

Call it oatmeal or porridge, you can't beat a creamy high-fibre, low-kilojoule brekkie that's ready in five minutes, costs way less than muesli, and gives you energy for hours!

PIMP YOUR PORRIDGE

Have it your way

Porridge is super satisfying because oats are packed with fibre and have a low to medium glycaemic index rating. To make it even healthier, you can:

- Sweeten oats with fresh or frozen fruit
- Try a touch of vanilla or cinnamon for a refined flavour
- Add nuts or seeds for more gut-friendly fibre
- Make oats with milk and score around a third of your daily calcium needs.



Berry yoghurt oats

Serves 1 Cost per serve \$1.83

Time to make 5 minutes

✓ diabetes friendly

½ cup rolled oats
¾ cup trim milk
2 tablespoons low-fat berry-flavoured yoghurt
½ cup fresh or frozen mixed berries

- 1 Place oats and milk in a small microwave-safe bowl; microwave on high for 1½ minutes. Stir oats; microwave for another minute, or until smooth and creamy.
- 2 Stir berry yoghurt through oats until thick and creamy. Top hot oats with berries and serve.



PER SERVE (1 serve)			
Energy	1180kJ(281cal)	Fibre	8g
Protein	16g	Sodium	90mg
Total Fat	3g	Calcium	360mg
– sat fat	<1g	Iron	3.5mg
Carbs	45g		
– sugars	18g		



Almond and mixed seed porridge

Serves 1 Cost per serve \$2.00

Time to make 5 minutes

✓ diabetes friendly

✓ no dairy

½ cup rolled oats
¾ cup unsweetened almond milk
¼ teaspoon cinnamon (optional)
2 tablespoons mixed seeds (such as chia, pumpkin and sunflower seeds)

- 1 Place oats, milk and cinnamon (if using) in a small microwave-safe bowl; microwave on high for 1 minute. Stir oats and microwave for another minute, or until oats are smooth and creamy.
- 2 Sprinkle hot porridge with your choice of mixed seeds and serve.



PER SERVE (1 serve)			
Energy	1200kJ(286cal)	Fibre	9g
Protein	11g	Sodium	80mg
Total Fat	12g	Calcium	200mg
– sat fat	1g	Iron	4.5mg
Carbs	30g		
– sugars	1g		



Cook's tip

- Any fresh or frozen fruit can replace the mango.

Mango, coconut and chia overnight oats

Serves 1 Cost per serve \$3.25

Time to make 5 minutes, plus overnight soaking

✓ diabetes friendly

½ cup rolled oats
½ cup trim milk
½ cup reduced-fat Greek-style yoghurt
1 tablespoon chia seeds
2 teaspoons sultanas
1 tablespoon coconut flakes
½ cup chopped frozen mango, thawed (see tip)

- 1 Place oats, milk, yoghurt, chia, sultanas and half the coconut in a small jar or container; seal and refrigerate to soak overnight.
- 2 Top porridge with mango and remaining coconut, and serve.



PER SERVE (1 serve)			
Energy	1520kJ(363cal)	Fibre	9g
Protein	14g	Sodium	100mg
Total Fat	11g	Calcium	300mg
– sat fat	5g	Iron	3mg
Carbs	50g		
– sugars	24g		