

# Oatmeal Rhubarb Porridge

From – [www.eatingwell.com](http://www.eatingwell.com)

1 ½ cups milk  
½ cup orange juice  
1 cup chopped rhubarb  
1 cup old-fashioned rolled oats  
½ tsp cinnamon  
pinch of salt  
2-3 Tbsp brown sugar, maple syrup or agave syrup  
2 Tbsp chopped nuts (optional)

- Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan.
- Bring to a boil over medium-high heat.
- Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes.
- Remove from the heat and let stand, covered, for 5 minutes.
- Stir in sweetener to taste.
- Top with nuts if desired.



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