

**NUTTY BANANA PORRIDGE**

🕒 5 minutes

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🍴 2 portions

**INGREDIENTS**

- 80 grams of rolled Oats
- 1 cup of low fat milk (245 g)
- 1 tsp of cinnamon, ground (3 g)
- 1 tbsp walnuts, chopped
- 2 tsp of flaked almonds
- 1 large bananas, sliced (136 g)

**COOKING METHOD**

- 1° Place oats and 1 cup (250ml) water in a medium saucepan. Bring to the boil over medium heat and cook, stirring, for 3-4 minutes or until thick and creamy. Remove from heat and stir in milk until well combined.
- 2° Divide between serving bowls. Sprinkle with cinnamon, walnuts and almonds. Top with banana to serve.

**NUTRITIONAL INFORMATION**

|                              | PER 100 g | PER PORTION (239 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 139 kcal  | 332 kcal            | 17 %  |
| FAT                          | 4 g       | 11 g                | 16 %  |
| FATTY ACIDS, TOTAL SATURATED | 1 g       | 3 g                 | 13 %  |
| CHOLESTEROL                  | 4 mg      | 10 mg               | 3 %   |
| SODIUM                       | 31 mg     | 75 mg               | 3 %   |
| CARBOHYDRATE                 | 20 g      | 47 g                | 16 %  |
| SUGARS                       | 4 g       | 9 g                 | —     |
| FIBER                        | 1 g       | 3 g                 | 12 %  |
| PROTEIN                      | 4 g       | 10 g                | —     |