



Frisian Porridge

Ingredients for 1 serving:

½ apple, 400 ml low-fat milk, 1 tbsp. sugar, **4 tbsp. Kölln® White Oats (Instant Oatmeal)**, a pinch of cinnamon, 3 tbsp. plum puree

Preparation:

Clean apple and cut into small pieces. Heat milk in a pot and dissolve sugar in it. Stir in Kölln® White Oats, add cinnamon and bring to the boil briefly. Go on stirring for a few minutes as the oat flakes swell up considerably. Add apple pieces and plum puree.

Preparation time: approx. 15 minutes