

Level 5 Minced and Moist Date and Oat Bowl.

Ingredients

- 4 or 5 soft pitted dates or 100g of pressed dates.
- 100g porridge oats.
- Juice of 1 or 2 oranges or 100ml of breakfast orange
- Spoon of Greek yogurt.
- ½ a banana mashed (with a little orange juice if desired) and sprinkle of cinnamon.
- Small pot of tea.

Method

- A small pot of tea.
- Squeeze 2 oranges or measure 150 to 200 ml of orange juice (breakfast orange juice).
- Put 4 or 5 soft pitted date's or 100g piece of compressed dates in a bowl, cover with hot tea and leave for 1 hour or overnight to soak/soften
- Put porridge oats in a bowl and add enough orange juice to just cover the oats, cover and leave to soak for 1 hour or overnight

To finish

- Drain the dates and finely chop or mash using a fork or stick blender.
- Mix the soaked oats and mashed dates to desired consistency, add a splash of orange juice if too stiff.
- Put in a cereal bowl and top with a spoon of Greek yoghurt and add ½ a mashed banana if desired.
- You could sprinkle with a tiny touch of cinnamon if you like the taste.

NB If don't want to mix the dates and oats they could be served together but on separate sides of a pate