



APPLE CRUMBLE PORRIDGE



Breakfast

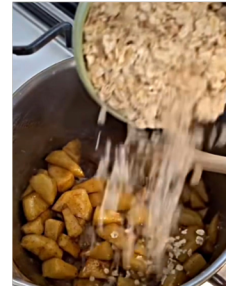


10 - 15 min

Ingredients

- 1 apple, peeled, quartered, sliced, then chopped into small pieces
- 1 teaspoon of butter
- 1 teaspoon of brown sugar or honey
- ¼ of a teaspoon of cinnamon powder
- a pinch of ginger powder
- ½ cups of Rolled Oats (Gluten Free if required)
- ¾ cup of milk/milk substitute or water

GF DF V



Method

Melt the butter in a medium sized pot.

Add the apple and allow it to cook for a minute then add in the brown sugar/honey and the spices. Stir and cook until at a medium temperature, stirring regularly, until the apple is soft. Don't let the mixture get too hot or it might stick to the bottom of the pot and burn.

Once the apple is cooked add the rolled oats and milk/milk substitute and cook as per the cooking instructions on the rolled oats packet.

Add more liquid if you like a runnier or softer porridge.

Once the oats are cooked to your liking, tip the mix out into a bowl and add, if you like, pour on a little extra milk or cream, or you can even add yoghurt. Or you can eat it just the way it is.

We've even made it for dessert, during winter – it's really just another form of Apple Crumble – and we've served it with ice cream!

This is a really easy but really tasty breakfast idea that will hopefully give you a good start to the day, especially when you're studying or working.

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui
Suzy