



CINNAMON AND APPLE PORRIDGE (SERVES 2)

INGREDIENTS

2 apples (peeled, cored and chopped)

1 teaspoon (approx. 3g) ground cinnamon

½ cup (50g) rolled oats

1½ cup of milk (reduced fat, if available)

135ml cold water

UTENSILS

Peeler

Knife

Chopping board

Teaspoon

Tablespoon

Measuring cups

Bowls

Saucepan with lid

Wooden spoon

Stove top



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METHOD

1. Place oats in a bowl with 75ml cold water and set aside to soak.
2. Peel the apple and chop in to 1cm pieces, ensuring you remove the apple core.
3. Place the chopped apple and 3 tablespoons (60ml) of cold water into a saucepan. Cover with lid and cook for 10 minutes over a medium heat until the apple has softened.
4. Add the soaked oats to the saucepan and stir.
5. Add the milk and cinnamon to the saucepan, stirring slowly with a wooden spoon and bring to a gentle boil.
6. Reduce to a low heat and cook, stirring regularly for 5 minutes (ensure you stir regularly to stop the oats from sticking to the saucepan).
7. Remove the mixture from heat. Cover and stand for 5 minutes (porridge will cool and thicken slightly).
8. Divide between two bowls and top with any additional ingredients desired (e.g. nuts,

FOR MORE INFORMATION

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