



## Oats porridge with fruits

### Ingredients (serves 2)

2 cups of skimmed milk (lactose-free in case of intolerance)

1 cup of quick oats

40 g combination of berries and banana

40 g combination of walnuts and almonds

### Method

1. In a saucepan, warm the milk and the oats at medium heat for about fifteen minutes. Make sure to stir continuously so that it does not stick to the bottom.

2. Pour the porridge into two bowls and top with strawberries, banana, and some crushed nuts.

### Recommendations

The milk can be replaced for a plant-based milk.