

Allergens*:



Gluten



Milk



Peanuts

Spiced Apple Porridge

Cost
per person
83p

See
ingredients
and cooking
method
overleaf...



Serves 1

Are you using expensive oat sachets to make your porridge? Spice up your morning porridge with our cheaper and healthier way!



Equipment

- Weighing scales
- Spoon
- Microwave
- Microwave safe bowl
- Grater



Funded by Warwickshire County Council

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* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

Spiced Apple Porridge



Ingredients:

- 40g porridge oats
- 160ml semi-skimmed milk
- 1 medium apple
- ½ tsp mixed spice
- Sprinkle of seeds or peanut butter
- Drizzle of honey if desired



Method:

Grate the apple around the core.

Mix the apple, oats, and milk into a microwave safe bowl.

Microwave for 2 minutes (the bowl will be hot!)

Stir in the mixed spice and top with seeds or peanut butter, and honey if desired.

