



POMEGRANATE, APPLE & CINNAMON PORRIDGE

Breakfast or Mid-morning snack: This recipe provides a portion of fruit and a portion of dairy.

Recipe adapted from: Magic Breakfast

Ingredients

90g porridge oats
600ml semi-skimmed milk
150g apple, grated
45g pomegranates, seeds only
1tsp cinnamon

Method

1. Cook the porridge with milk according to the manufacturer's instructions.
2. Add the grated apple and pomegranate seeds on top.
3. Sprinkle cinnamon to finish and serve.

Serving suggestion: serve in bowls or cardboard tubs as a grab and go option.



Number of portions this recipe makes:

3 primary servings (312g)
2 secondary servings (468g)



Prep: 5 minutes
Cook: 5 minutes



Allergy information:

Milk, oats (gluten)



Top Tips

Apple, raisin and cinnamon makes a good alternative topping to pomegranate seeds.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).