



GUIDE TO  
HEALTHY EATING

Darren Randolph's

# VEGAN APPLE PORRIDGE

## INGREDIENTS

- 50g Porridge oats
- 200ml apple juice
- Sprinkle of cinnamon
- Diced apple and dried cranberries to top (optional)

## TOPPINGS

- Add 100g blueberries and a handful of sunflower seeds.
- Add 100g raspberries and a tablespoon of peanut butter.
- Add 1 chopped kiwi fruit, 50g mango and 1 passion fruit

SERVES TWO CHILDREN

Porridge is a great way to start the day and is a common breakfast for top footballers. It is high in carbohydrate and fibre to give you sustained energy throughout the morning. Replacing sugary breakfast cereals with porridge can be the first step for young footballers to improve their nutrition. Eating porridge doesn't have to get boring with an infinite amount of toppings that can be added to keep it interesting.



## METHOD

1. Mix the oats and apple juice together in large microwaveable bowl
2. Microwave for 2 -3 minutes, stopping to stir occasionally until all the juice is absorbed - you can add a bit more juice if you don't like it too thick
3. Leave to stand for a minute and top with a sprinkle of cinnamon and some diced apple and dried cranberries if you like

Porridge oats  
are high in  
fibre, which  
leaves you  
feeling fuller  
for longer