**'Apple pie' porridge**

Serves 1

* 50g porridge oats
* 200ml semi-skimmed milk
* 1 medium dessert apple, diced
* Pinch of cinnamon

1. Throw all the ingredients into a saucepan.
2. Heat and stir until boiling, then lower the heat and simmer gently for 5 minutes, stirring often.
3. Spoon the porridge into a serving bowl and add a sprinkle of cinnamon.