

## Recipe: Porridge with fruits

Doctors and today every health magazine say that breakfast is the most important meal of the day. There are many reasons why oatmeal or porridge is [a breakfast super-food](#):

- Oats are good for your heart.
- Oats are packed with fiber (4 grams per 1 cup).
- Oats have an impressive nutritional profile.
- Oats help fight obesity and weight gain.
- Oats will stave off hunger for longer.

This recipe is for one person.

(Note: Because we are Swiss, the scale unit is kilogram and liter and so on. So if you are having troubles, check the internet for a converting tool.)

All right, let us start.

### Time

Preparation: -

Cook time: approx. 10-15 mins

(Note: there are people who cook them for hours...)

### Ingredients

- 1 cup (about 1.5 to 2 dl size) of oat flakes
- 1 dl of milk
- 1 dl of water
- Cinnamon
- Fruits like Berries, e.g. blueberries and watermelon

Feel free to add salt or sugar (better honey) as well.

### Directions

- Porridge [British] or oatmeal [American] is made by mixing oat flakes with a fluid (normal water and/or milk) and then heating it.  
(Beyond that, it is all about personal preference. So if you do not like this recipe, just try your own until you find your personal favorite.)
- Cut a part of a watermelon into cubes
- Wash the blueberries
- After porridge is finished, add the fruits on top

