

Slow Oats with Tinned Fruit



To serve

Your favourite toppings - sliced bananas, grated apple, blueberries, pinch of cinnamon, natural yogurt, etc

Serves: 4 portions

Preparation time:

5 mins

Cook time:

8 hours

Method:

- Put the oats in the slow cooker along with a pinch of salt, then pour over the milk, or a mixture of milk and water.
- Add the dried fruit into the slow cooker and put on its lowest setting and cook overnight for 7-8 hours.
- If anyone's up in the night, give the porridge a quick stir to scrape up the crustier bits from around the edges and bottom, but don't worry if not.
- In the morning, give the porridge a really good stir – it may have developed a crust on top, but just stir this in to break it up.
- Add a drop more milk to loosen if necessary, then ladle into bowls and add your favourite toppings.
- Enjoy with some tinned or frozen fruit.

You will need:

- 1 Cup Jumbo Oats
- 4 Cups Milk (or half milk/ half water for a less creamy version)
- Drizzle of milk to Finish
- A portion of tinned fruit or frozen
- Dried Fruit

Please be aware that this recipe may contain allergens. Please double check the labels carefully.