



# WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

# CONNECTED

## Banana and Cinnamon Porridge

Serves: 2

Prep Time: 5 mins

Total Time: 15 mins



*A great breakfast recipe, oats provide a slow release of energy helping you to keep full until lunch time. Adding fruit gives you a portion of your 5 A DAY.*

### INGREDIENTS

- 150g rolled oats
- 1/4 teaspoon cinnamon
- 2 teaspoons demerara sugar
- 1 small banana
- 225g semi skimmed milk

Serve with plain yoghurt, sprinkle with mixed seeds and your favourite fruit, canned, fresh or frozen.

### GET COOKING

#### Microwave method

1. In a microwave bowl, put the oats, 1/2 banana sliced, cinnamon, sugar and milk, stir.
2. Microwave for 2 minutes on full, stir and microwave for 4 minutes on medium. Check that the oats are cooked. Leave to stand for 1 minute.
3. Serve topped with the banana and yoghurt

#### Hob method

1. Place the the oats, 1/2 banana sliced, cinnamon, sugar and milk, in a pan, place on the hob, bring to the boil, turn the heat to medium and cook for 6 minutes, stirring all the time.
2. Serve topped with the banana and yoghurt



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