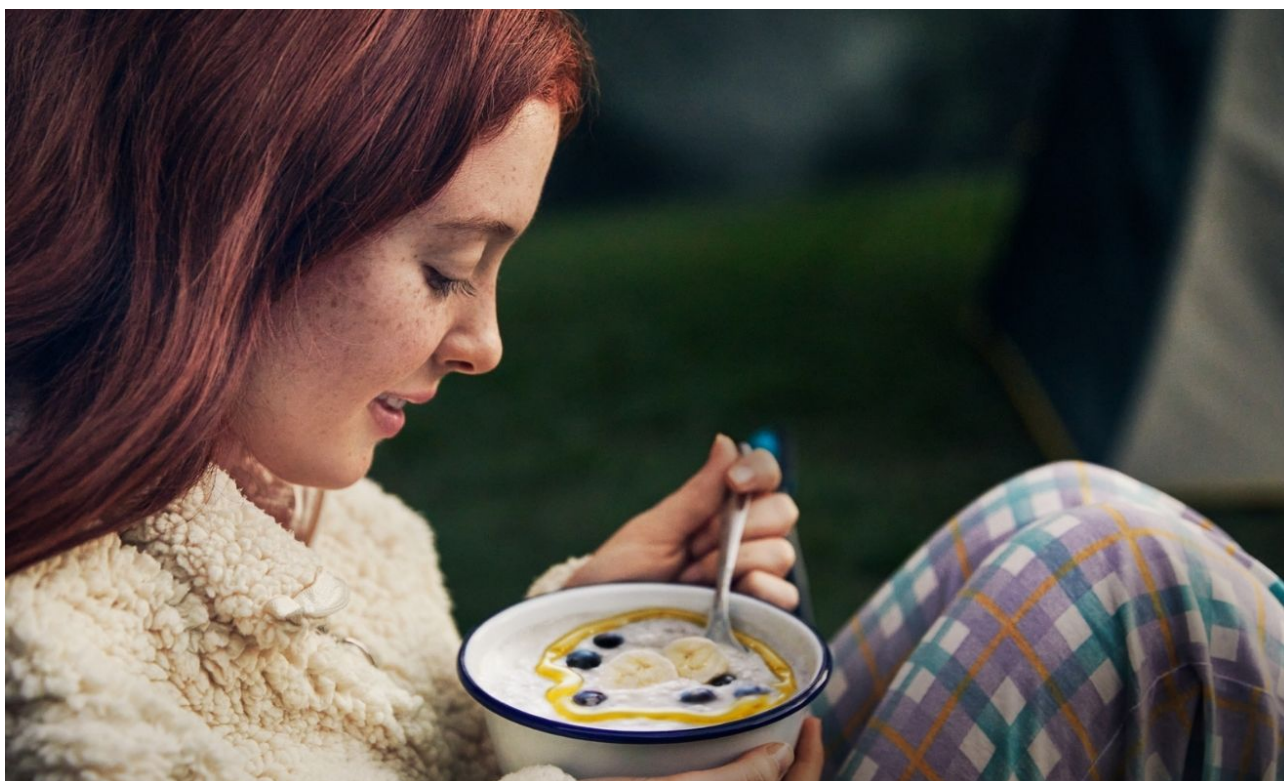




Creamy Warm Capilano Porridge

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



Authentic Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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

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