

Porridge

(Serves 1)

Ingredients

50g porridge oats

400mls of fortified milk (4tbsps dried milk powder mixed into 400ml of whole milk)

2 tablespoons of Apple and ginger fruit compote (see World cancer research fund recipe below)

NB any sharp-tasting fruit compote can be used as an alternative

30g chopped nuts

1 tablespoon pomegranate seeds

Method

1. Place 50g oats into a saucepan with 400mls fortified milk
2. Bring to the boil and simmer for 4-5 minutes, stirring occasionally
3. Add a little extra milk if a thinner consistency is required
4. To serve, pour into a bowl
5. Add 2 tbsp apple and ginger compote (or alternative fruit compote) on top of the porridge
6. Sprinkle chopped nuts and pomegranate seeds over the top of the porridge



Apple and Ginger compote

[Apple and ginger compote with yogurt recipe | Ryan Riley | WCRF](#)

Ingredients

3 large apples, peeled and chopped into small pieces

1 teaspoon of vanilla bean paste

1.5 tablespoons of sugar

A 3cm piece of ginger grated

Method

1. Place the diced apples into a medium saucepan and add the vanilla and sugar along with 5 tablespoons of water
2. Stir everything together and bring to a gentle simmer for 10 minutes
3. Once the apples have softened add the grated ginger
4. Stir well and cook for a further 2 minutes
5. Turn off the heat and allow to cool for 10 minutes



