





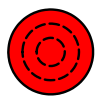



1   a  of  oats + 1

1. Put half a cup of porridge oats and 1




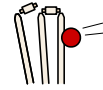
 of  in a  large  bowl..

cup of milk in a large bowl..

2    to  2

2. Put it in the microwave to heat for 2


minutes.

3  2   the  out of the

3. After two minutes take the bowl out of the


microwave.

4



4. Give it a stir to check if it is done.

5



5. If it is done, let the porridge cool before



eating.