

## Heartland Porridge

There are no exact measurements – improvise with what you have in the pantry.  
Serves 4-6

Ingredients:           chopped mixed nuts  
                              Chopped dried fruit (dates, apricots, prunes, figs)  
                              Chopped fresh fruit (green apple, banana, etc)  
                              Approx ½ tsp each cinnamon and nutmeg  
                              ¼ cup rolled oats or spelt flakes per serve  
                              Water [or organic milk (rice, oat, soy whichever is preferred)]

Place the mixed nuts, dried and fresh fruit and spices in a saucepan or small boiler and cover with water. Bring to the boil, reduce heat and simmer for 10-15 minutes.

Add the oats/spelt flakes and enough water to cover the mixture. Allow to simmer for 15-20 minutes, adding more water if necessary.

Serve with natural yoghurt, extra cinnamon or a drizzle of maple syrup.

Enjoy ☺



*The above porridge was part of a delicious breakfast I enjoyed recently during my stay at Heartland Retreat. This recipe is shared in appreciation of Maxine's loving care.*