## SCHOOL FOOD PLAN





#### 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.

# 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



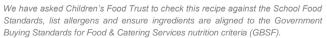
- Cook the porridge with milk according to the manufacturer's instructions.
- 2. Add the grated apple and pomegranate seeds on top.
- 3. Sprinkle cinnamon to finish and serve.

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

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/100q).





Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/www



