



HONEY & YOGHURT PORRIDGE WITH BANANA

Breakfast: This recipe provides a portion of fruit and a portion of dairy. It counts towards meeting the standard to provide a portion of fruit at time of the day other than lunches.

Recipe adapted from: Eden Foodservice

Ingredients

2L semi skimmed milk
200g oats
1g (¼tsp) ground mixed spice
50g honey
150g plain reduced-fat natural yoghurt
800g bananas, peeled and sliced

Method

1. Heat the milk and add the porridge oats and mixed spice stirring continuously until it thickens, approximately 5 minutes.
2. Stir in half the honey.
3. Spoon the porridge in a bowl, top with a tablespoon of yoghurt and the sliced banana.

Serving suggestion: serve for mid-morning break in winter.



Number of portions this recipe makes:

14 primary servings (235g)
10 secondary servings (330g)



Prep: 10 minutes
Cook: 5 minutes



Allergy information:
Milk, oats (gluten)



Top Tips

Swap the banana for seasonal fruits.

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).