

## **Apricot porridge topped with blueberries and linseeds (serves 1)**

### **You will need:**

- 3-4 tbsp of dried whole porridge oats
- 200mls of skimmed milk
- 1 tbsp of low-fat natural Greek yogurt
- 40g blueberries
- 15g dried apricots chopped
- 1 tbsp linseeds/flaxseeds

### **How to make it:**

Pour the milk into a pan and start to heat gently.

Add the oats and stir until the porridge has started to thicken.

Add the chopped apricots and continue to stir on the heat until the porridge has reached your desired consistency.

Pour into a bowl and top with the Greek yogurt, blueberries and linseeds.

### **What does this give you?**

- 1-2 portions starchy food
- 1 portion dairy
- 1 portion fruit

The stats: 391kcal, 4.2g saturated fat, 19.8g sugar, 8.8g fibre, 17.2g protein, 0.3g salt

Preparation and cooking time: 10 minutes

Approx. cost per serving: less than £1

**Allergens: contains milk and possibly gluten and sulphites.**