

Heartland Porridge

There are no exact measurements – improvise with what you have in the pantry.
Serves 4-6

Ingredients: chopped mixed nuts
 Chopped dried fruit (dates, apricots, prunes, figs)
 Chopped fresh fruit (green apple, banana, etc)
 Approx ½ tsp each cinnamon and nutmeg
 ¼ cup rolled oats per serve
 Milk (rice, oat, soy whichever is preferred)

Place the mixed nuts, dried and fresh fruit and spices in a saucepan or small boiler and cover with water. Bring to the boil, reduce heat and simmer for 10-15 minutes.

Add the oats and enough milk and water to cover the mixture. Allow to simmer for 15-20 minutes, adding more milk/water as necessary.

Enjoy ☺



The above porridge was part of a delicious breakfast I enjoyed recently during my stay at Heartland Retreat. This recipe is shared in appreciation of Maxine's loving care.