

APPLE PORRIDGE



PREP & COOK TIME

15m



SERVES

4



INGREDIENTS

- 2 cups rolled oats
- 4 cups water
- 1 apple cored, thinly sliced
- Reduced-fat milk to serve

METHOD

1. Combine all ingredients in a saucepan over medium heat
2. Bring to slow boil then reduce heat to low
3. Cook porridge, stirring occasionally or until thick
4. Serve with a splash of milk

Try topping with some cinnamon!