



Cinnamon Porridge with banana

Ingredients

- 80g porridge oats
- 150ml semi-skimmed milk
- ½ tsp ground cinnamon
- 1 large ripe banana (about 120g), halved lengthways and then halved again
- ½ orange, zested and juiced
- 200g plain bio yogurt
- 2 tsp toasted three-seed mix

Instructions

Step 1 – Cook the Porridge:

In a saucepan, combine the oats, milk, 450ml of water, and ground cinnamon. Bring to a boil, then reduce the heat and simmer gently for about 5 minutes, stirring often, until the porridge is thick and creamy.

Step 2 – Warm the Banana:

While the porridge cooks, place the banana pieces in a microwave-safe dish. Sprinkle over the orange zest and pour in the orange juice. Cover and microwave on high for 1½ to 2 minutes, or until the bananas are soft and fragrant.

Step 3 – Assemble and Serve:

Spoon the porridge into serving bowls. Top each bowl with a generous spoonful of yogurt, the warm banana pieces, and a sprinkle of toasted seeds.