



Apple crumble porridge

Whether you are working from home & have the time to enrich your breakfast, or if you're still on the daily commute & have pre-made the more time consuming components of this porridge - it's a crowd pleaser perfect for any crumble lovers!

Chopping up the apple peelings & adding them to cook with the porridge is completely optional. However the apple skins do contain a high dose of the vitamins & minerals found in an apple, so if you have the time it's a great way to boost the nutritional value of the porridge!

SERVES 4



INGREDIENTS

For the stewed apple (can be made ahead of time)

4 apples
500ml water
2 tsp brown sugar
2 tsp ground cinnamon

For the 'crumble' topping (can be made ahead of time)

2 tsp coconut oil (or neutral oil of your choice)
60g jumbo oats
4 tbsp maple syrup

For the porridge

160g porridge oats
2 tsp ground cinnamon
600ml milk of your choice
Apple skins from earlier, chopped up very finely
Salt

8 roughly chopped pecan nuts (optional)

DIRECTIONS

1. Start by peeling & coring the apples, then chop them into small cubes. Finely chop the apple skins & set these to one side.

2. Add the cubes of peeled apple to a saucepan along with the water, sugar & cinnamon.

3. Bring the mixture to the boil, then reduce the heat a little & cook for about 30 minutes - stirring occasionally, until the apples are soft & can be mashed with the spoon. This is your stewed apple mixture.

4. Meanwhile, make a start on the 'crumble' topping. in a non-stick frying pan add the coconut oil & let it heat up. Add the jumbo oats & toast on a medium heat for 8-10 minutes, make sure not to burn them.

5. Once the jumbo oats have toasted, take them off the heat & add the maple syrup - stir to combine & then spread out to cool on some baking paper.

6. Now onto the porridge. Add the porridge oats to a saucepan along with the cinnamon, milk, chopped apple skins & a pinch of salt.

7. Simmer the porridge for 4-5 minutes on a medium heat, stirring occasionally, until the porridge has thickened.

8. Once your porridge has cooked, divide it between 4 bowls & top each with the stewed apple mixture & the 'crumble' topping. Top with a scattering of (optional) chopped pecan nuts.

Nutritional information: Calories - 417 Fat - 11g Carbs - 70g Sugars - 17g Fibre - 8g Protein - 7g Salt - 0.3g

