



Banana and cinnamon porridge

This is a great way to use up very ripe banana's

Ingredients

1 level Carb Spoon of porridge oats
2 carb spoons of milk (150ml, ¼ pint)
1 very ripe banana
½ level tsp of cinnamon

Method

1. Peel the banana and put in a bowl, mash together with the cinnamon
2. Add the porridge oats and milk to a pan, cook on a low heat, stirring occasionally until the porridge starts to boil.
3. Add the banana and cinnamon to the porridge and cook for a further 1-2 minutes

Feeling hungry? Double the amount of porridge oats and milk

 Serves 1

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