



prep: 5 mins | cook: 12 mins | total: 17 mins

Ingredients:

- 4 ounces rolled oats, about 1 cup plus 3 tablespoons
- 9 1/2 ounces water, or milk
- 1 pinch kosher salt

For serving: 2 to 3 tablespoons maple syrup, brown sugar, or golden syrup, plus 1 teaspoon jam or berries, and fresh cream (optional)

Instructions:

1. Place the rolled oats, water or milk, and salt in a small pan.
2. Gently bring the oats to a slow boil, stirring all the time until the porridge begins to thicken.
3. Once thickening has begun, lower the heat so as not to burn the porridge. Allow the porridge to simmer for approximately 5 to 7 minutes (or less if the porridge is thick enough and heated all the way through).
4. Add desired toppings and enjoy!