



APPLE CRUMBLE PORRIDGE

Porridge is a delicious go to breakfast which is filling and will keep you energised for the morning.

Today we're making apple the star of our porridge, but if you don't have apples, you can grate a pear or chop up some stone fruit, feijoa flesh or even add in some berries - get creative!

SERVES:

2

PREP TIME:

10 minutes

FRIDGE LIFE:

5 days

INGREDIENTS:

- 1 apple, grated
- 1 cup rolled oats
(use soaked buckwheat if gluten free)
- ½ cup shredded coconut
- 2 cups plant based or dairy milk
- 2 tbsp honey or maple syrup
- 2 tbsp raisins or sultanas
- 1 tsp ground cinnamon
- 1 tsp ground ginger

METHOD:

1. Add all of the ingredients into a small pot and mix until well combined.
2. Cook over a low - medium heat for 5-8 minutes, or until your oats are thickening up and at your desired consistency.
3. Divide the porridge up between bowls and top with your favourite toppings. We love adding some yoghurt and extra fruit.
4. Any leftovers will keep in an airtight container in the fridge for up to 5 days. You can reheat these again over the stove or in the microwave, or they are delicious eaten cold.

EXTRA GOODIES YOU CAN ADD ON TOP:

- Any fruit you have at home
- Peanuts or almonds
- Yoghurt



HOW WOULD YOU MAKE THIS RECIPE FOR YOUR WHĀNAU?

1. What is your favourite fruit? What season is this available? Is this something we could add or substitute into this recipe?
2. What ways could you adapt this recipe if you don't have all the ingredients at home?