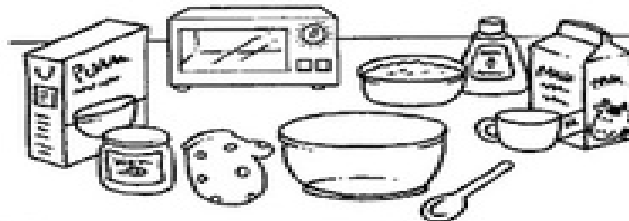


Porridge for breakfast

Make and share some porridge in the Three Bears' cottage

What you need

- 1 cup of porridge oats
- 2 cups of milk
- honey or maple syrup to taste
- microwavable basin
- microwave
- bowls
- spoons

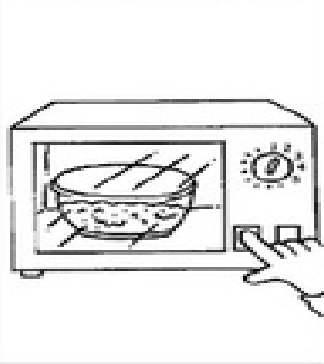


What you do

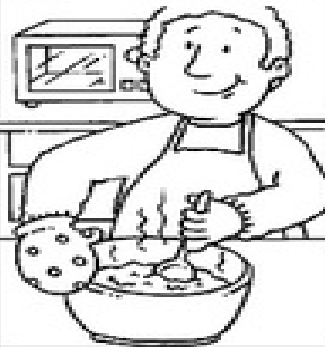
1 Mix together the porridge oats and milk in a microwavable basin.



2 Microwave for two minutes.



3 Stir, then microwave for a further one minute 30 seconds.



4 Leave to stand for one minute then serve the porridge, adding honey or syrup if desired.



5 Eat and enjoy!

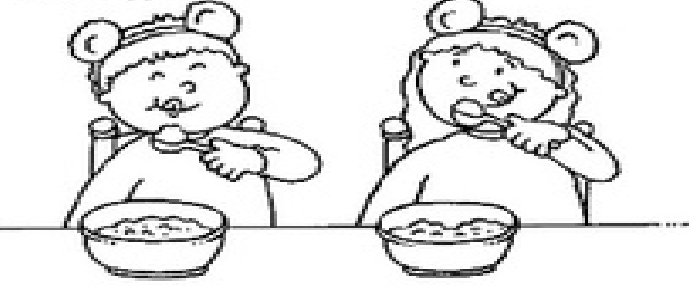


ILLUSTRATION BY SHARON PUGH

