



# Sparkle Kitchen

## Backyard Porridge

### Ingredients:

- 1 cup steel cut oats
- 4 cups water
- 1 pinch of salt
- 1/8 cup dried papaya, thinly sliced
- 1/8 cup dried apricots, thinly sliced
- 1/8 cup dried date pieces (in oat flour)
- 1/4 cup walnuts, chopped
- butter or flax oil to taste
- maple syrup, agave or honey to taste

### Directions:

Bring oats, water and salt to a boil. Reduce heat to simmer, and allow to cook for 20-30 minutes, stirring frequently, until cooked through.

In the last five minutes of cooking, stir in the papaya, apricots and walnuts. Allow to cook until soft.

Spoon into bowls and serve with butter or flax oil, as well as something to add a little extra sweetness: maple syrup, coconut sugar or honey.

Serve your family this “Backyard Porridge” complete with nutritious “bugs and grubs”, and watch them enjoy!