

Berry Squares



STEP 1:

Gather Ingredients together.

- 235g porridge
- 20g brown sugar
- 15g flaxseed
- 1 ½ tsp baking powder
- 1 ½ tsp cinnamon
- 1 ½ tsp salt
- 1x egg
- 130g apple compote
- 240mls low fat milk
- 1x tsp vanilla extract
- 90g blueberries
- 1x cooking apple
- 3x tablespoon of water



STEP 2:
Gather utensils.

Colander
Small Pot
Measuring Jug
Water Container
Baking tray



Weighing Scales
Greaseproof paper
Paper Towel



Wooden Spoon
X2 Large Bowls
Teaspoon
Tablespoon
Peeler
Chopping Board



STEP 3

Turn Oven On
160 c
325 f
Gas Mark 5



STEP 4:

Peel x1 Cooking Apple



STEP 5:

Chop Apple with a knife



STEP 6:

- (1) Add apples and x3 tablespoon to pot.
- (2) Turn on hob to low heat.



STEP 7:

Cook apples until soft



STEP 8:

Add 235g of Porridge oats into large bowl



STEP 9:

Add 15g of flaxseed to bowl



STEP 10:

Add 20g into the bowl



STEP 11:

Put 1 ½ tsp of baking powder into bowl



STEP 12:

Put 1 ½ tsp of cinnamon into bowl



STEP 13:

Put 1 x tsp salt into bowl



STEP 14:

Crack 1 x egg into
second bowl



STEP 15:

Put 130g of apple
compote into the bowl



STEP 16:

Put 1 x teaspoon of
vanilla into bowl



STEP 17:

Pour 240ml of milk into
jug



STEP 18:

Mix the the egg and apple compote in the bowl until combined



STEP 19:

Mix all the ingredients together in one bowl



STEP 20:

Wash the blueberries



STEP 21:

Add berries to the mix



STEP 22:

Line baking tray with
baking paper



STEP 23:

Add mix to baking tray



STEP 24:

Bake in the oven for 25-
30 minutes

Allow to cool then cut into squares!!

