

# Pukkolla - Jamie Oliver

## Ingredients:

- 8 large handfuls of Scottish porridge oats (or slow cooking oats)
- 2 large handfuls of ground bran (oat)
- 1 handful of chopped dried apricots
- 2 handful of crumbled walnuts
- 1 handful of smashed or chopped almonds, hazelnuts, or Brazil nuts

## How to's:

Mix all together. Store in an airtight container.

## Making & knocking together:

Night **BEFORE** -

- Add double amount that you need (i.e 4 portions for 2 people) into a bowl
- Cover completely with your choice of milk
- Add 1/2 a grated apple per person. Stir immediately so apple won't discolor

## Day of eating:

- Add more milk if necessary
- Optional - add a sliced or squashed banana
- Optional - add blueberries, raspberries or blackberries