

Allergens\*:



Gluten



Milk



Peanuts

Family Recipe Card 16

# 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



everyonehealth  
because everyone matters

\* Ingredients and allergens may vary from different food shops and any Quorn products can contact 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.

