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
- 1 tsp cinnamon

Method

1. 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.

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.

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).