Family Recipe Card 16





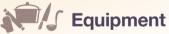
Spiced Apple Porridge



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!



- Weighing scales
- Spoon
- Microwave

- Microwave safe bowl
- Grater



* 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
- 1/2 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.



