# Match of the Day Kickabout

# Apple Pie Porrigde





- MATCH OF THE DAY

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  - **E** You will need
    - 50g Porridge oats
    - 350ml Semi-skimmed milk
    - 2 Tablespoons sultanas
    - ✓ ½ Teaspoon cinnamon
    - ½ Apple, grated

- Releases energy gradually
- · Good source of fibre
- Cinnamon can help control glucose levels

## **Instructions**

Makes one bowl

#### Step 1

Mix the oats and milk together in a bowl.

### Step 2

Microwave on high for 5 minutes, stirring halfway through.

## Step 3

Leave to stand for 1 minute and then sprinkle over the grated apple, sultanas and cinnamon.

**Top Tip**: Save the other half of your apple to make fruit skewers to take in your lunchbox!