

# Let's get Cooking!

## The 3 Bears Breakfast – Creamy Banana Porridge



### Ingredients (makes 3 yummy portions)

- 100g porridge oats
- 150ml milk (full fat for under 2's, semi skimmed 2-5 yrs+ or skimmed for over 5's)
- 375 ml water
- 1 large ripe banana
- 100g raspberries (thawed if frozen)
- 2 tbsp full fat Greek yoghurt (or 0% fat for over 5's)

### Method

**Weigh** and **measure** out the oats, milk and water

**Tip** the porridge oats into a saucepan and **pour** in the milk and water.

Heat, stirring constantly, until the porridge thickens. Reduce the heat and simmer for 3-4 minutes, stirring often.

**Mash** the bananas in a bowl using a fork.

**Stir** half into the porridge. Add the raspberries (or thawed frozen summer berries) to the rest of the banana and **squash** them a little with the fork.

Share the porridge between 3 warm bowls and **top** each portion with the yoghurt and the raspberry/banana mixture.



weigh



measure



mash



stir

**Symbols** and **words** show food skills that children (dependent on age and adult support) can do.