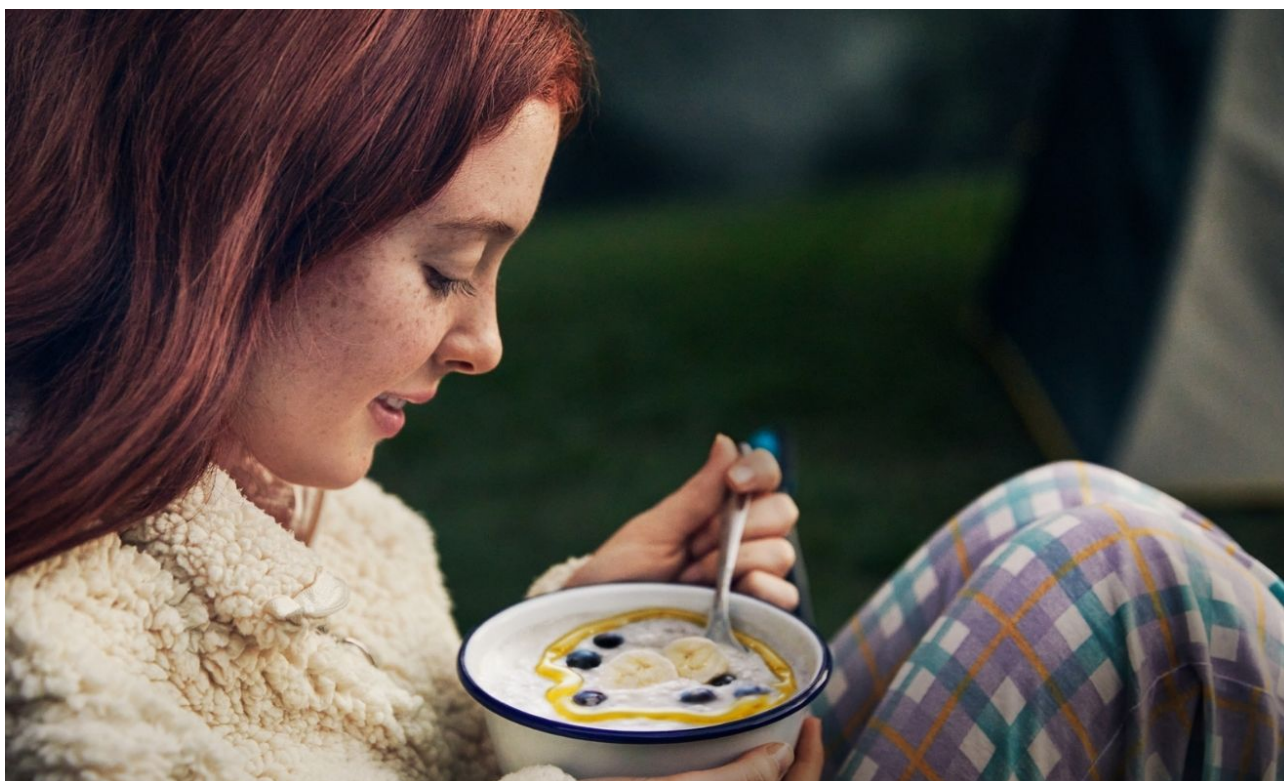




Creamy Warm Capilano Porridge

EASY • 15 MINS

Have you ever made creamy classic porridge from scratch? Give your quick oats sachet the day off and make our Capilano Porridge recipe, complete with fragrant cinnamon, vanilla, cream, rolled oats and of course, luscious swirls of Capilano honey.



SKILL LEVEL
Easy

PREP TIME
2 mins

COOKING TIME
15 mins

SERVINGS
2-3

Ingredients

- 1 cup (90g) traditional rolled oats
- 150ml pure cream

Method

1. In a medium saucepan, combine all ingredients and mix well.

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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- 1 ½ cups (375ml) cups full cream milk
- 1 tbsp Capilano Pure Honey, plus extra to serve
- ½ tsp cinnamon, ground
- 1 tsp vanilla extract

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

Method

2. Turn stovetop heat to medium-low and gently stir oats for 10-15 minutes until thick and creamy. For best results, leave mixture a little loose as it will thicken while it rests.

3. Divide into bowls and top with an extra swirl of Capilano Pure Honey, or Capilano Active Manuka Honey. Add a splash of extra cream, berries and banana if desired.

4. TIP - leftover porridge can be stored in an airtight contained and chilled for up to 2 days. Simply add back to saucepan with additional milk to recreate creamy texture.

Visit capilanooney.com.au to learn how to swap honey for sugar in your recipes.

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