

This pear and cinnamon porridge recipe is a lovely warm breakfast option, especially for those cooler winter months. Incorporating fruit at breakfast is a great way to ensure you are featuring this food group on your menu. If desired, this recipe can be served with additional fruit on top, such as fresh berries or sliced banana.

Ingredients

Serves: 4

- 1 cup rolled oats
- 1 cup milk
- 1 cup water
- 2 medium pears, peeled, core removed, diced
- 1 teaspoon ground cinnamon
- Fresh fruit, to serve (optional)
(e.g. fresh berries, sliced banana)



Method

1. In a large saucepan, combine rolled oats, milk and water. Cook, stirring, over a low heat.
2. Add diced pears and ground cinnamon.
3. Continue to cook, whilst stirring, until the porridge has reached a creamy consistency and the pear has softened.
4. Serve with fresh fruit (optional). Enjoy!

Notes

Feel free to swap the diced pear in this recipe for another fruit option, such as grated or diced apple, mashed banana or frozen blueberries.

Food Group	Serves provided per portion
Fruit	0.5 – 1 (optional fresh fruit to serve)
Grain (cereal) foods	1
Milk, yoghurt and cheese	0.25