

Perfect Porridge



15
YEARS

VG / GF

Porridge is a warming breakfast, naturally low in sugar and bursting with fibre! By experimenting with toppings and flavours, you can jazz up this simple breakfast.

Makes: 5 portions of each • Preparation time: 10-15 minutes

Ingredients

Blueberry & coconut:

- 150g porridge oats
- 400g tin light coconut milk
- 1 tsp vanilla extract (optional)
- 2 tbsp honey
- Few handfuls fresh/frozen blueberries

Apple & cinnamon:

- 150g porridge oats
- 650ml oat milk
- 1 large apple (or a few smaller ones)
- 1 tsp cinnamon

Equipment

- Microwave & large bowl OR Hob & large saucepan
- Weighing scales
- Tin opener
- Teaspoon & tablespoon
- Measuring jug
- Mixing spoon
- Grater

Allergy information

N/A

Method

Blueberry & coconut:

1. Measure the oats, coconut milk, vanilla and a pinch of salt into a saucepan/microwaveable bowl. Fill the empty coconut milk tin with water and add this as well.
2. If using hob, simmer on a low heat 5 mins, keep stirring until you get a thick creamy porridge.
3. If using a microwave, cook on high for 90 seconds, remove and stir. Pop back into the microwave and heat for another 30 seconds, repeat and keep stirring until you get the perfect consistency.
4. Slightly mash the blueberries in a bowl, then add the berries with the honey to the creamy porridge.

Apple & cinnamon:

1. Measure the oats, oat milk, cinnamon and a pinch of salt into a saucepan/microwaveable bowl.
2. Core and grate the apple(s). Add to the mixture, give it a mix.
3. If using hob, repeat step 2 in previous recipe.
4. If using a microwave, repeat step 3 in previous recipe.

Top tips

- Serve both with fresh fruit on top like bananas or more berries
- Add more cinnamon for extra warmth
- In summer months, try making overnight oats using the same flavours

www.schoolfoodmatters.org • info@schoolfoodmatters.org

For project news and updates, sign up for our regular newsletters.