

BREAKFAST
Exclusive Recipe

Apple Oatmeal Cup

A lovely way to serve oats in the morning. Filling, nutritious and very tasty!

Serves 2

4tbsp quick-cook porridge oats
150ml skimmed milk
30g raisins
1 small apple, grated
½tsp ground cinnamon
1tsp Demerara sugar (optional)



- In a medium microwave proof bowl, combine the oats, milk and raisins. Microwave on high for 2 min until thickened.
- Stir in the apple, then spoon into 2 cups, sprinkle with the cinnamon and the sugar, if using, and serve straightaway.