

Apple Pie Porridge

Ingredients

1 apple, grated or finely chopped
1 tsp cinnamon
1 tsp oil or alternative
½ cup rolled oats 1 cup milk or water
Pinch of salt

Topping ideas:

¼ cup nuts/seeds
Handful of grapes or frozen berries
Spoonful of nut butter
Cinnamon



Directions

- 1) Place a small pan on to a low/medium heat.
- 2) Add oil into the prepared pan, along with the grated/chopped apple and cinnamon. Stir occasionally. Cook for 5 mins or until the apple is cooked through.
- 3) Add a pinch of salt, rolled oats and milk (or water) to the apple mix.
- 4) Continue to cook for another few minutes until oats are cooked through.
- 5) Remove from the heat, serve in a bowl and top with your favourite toppings.

Note: This can be made with any sort of apple or a pear – it is a great way to use up old fruit.

This is a recipe from Real Good Kai cook book from Regional Public Health

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