



Mrs-Kents-Perfect-Porridge

For One Serving:

1/3 cup Harraways Scotch Oats

1/3 cup Milk

1 cup Water

Cook on Stove top on low heat in non-stick pan or heavy Stainless Steel Pan. Stir Occasionally. When Cooked (about 10-12 mins) pour into wide porridge plate – warmed (about 18cm wide). Pour Milk on right away to break surface of porridge.

Sprinkle with a little raw sugar.

Sprinkle on a good amount of Toasted Wheat Germ.

To Toast Wheat Germ

Pour about ¼ of packet of Wheat Germ and lightly cook in a saucepan.

Stir continuously. Allow to cool. Store in an Airtight Jar.

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