

BREAKFAST PORRIDGE

Prep Time: 5 minutes

Cook Time: 10 minutes

Included in Box:

- ½ c. oats, uncooked
- 1 c. 1% milk

Additional Ingredients Needed:

- ½ tsp ground cinnamon
- 2 T almonds

Directions:

1. Combine oats and milk in small saucepan over low heat. Stir to mix well.
2. Heat for 10 minutes, or until mixture thickens.
3. Serve with peaches and cinnamon!

Tip: Add 2 T of raisins or dried fruit for extra flavor!



Nutrition Facts*

Total Servings: 1
Serving Size: 1 c.
Calories: 340
Fat: 13 g
Sodium: 127 mg
Carbohydrates: 43 g
Fiber: 6 g
Protein: 16 g
Carbohydrate Servings: 3

**Nutrient facts include dry instant oats, 1% milk, ground cinnamon, and almonds (lightly salted and toasted)*