

name	Healthy porridge bowl
description	Start your day right with this filling ...
image	https://images.immediate.co.uk/production/vol...
calories	533
totalCookTime	15
url	https://www.bbcgoodfood.com/recipes/healthy-porridge-bowl
categories	
ingredients	
steps	

Breakfast

amount	100
measurement	g
name	frozen raspberries

amount	1
measurement	piece
name	orange

amount	150
measurement	g
name	porridge oats

amount	100
measurement	ml
name	milk

number	1
step	Tip half the raspberries and all of the orange ...

number	2
step	Meanwhile stir the oats, milk and 450ml water ...