

FRUITY MORNING OATS

SERVES 3 - 4

Everyone seems to have an opinion on whether they like oats or not. My opinion? I like them if they have lots of flavour and there are so many ways to add this. Here are just two easy ideas.

OATS:

1 cup (250 ml) water
1 cup (250 ml) milk
pinch of salt
1 cup (250 ml) quick cooking oats (not instant variety)

FLAVOUR OPTION 1:

1 - 2 apples, cored and chopped
75 - 100 ml sultanas or raisins
2,5 ml ground cinnamon
handful chopped pecan nuts (optional)

FLAVOUR OPTION 2:

1 banana, thinly sliced
2,5 ml vanilla extract or essence
peanut butter to serve

METHOD:

Place all the oats ingredients in an AMC 20 cm Gourmet Low. Heat over a medium temperature until the mixture starts to boil. Reduce heat then:

Option 1:

Add the apples, sultanas and cinnamon to the oats. Mix through and allow to simmer for another 2 minutes before serving with nuts and a drizzle of honey.

Option 2:

Use a fork to quickly beat the banana and vanilla into the oats, creating a creamy mixture. Cook for another minute or two then serve with milk and top with a spoon of peanut butter.

TIPS

- If using longer cooking oats, allow to cook for required time before adding the fruit and other ingredients.
- Chopped dates are also a delicious substitute for sultanas in option 1.

