

# Perfect Porridge Recipes

Our friends from Mary's Meals UK have shared these delicious porridge recipes with us ahead of the big celebration. You might want to try them at home or share them with a friend while you tell them about Mary's Meals.



## Charlotte Oates' Strawberry, Maple and Pistachio Overnight Oats

Check out Charlotte's food blog: [Charlotte's Lively Kitchen](#)

Ingredients (serves 1)

- 2 oz porridge oats (rolled or steel cut)
- 4 oz milk
- 2 tsp maple syrup
- 1 tbsp pistachio nuts (chopped or whole)
- 1 handful strawberries

### Method

1. The night before you want to eat them, put the oats in a bowl and cover with the milk. Cover the bowl and leave in the fridge overnight.
2. In the morning, slice a handful of strawberries.
3. Remove the oats from the fridge and mix in the sliced strawberries, pistachio nuts and maple syrup – you can mix them in or arrange them beautifully and take a quick picture for social media. Tag us @marysmealsusa
4. Enjoy!

## Sophie Thompson's Porridge Bars

Sophie Thompson is an actress who has worked in television, film and theatre. She has appeared in films including Four Weddings and a Funeral, Emma, and Harry Potter and the Deathly Hallows – Part 1. Sophie won Celebrity Masterchef in 2014.

Ingredients

- 8 oz oats
- 4 oz butter (salted is best!)
- 5 oz agave syrup or honey
- 3 oz raisins or other dried fruit
- Vanilla
- Sea salt

### Method

1. Turn on your oven to 350°F.
2. Put your oats into an oven tray and into warm oven to gently brown for approximately 20 minutes. Check and shuffle around now and again to brown.
3. Remove from the oven and sprinkle with salt.
4. Melt the butter and agave or honey together and stir in the oats with the fruit and generous splash of vanilla.
5. Press your mixture into an approximately 10x8 inch buttered oven tin.
6. Cook in the middle of the oven until lightly golden for approximately 12 minutes.
7. While still warm, score into bar sizes.
8. When nearly cool, spatula out from the tin and don't be afraid to press, to encourage the bars to stick together.

