

Less than 30 minutes

Serves 3-4

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Ingredients:

Oats:

- 2 cups (500ml) oats
- ½ cup (125ml) quinoa and/or buckwheat
- Pinch of salt
- 6 cups (1.5L) water
- 1-2 cups (250-500ml) milk or milk alternative
- Knob butter (optional)

Berry compote:

- 1 cup (250ml) frozen or fresh berries + extra for serving
- ¼ cup (60ml) water
- 2 Tbsp (30ml) honey
- ¼ cup (60ml) each poppy, pumpkin and sunflower seeds, toasted

Method:

1. Combine oats, quinoa and/or buckwheat, salt and water in a pot.
2. Bring to a boil, then reduce to a simmer and cook for 10-12 minutes, stirring regularly.
3. Meanwhile, combine berries, water and honey in a saucepan and simmer for about 5-8 minutes, then set aside.
4. Once oats have thickened and are cooked through, add milk and butter, if you like, and simmer for another 3 minutes.
5. Serve oats topped with berry compote, extra fresh berries and a sprinkle of toasted seeds.