



The Olde Scots Kitchen



Cinnamon, Pear and Date Porridge

Ingredients

3/4 cup (70g) rolled oats
2 cups low fat milk
4 canned pear halves in natural juice, quartered and drained
8 whole dried or fresh dates, pitted and chopped
2 teaspoons cinnamon sugar, for sprinkling

Directions

Combine the oats, milk, pears and dates in a saucepan and slowly bring to the boil, stirring continuously. Allow to simmer for 10 minutes stirring occasionally, before removing from the heat. Spoon into two serving bowls and sprinkle with cinnamon sugar. Serve with extra milk, if desired.

For variety, try bananas instead of pears.

Serves 2.