

# Porridge Recipe suggestion

Serves 1 (319kcal, 24g protein per serving)



## Ingredients\*

- 1 sachet of ProSource Plus
- 1 sachet original porridge
- 180ml whole milk
- Any additional toppings, such as fruit, nuts or seeds

**Note:** Whilst instant porridge pots are a convenient option, porridge oats made in a microwave or on the hob work just as well!

## Method

### Step 1

Prepare porridge, following your chosen products instructions

### Step 2

Pour over one sachet of ProSource

### Step 3

Top with any additional toppings and enjoy!



Serving suggestion

\* Allergens may be present, please check individual product and ingredients labels. If concerned about allergens please contact your healthcare professional.