

# Banana Porridge

## Ingredients & Cost

### Prices are from Lidl Supermarkets

- 1 banana- £0.13
- 6 tablespoons of milk - £0.50
- 6 tablespoons of oats- £0.23
- Optional: seasonal fruits, cinnamon, sugar

This quick and easy banana porridge recipe is a filling sweet breakfast. It takes less than 5 minutes to make and you can choose to add additional seasonal sweet fruits to get more of your '5 a day'. Serves 1.

The oats in porridge are a carbohydrate and great for breakfast as they can give you slow releasing energy throughout the morning. Cooking porridge with milk adds healthy fats, proteins and nutrients. Banana is a great fruit as it contains many very important nutrients that play a role in heart and digestive health.

Timing: 5 minutes.

## Equipment

- Microwave
- Mug
- Fork
- Spoon

## Method

1. Peel the banana and mash thoroughly using a fork in the mug
2. Add the milk and oats and mix thoroughly using a spoon
3. Cook in the microwave for 2-3 minutes until thick
4. Add additional fruit or cinnamon, if applicable

