



STEWED APPLE & PEARS WITH PROTEIN PORRIDGE



STEWED APPLE & PEARS WITH PROTEIN PORRIDGE

Preparation 20 mins | Cooking 20 mins | Serves 4

What a great breakfast for busy kids heading off to school. Cook the apples and pears the night before and gently warm in the microwave to serve.

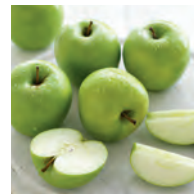
- 3 medium Granny Smith apples, peeled, halved, cored and roughly chopped
- 3 Beurre Bosc pears, peeled, halved, cored and roughly chopped
- 1 tbs lemon juice
- 1 tbs honey + extra to serve
- ½ tsp ground cinnamon
- 4 sachets high protein instant oats with grains
- Sliced strawberries and chopped almonds (optional), to serve

STEP 1 To make stewed apple & pears, combine apples, pears, lemon juice, honey and cinnamon in a medium saucepan. Add ¼ cup water. Cover and bring to the boil over medium heat. Reduce heat and gently simmer, stirring occasionally, for 8-10 minutes until just tender. Uncover and simmer, stirring occasionally, for 2-3 minutes until liquid is absorbed. Remove from heat and set aside to cool slightly.

STEP 2 To serve, cook porridge following packet directions. Spoon porridge into serving bowls. Top with warm stewed apples and pears. Drizzle with honey. Serve with sliced strawberries and chopped almonds (if liked).

Good for you... APPLES

Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.



SYDNEY MARKETS For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. WIN20