

NEW ZEALAND  
**Harroways**  
Oats



# Perfect Porridge

## Harroways Perfect Porridge

½ cup **Harroways Rolled Oats**

1 cup water

Place in **saucepan** and heat until boiling,  
cook for 1 minute.

**Microwave** (use 1 ¼ cups of water)  
place in an uncovered bowl and cook  
on medium power for 1 ½ minutes,  
stir and cook for 1 minute or longer if  
desired. Stir and serve with low fat milk  
or yoghurt or some fruit,  
stewed apples are good.

