




Cinnamon, pear and date porridge




Try this delicious meal, which includes high fibre grains and fruit for a delicious, nourishing, low-GI breakfast to begin an energy-filled day!

 Serves: 4

 Prep times: 5 mins

 Cook times: 15 mins

 Difficulty: Easy

Ingredients

- 1L low-fat milk
- 2 large pears, cored, un-peeled, diced
- 1½ cups rolled oats
- 1 tsp cinnamon and extra to serve
- ½ cup chopped pitted dates or prunes

Method

1. In a saucepan, combine the milk, oats, cinnamon, pears and dates and bring to the boil, stirring continuously.
2. Lower heat and allow to cook for 10 -15 minutes stirring occasionally.
3. Divide porridge into 4 bowls and sprinkle with cinnamon and or extra milk if desired.