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 (¼ tsp) 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).

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF).

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 https://www.schoolfoodplan.com/ww