



Banana Apple Porridge (OP I)

Serving: 1

Veg

Ingredients

- Half Sliced banana
- Half apple cubes (unpeeled)
- 2 tbsp of Broken wheat (dalia), washed and drain
- 2 tbsp quick cooking rolled oats
- 1 Cup Low fat milk
- 1 tsp Low fat butter
- 1 tsp powdered sugar or honey
- $\frac{1}{4}$ tsp of cinamon (dalchini powder)

Preparation Method

- Heat the butter in a pressure cooker ,add the broken wheat and saute on a slow flame for 1 minute
- Add the oats and saute on a slow flame for another 2 minutes
- Add the milk and 1 cup of water ,mix well and pressure cook for 2 whistles
- Allow the steam to escape before opening the lid
- Add the sugar and cinamon powder,Mix well and cool sightly
- Refrigerate for at least 1 hour
- Just before serving , add the banana and apple and mix well
- Serve immediately