
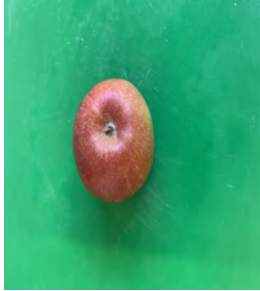










# Apple porridge



## Ingredients

	20g Porridge oats		apple
	100 ml milk		Cinnamon



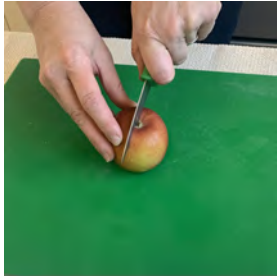


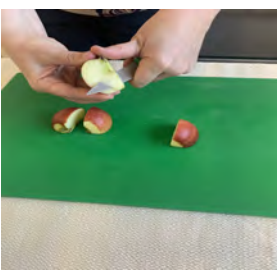

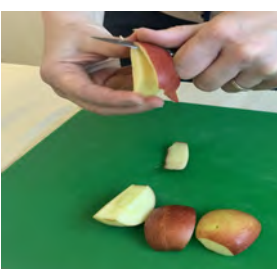
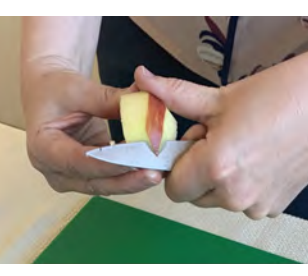
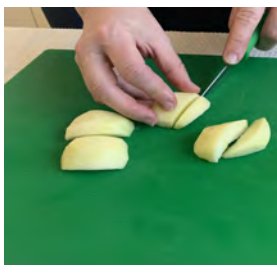
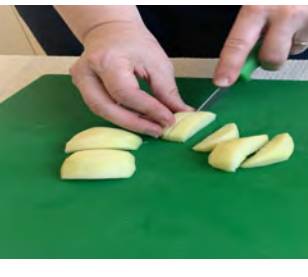
## You will need

	Chopping board		Small chopping knife
	Kitchen scales		Measuring jug
	saucepan		Metal colander


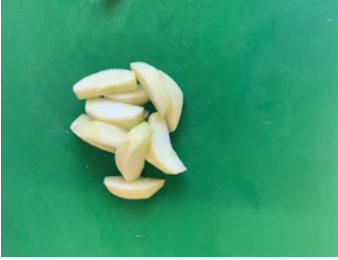





## You will need cont.....

		Fork Tea spoon		Serving bowl
	Mixing spoon		Tin foil	








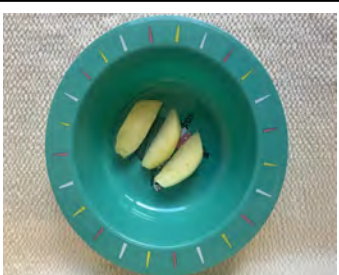
# Method

		<p>Add water to a sauce pan bring to the boil while you prepare the apple</p> <p>Place a metal colander on top of the sauce pan</p>
		<p>Cut the apple in half using a small chopping knife</p>
		<p>Then cut into half again</p>
		<p>Carefully remove the core using a small chopping knife</p>
		<p>Peel the skin off the apple using a peeler or carefully use a knife</p>
		<p>Cut into finger size pieces</p>

# Method

		
		<p>Place the apple into a metal colander that is sitting over the pan of boiled water</p>
		<p>Cover with tin foil and steam cook for around 8 - 10 minutes or until soft enough to mash</p>
		<p>Reserve some apple for finger food and set aside</p> <p>Place the remaining cooked apple into a bowl and mash with a fork then set aside</p>
		<p>Add the milk to the saucepan and bring to a simmer</p>
		<p>Then add the porridge oats to the pan</p>

## Method

		<p>Add the mashed apple</p>
		<p>Mix with a mixing spoon</p>
		<p>Add a sprinkle of cinnamon and Mix</p>
		<p>Mixing occasionally until the porridge is cooked around 15-20 minutes</p>
		<p>Allow to cool a little and Serve in a bowl</p>
		<p>You can add some apple finger food on the side for baby</p>