

Porridge with Fresh Fruit

Per serving:

278 kcal

5.6g fat

Ingredients:

40g porridge oats

Up to 125ml semi skimmed milk

100g summer fruit berries (such as redcurrants / blackcurrants / blackberries / blueberries / raspberries)

1 small apple

Cooking instructions :

1. Make the porridge with milk.
2. Chop the apple into small pieces and mix with the summer fruit.
3. Serve the porridge topped with fruit.