

Pukkolla, lots of ways



Serves 14 to 16



Equipment list

- ☐ Weighing scales
- ☐ Chopping board
- ☐ Knife
- ☐ Pestle and mortar
- ☐ Large mixing bowl
- ☐ Weighing scales
- ☐ Box grater
- ☐ Measuring jug
- ☐ Clingfilm
- ☐ Ladle
- ☐ Serving bowls
- ☐ Spoon



This makes a big batch, so feel free to halve the quantities - it'll keep happily in the fridge for up to two days.

Ingredients

- ☐ optional: 50g dried apricots
- ☐ optional: 50g sultanas, raisins or dates (stoned)
- ☐ 50g walnuts
- ☐ 50g almonds, hazelnuts or Brazil nuts

- ☐ 2 apples
- ☐ 500g organic Scottish porridge oats
- ☐ 50g ground bran
- ☐ 1.2 litres milk

to serve:

- ☐ optional: runny honey
- ☐ 4 bananas
- ☐ 1 x 500g pot natural yoghurt
- ☐ 200g blueberries

Allergy
info



wheat, gluten,
dairy, nuts



For nutritional
information ask
your teacher.



Here's how to make it

- 1 On a chopping board, roughly chop the apricots and dates (if using).
- 2 Roughly bash the nuts in a pestle and mortar, then add them all to a large mixing bowl along with the apricots and dates (if using).
- 3 Pull the stalks off the apples, then use a box grater to coarsely grate them (core and all), then add them to the bowl.
- 4 Add the porridge oats and bran to the rest of the dried fruit, along with the milk – you want to have enough milk so that everything is nicely covered (squish it down, if needed), and remember, the oats will soak up the liquid and get bigger in size so you need extra liquid to allow this to happen.
- 5 Cover with clingfilm and leave in the fridge overnight, if possible – you can eat it now, but you won't get that lovely smooth silky texture.
- 6 If you've left it to swell overnight, you'll find that it's softened and thickened, so add a splash of milk to loosen, if you think it needs it.
- 7 Have a taste, and add a little honey to sweeten, if needed.
- 8 Peel and slice the bananas on a chopping board.
- 9 Ladle the pukkolla into bowls, add a spoonful of yoghurt and top with the bananas and blueberries.



For a Christmassy pukkolla

Add **50g dried cranberries** into the mix, and when you come to serve swap the blueberries for **a spoonful of cranberry sauce**. You can also add some finely grated **clementine zest** too, if you like.

Allergy
info



wheat, gluten,
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For an autumnal pukkolla

Try grating some **pear** and **plums** into the mix instead of the apple. You can also add **1 teaspoon of ground cinnamon** too, if you like.

Allergy
info



wheat, gluten,
dairy



For a tropical pukkolla

Add **50g of desiccated coconut** into the mix, and instead of the dried fruit (listed above) add a mixture of the following dried fruits (**100g in total**): **banana, apricots, pineapple, mango, papaya and kiwi**. You can also add some finely grated **fresh ginger** and **lime zest** to finish, if you like.

Allergy
info



wheat, gluten,
dairy



Step by step

