

Baked Apple and Cinnamon Porridge

Preparation: 10 mins

Cooking: 30 mins

Serves 4, costs under £2.00



vegetarian



Ingredients

- 10 Tablespoons Porridge Oats (150g)
- 1 Teaspoon Ground Cinnamon (3g)
- 3 Tablespoons Sultanas (75g)
- 2 Apples (224g)
- 1 Pint Semi Skimmed Milk (600g)

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Time Saver Tips

You can prepare this the night before and put it in the fridge until the morning.

Cost Saver Tips

Use any dried or fresh fruit which is on offer - pears work very well, and so do dried cranberries or apricots. You can also top with bananas or blueberries.

Tips for Kids

They can help with stirring the oat, fruit and milk mixture.

Nutritional Information

Based on a single serving of 246g

Energy
296.00 kJ
1249.00 kcal

Fat
5.60g

Saturates
2.20g

Sugar
24.70g

Salt
0.20g

Method

1. Preheat the oven to 180°C / 160°C fan oven / 350°F / gas mark 4.
2. Mix the oats, cinnamon and sultanas together with the milk in a large ovenproof dish.
3. Wash, core and chop the apples, then mix them into the oats and milk.
4. Bake for about 30 minutes in the oven, until the oats have absorbed the milk and the dish is creamy.
5. Serve hot.

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