



Recipes

SGF
healthy
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Fruity Porridge

V vegetarian

VE vegan



See reverse for full recipe

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Fruity Porridge

Serves 4

V **VE**
vegetarian vegan



Ingredients

- 10 (80g) Dried Apricots
- 2 (200g) Apples
- 1 Pint (600ml) Water
- 7 Tablespoons (100g) Scottish Porridge Oats

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Time Saver Tips

Don't peel the apple. Porridge can be easily cooked in the microwave - take care to stir frequently.

Cost Saver Tips

This recipe can be made with any fresh, seasonal, frozen or dried fruit, so choose whatever is on offer.

Tips for Kids

Use their favourite fruit. They may prefer it made with milk instead of water.

Nutritional Information

Based on
a single
serving of
258g

Energy
65kcal
275kJ

Fat
1g

Saturates
0.17g

Sugar
5.9g

Salt
0g

Method

1. Chop the apricots. Wash, peel, core and chop the apples.
2. Mix the apricots and apples with the sugar if desired.
3. Pour the water into a saucepan and sprinkle on the oats. Bring to the boil, stirring continuously for 1 minute.
4. Add the fruit mixture to the pan and simmer, stirring for about 3 minutes or until the porridge is thick.
5. Serve hot.

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Recipe courtesy of
Parent Club
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