### **Easy Porridge Recipe**

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#### [**https://cheapandcheerfulcooking.com/wp-content/uploads/2020/02/porridge-basic-recipe-1.jpg**](https://cheapandcheerfulcooking.com/wp-content/uploads/2020/02/porridge-basic-recipe-1.jpg) **photo**

#### **Ingredients:**

* 1 cup rolled oats
* 2 cups milk (or water for a dairy-free option
* 1-2 tablespoons honey or maple syrup
* 1/2 teaspoon cinnamon (optional)
* Fresh fruit (such as bananas, berries, or apples)
* Nuts or seeds (optional)
* A pinch of salt

#### **Steps:**

1. **Gather Your Ingredients**
   * Measure out all the ingredients and have them ready.
2. **Heat the Milk or Water**
   * Pour the 2 cups of milk (or water) into a medium-sized pot.
   * With a parent’s help, heat the milk over medium heat until it starts to simmer. Make sure not to let it boil.
3. **Add the Oats**
   * Stir in the 1 cup of rolled oats.
   * Add a pinch of salt and the 1/2 teaspoon of cinnamon if you’re using it.
4. **Cook the Porridge**
   * Reduce the heat to low and let the oats cook, stirring occasionally.
   * Cook for about 5-7 minutes, or until the porridge has thickened to your liking.
5. **Sweeten the Porridge**
   * Once the porridge is cooked, remove the pot from the heat.
   * Stir in 1-2 tablespoons of honey or maple syrup to sweeten.
6. **Add Toppings**
   * Pour the porridge into bowls.
   * Add your favorite toppings, such as sliced bananas, berries, chopped apples, nuts, or seeds.
7. **Enjoy Your Porridge**
   * Let the porridge cool slightly before eating.
   * Enjoy your warm and yummy porridge!

#### **Tips:**

* Be careful when working with the stove and hot ingredients. Always have a parent help.
* You can customize your porridge with different fruits and toppings.
* If you like your porridge creamier, add a bit more milk.

Happy cooking!