

# BANANA PORRIDGE

## WITH RASPBERRY MASH

**SERVES 6 ADULTS**

### METHOD

1. Put the porridge oats into a saucepan with the milk and water. Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3-4 minutes, stirring often.
2. Meanwhile mash the bananas in a bowl using a fork. Stir half into the porridge. Add the raspberries to the rest of the banana and squash them a little with the fork.
3. Share the porridge between 6 warm bowls and top each portion with 2 tsp of yoghurt and the raspberry mixture. Serve immediately.



### INGREDIENTS

200g Porridge Oats  
300ml Semi-Skimmed Milk  
750ml Cold Water

2 Ripe Bananas  
200g Frozen Raspberries (thawed)  
4 tbsp 0% fat Greek Yoghurt