

Match of the Day Kickabout

Apple Pie Porridge



You will need

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

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!