



health & wellbeing

recipe: fruity winter porridge (serves 1)

By Sharon Natoli
Accredited Practising Dietitian and Director
Food & Nutrition Australia
www.foodnut.com.au
June 2008



Ingredients

- ½ cup quick cooking oats
- 1 cup water
- pinch cinnamon
- ½ banana, mashed
- 4 dates, chopped
- 2 tsp brown sugar
- Low-fat milk

Instructions

1. Add water to oats and stir well. Cook in microwave on high for 1 minute.
2. Stir in mashed banana and chopped dates.
3. Cook for further 30 seconds in microwave on high.
4. Add milk and sprinkle with sugar.

Nutritional Information

	Average Quantity Per Serve
energy	1,233 kJ
protein	9 g
fat (total)	2.5 g
carbs (total)	60 g
sodium	66 mg
dietary fibre	6 g