

## High Fibre Power Porridge

### Ingredients



2 cups rolled oats	1/2 teaspoon mixed spice
2 tablespoons wheat germ	250ml reduced fat milk
2 tablespoons ground soy linseed mix	2 tablespoons soft brown sugar
3 tablespoons sunflower seeds	4 sugar bananas, sliced
zest of 1 orange	1/4 cup shelled pistachio nuts, chopped

### Method

1. Put the oats, wheat germ, soy linseed mix, sunflower seeds, orange zest, mixed spice and 4 cups of water in a saucepan. Bring porridge to the boil, stirring occasionally, then reduce heat and simmer for 5- 10 minutes or until the oats are soft and creamy.
2. Spoon the porridge into individual bowls, pour over the milk and sprinkle with the brown sugar. Top with sliced banana and pistachio nuts.

### Nutrients Per Serve

<b>Energy</b>	1699kJ (406cal)
<b>Total Fat</b>	13.0g
<b>Saturated Fat</b>	1.7g
<b>Monounsaturated Fat</b>	5.0g
<b>Polyunsaturated Fat</b>	5.7g
<b>Protein</b>	13.0g
<b>Carbohydrate</b>	59.0g
<b>Fibre</b>	7.9g
<b>Sodium</b>	34mg
<b>Cholesterol</b>	2mg

Source: Heart Foundation. Retrieved from <http://www.healthykids.nsw.gov.au/recipes/high-fibre-power-porridge.aspx>