


# Breakfast

## Porridge with Spiced Apple Compote

240  
kcal



40g (1½oz) jumbo or whole oats  
2 tsp (10g) oatbran  
Approx 300ml water (more or less to get desired texture)  
For the compote:  
1 medium eating apple, peeled, cored and chopped  
1 tsp cinnamon  
½ tsp ground cloves

Put the oats and oatbran in a small, non-stick pan and add the water. Simmer on a low heat for around 10 minutes, stirring occasionally so it doesn't burn. Meanwhile, to make the compote, place the chopped apple, cinnamon and cloves in a saucepan. Add 2 tbsp water and simmer for around 15 minutes until the apple is soft. Pour the porridge into a bowl and top with the spiced compote and cinnamon.

### Tip

*Add some protein by stirring in 100g (3½oz) of low-fat Greek yoghurt or 200ml skimmed milk. Use pear or plums instead of apple – plums will take longer to cook and you might need to top up the water required for stewing them.*