



## Ready to Eat Prunes with Porridge



Serves  
4



Prep  
10 minutes



This is the perfect breakfast to give you sustained energy throughout the morning. For a change, serve it with a different variety of Princes canned fruit – such as peaches, pineapple, mango or mandarin segments.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	94kcal	7.7g	1.9g	0.8g	0.2g

### Method

1. Put the rolled oats into a saucepan with the salt and milk.
2. Bring up to the boil, then reduce the heat and simmer, stirring constantly for 3-4 minutes until thickened.
3. Share the porridge between four bowls. Serve, topped with the yogurt and prunes.

### Ingredients

- 1 x 220g can Princes Ready-to-eat Prunes
- 100g rolled oats
- Pinch salt
- 550ml milk (dairy, soya, almond or oat milk)
- 4tbsp yogurt (dairy or soya)