



# Apple and Cinnamon Porridge (Serves 4)

Porridge is an excellent breakfast. It's easy to make, healthy, filling and the topping choices are endless.

## Ingredients

- 200g porridge oats
- 600ml milk or water or mixture of both
- 2 tsp dried cinnamon
- 2 apples, grated

## Method

1. Place oats, milk and cinnamon into a pan. Bring to the boil, stirring regularly
2. Lower heat and let simmer for 5-10 minutes. Keep stirring regularly so oats do not stick to bottom of pan
3. To serve: Pour into four bowls and top with apple

## Nutrition

Using spices such as cinnamon to flavour your porridge is a great way to make it tastier without adding extra salt or sugar. Reducing salt in our diet can reduce the risk of heart disease and stroke due to high blood pressure. Adults should aim to eat no more than 6g (1 teaspoon) of a salt a day.

We should also aim to cut down on our intake of free sugars. It is recommended that adults eat no more than 30g of free sugars a day (about 7 sugar cubes) to help prevent tooth decay and obesity. Free sugars are found in foods such as sweets, cakes, breakfast bars, honey, chocolate, fruit juice and smoothies. Sugar is also found naturally in foods such as fruit and milk. We do not need to cut down on milk and whole fruits (where the sugar is contained within the cell walls), but these sugars are included in the 'total sugars' content on food labels. You can tell if the food contains lots of free sugars by checking if sugar appears at the top of the ingredients list

### Nutrition per portion - 258g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
338kcal	8g	2.6g	13.7g	0.2g	13.1g	50.8g	5.9g
17%	11%	13%	15%	3%	26%	20%	-

### % of an adult's reference intake

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