



Blueberry & Apple Pie Style Porridge Bowl with Cinnamon Oats

Breakfast 10-15 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Apple



Instant Oats



Ground Cinnamon



Blueberries

Pantry Items
Sugar

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Bowl, kettle and saucepan.

Ingredients

Ingredients	Quantity
Apple**	2
Instant Oats 13)	120g
Ground Cinnamon	2 sachets
Blueberries**	125g

Pantry	Quantity
Boiled Water*	300ml
Sugar*	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	367g	100g
Energy (kJ/kcal)	1336 /319	364 /87
Fat (g)	5.6	1.5
Sat. Fat (g)	0.9	0.2
Carbohydrate (g)	55.8	15.2
Sugars (g)	19.9	5.4
Protein (g)	8.3	2.3
Salt (g)	0.01	0.00

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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An Apple a Day

a) Quarter, core and thinly slice the **apples** (no need to peel).

b) Add the **instant oats** and **cinnamon** to a large bowl.

Mix the Oats your Way

a) If you prefer to make your **oats** with **water**, boil a half-full kettle. Pour **300ml** of just **boiled water** into your bowl of **oats**. **TIP:** If you like your oats a little runnier, stir in an extra 100ml of boiled water.

b) If you prefer to make your **oats** with **milk**, heat **300ml** of **milk** in a small saucepan. Bring to a simmer, then pour into the bowl of **oats**.

c) Once you've combined your **water** or **milk** with your **oats**, add a pinch of **salt** and **2 tsp sugar**, then thoroughly mix until the **porridge** is creamy and combined.

Finish and Serve

a) Divide the **cinnamon oats** between 2 serving bowls.

b) Arrange the **apple slices** evenly across the **oats**, then scatter the **blueberries** over to finish.

Enjoy!