



Ingredients

425g can Princes Mango Slices with Juice
100g rolled oats
Pinch salt
550ml milk (dairy, soya, almond or oat milk)

Mango Slices with Porridge



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	82kcal	5.6g	1.8g	0.75g	0.13g
RI%	4%	6%	3%	4%	2%

Method

1. Drain the juice from the can of Princes Mango Slices with Juice.
2. Put the rolled oats into a saucepan with the salt and milk.
3. Bring up to the boil, then reduce the heat and simmer, stirring constantly for 3-4 minutes until thickened.
4. Share the porridge between four bowls. Serve, topped with the mango slices.

Cook's tip: 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 prunes, pineapple, peaches or mandarin segments.