

## Low FODMAP Porridge

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This healthy warming breakfast is a great option for anyone with IBS.

Oats contain plenty of soluble fibre to help you feel fuller for longer and make mid-morning snacks less attractive.

Porridge on its own can seem a little dull but the addition of a range of toppings make this simple dish fresh and interesting.



### Ingredients

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#### Serves 2

- 1 Cup of Oats (any cup will do as long as you use the same one for the liquid)
- 2, 1/4 cups of water or soya milk (or a mixture of both)

## Method

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Put the oats in a saucepan and pour in the soya milk or water. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan.

Alternatively, mix the oats and milk or water in a large microwave proof bowl, then microwave on High for 5 minutes, stirring halfway through. Leave to stand for 2 minutes before eating or topping.

Now add your choice of toppings from the following list:

2tsp maple or golden syrup,

½ chopped banana

1 small handful of blueberries or raspberries

3 strawberries (chopped)

2 dates (chopped)

2tsp of either sesame seeds or flaked almonds, pumpkin seeds, sunflower seeds or chopped hazelnuts,

1tsp grated dark chocolate.