



## Creamy Whole-Wheat Porridge

**Servings:** 3

**Prep Time:** 2min

**Cook Time:** 5min

### Ingredients

- 130 g whole-wheat flour (Nutty Wheat) (250 ml/1 Cup)
- 1 ml salt
- 750 ml low fat or full cream milk (3 Cups)
- 5 ml soft margarine
- 15 ml brown sugar

### Directions

1. Measure the flour and salt into a saucepan, and using a wooden spoon, gradually stir in the milk. Warm slowly over medium heat, stirring often, until the milk thickens and the porridge comes to the boil.
2. Stir in the margarine and sugar, and serve immediately with honey or syrup drizzled over.