

Hot Apple and Almond Porridge

When setting goals for healthier eating, choose small changes that will work for you - like making time for breakfast. This healthy porridge includes foods from all 4 food groups and provides 6 g fibre and 15 g of protein per serving. Try it for breakfast this week!



Ingredients:

1 ⅓ cup	Quick or regular cooking oats	325 mL
2 ⅔ cups	1% milk	650 mL
⅛ tsp	Salt	0.5 mL
½ tsp	Cinnamon	2 mL
2 medium	Apples, grated or finely chopped	2 medium
½ cup	Almonds, chopped	125 mL
4 tsp	Brown sugar (optional)	20 mL

Directions:

1. Add oats, milk, salt, cinnamon and apple to a medium saucepan and stir to combine.
2. Bring to a boil. Reduce heat to medium and cook for 5 minutes, or until oats are thickened and apples are soft. Stir occasionally to ensure oats don't stick to the bottom of the pan.
3. Spoon into serving bowls and add almonds and brown sugar (if using).

Makes 4 servings (250 mL/ 1 cup/ 283 g)

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Nutrition Facts	
Per 1/4 of recipe (250 mL / 1 cup / 283 g)	
Amount	% Daily Value
Calories 330	
Fat 13 g	20 %
Saturated 2.5 g	13 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 135 mg	9 %
Carbohydrate 42 g	14 %
Fibre 6 g	24 %
Sugars 17 g	
Protein 15 g	
Vitamin A	10 %
Vitamin C	4 %
Calcium	25 %
Iron	20 %

Nutrient Claim	Amount per serving
Very high in fibre	6 g
Low in sodium	135 mg
Very high in potassium	554 mg
High in calcium	263 mg
Very high in magnesium	118 mg
Source of folate	23 mcg
High in iron	2.4 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/2
Grain Products	1
Milk and Alternatives	3/4
Meat and Alternatives	1/2

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

The optional brown sugar would add 18 calories and 4 g sugar per serving.