



Berry Squares



Shopping List:

- 235grams Porridge.**
- 20grams Brown sugar.**
- 15grams flaxseed.**
- 130grams apple compote.**
- 90grams blueberries.**
- 1 Cooking Apple.**
- 1 Egg.**
- 240milliliters of milk.**
- 1 teaspoon of vanilla.**
- 1 and a half teaspoons of cinnamon and salt.**



Step 1.

Gather Utensils:

- A Colander.**
- A Small Pot.**
- A Measuring Jug.**
- A Water Container.**
- A Baking tray.**



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Step 1.

**Weighing Scales.
Greaseproof Paper.
Paper Towel.
A Peeler.**



Step 1.

**A Wooden Spoon.
2 Large Bowls.
1 Teaspoon.
1 Tablespoon.
A Chopping board.**



Step 2.

Peel 1 Cooking Apple.



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Step 3.

Chop Apple with a knife.



Step 4.

Add to the pot with 3 tablespoons of water.

Cook on low heat.



Step 5.

Cook apples until soft.



Step 6.

Weigh and add 235grams of porridge oats into a large bowl.



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Step 9.

Add 15grams of flaxseed to the bowl.



Step 10.

Add 20grams of brown sugar to the bowl.



Step 11.

Add your cinnamon to the bowl.



Step 12.

Add your salt to the bowl and mix.



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Step 13.

Add 130grams apple compote into another bowl.



Step 14.

Add 1 cracked egg into the bowl.



Step 15.

**Pre heat your oven to
160 degrees
325 Fahrenheit
Gas mark 5.**



Step 16.

**Pour 270milliliters of
milk into bowl.**



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Step 17.

Add 1 teaspoon of vanilla to the bowl and mix them all together.



Step 18.

Mix together all your ingredients.



Step 19.

Wash your blueberries and add to bowl.



Step 20.

Add blueberries to bowl and mix.



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Step 21.

Line your baking sheet with baking paper.



Step 22.

Add mix to baking tray.



Step 23.

Bake in oven for 25 to 30 minutes.



Step 24.

Allow to cool and Enjoy.