

# Nutty porridge with blackberries

**Serves: 1**

Nutrition per serving:  
294 kcal

## Ingredients:

- 30g porridge oats
- 120ml skimmed milk
- 50g blackberries
- 10g almond nut butter
- 10g crushed hazelnuts

## Method:

1. Microwave 30g porridge oats with 120ml skimmed milk according to the packet instructions, halfway through stirring in 50g blackberries, 10g almond nut butter and 10g crushed hazelnuts.

