



Apple & Cinnamon Porridge

Information

- Serves 1
- Preparation time: 2 mins
- Cooking time: 5 mins
- Difficulty: Easy

Ingredients

- 1 apple
- 1/2 cup rolled oats
- 1/4 teaspoon ground cinnamon
- 200ml semi-skimmed milk
- 1 tsp honey or maple syrup
- Berries or flaked almonds (optional)

Method

1. Peel the apple and grate it using a cheese grater.
2. Place the grated apple in a saucepan with the oats, cinnamon and milk.
3. Stir ingredients, bring to the boil, then simmer gently for 5 minutes, stirring frequently.
4. Pour in the honey (or maple syrup), and stir into the porridge.
5. Serve in a bowl topped with the berries or flaked almonds, if using.