

Porridge- Dub- Jan/14

1/2 cup steel cut oats

" " pot barley

" " quinoa

4 cups water - bring to boil

Simmer 30min - with lid on.

Stir occasionally

Off Burner - 5-10 min.

- raisins, cranberries

- cinnamon, nutmeg.

- salt, allspice.