



## NUTTY BANANA PORRIDGE

🕒 5 minutes

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🍴 2 portions

### INGREDIENTS

- 80 grams of rolled Oats
- 1 cup of low fat milk (245 g)
- 1 tsp of cinnamon, ground (3 g)
- 1 tbsp walnuts, chopped
- 2 tsp of flaked almonds
- 1 large bananas, sliced (136 g)

### COOKING METHOD

- 1° Place oats and 1 cup (250ml) water in a medium saucepan. Bring to the boil over medium heat and cook, stirring, for 3-4 minutes or until thick and creamy. Remove from heat and stir in milk until well combined.
- 2° Divide between serving bowls. Sprinkle with cinnamon, walnuts and almonds. Top with banana to serve.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (239 g)	% DRI
ENERGY	139 kcal	332 kcal	17 %
FAT	4 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	4 mg	10 mg	3 %
SODIUM	31 mg	75 mg	3 %
CARBOHYDRATE	20 g	47 g	16 %
SUGARS	4 g	9 g	—
FIBER	1 g	3 g	12 %
PROTEIN	4 g	10 g	—