



Apple & Cinnamon Porridge

Serves 2

Ingredients

20g Porridge
100ml milk
1 Apple, peeled and cored
¼ teaspoon Cinnamon

Method

1. Add water to a sauce pan bring to the boil while you prepare the apple.
2. Place a metal colander on top of the sauce pan.
3. Cut the apple in half, then half again.
4. Carefully remove core and peel the skin off using peeler or a knife.
5. Cut into finger size pieces
6. Steam the apple pieces for approximately 8 -10 mins until soft enough to mash, reserve some apple fingers to serve as finger food.
7. Mash the remaining apple and set aside
8. Add milk to a pan and bring to a simmer. Add the oats and cook for 15 - 20 mins until cooked
9. Add the apple and cinnamon and continue to cook for a further 1-2 minutes.
10. Serve immediately along with some apple fingers.