



Date, Greek Yoghurt and Orange Porridge

Ingredients

- 45g rolled oats
- 200ml milk
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2- 1 sliced orange
- 30g chopped dates
- 1- 2 tbsp Greek yoghurt

Method

If using a hob:

- 1) Heat the milk in a saucepan over a medium heat
- 2) Stir in the oats and cook for 5 minutes, stirring occasionally
- 3) Add the cinnamon and nutmeg to the porridge and stir to combine
- 4) Now add the sliced orange, chopped dates and Greek yoghurt.

If using a microwave:

- 1) Combine the milk and oats in a medium microwave-safe bowl
- 2) Microwave on high for 2 1/2 to 3 minutes and stir

Note: ensure the shape and texture of the food is suitable for young children.

