

Apple Pie porridge

Serves 1

Ingredients

50g porridge oats
200ml semi-skimmed milk
1 medium dessert apple, diced
Pinch of cinnamon

This is a warm, comforting porridge spiced up with the classic flavours of a homemade apple pie.

Throw all the ingredients into a saucepan.

Heat and stir until boiling, then lower the heat and simmer gently for 5 minutes, stirring often.

Spoon the porridge into a serving bowl and add a sprinkle of cinnamon.

Recipe courtesy of NHS Live Well.