIENTS

1 mug of porridge oats
1 mug of rice milk
1 mug of water

DIRECTIONS

Put all the ingredients into a medium pan and stir together. The porridge is sweeter if you cook it slowly on a low heat (10-15 minutes). If you don't have time for this, turn the heat up high, stir regularly and it should be done when it starts to bubble (about 5 minutes).

Toppings to try

Granola in all its many shapes and forms
Honey
Dried mulberries
Fresh apple and/or banana
Fresh berries - raspberries, blueberries, strawberries
Goji berries
Raisins
Superfood break-
Fast mixes
Seeds - pumpkin, sunflower, sesame