

Apple Porridge

Ingredients

Water	1 cup (8 ounces)
Low protein porridge (CBF)	1/4 cup
Salt	pinch
Sugar, white or brown	1 tsp
Apple butter	3 Tbsp
Butter	1 tsp
Non-dairy creamer	2 Tbsp
Cinnamon	pinch

Directions

1. Bring water to a boil, remove from heat.
2. Slowly add porridge, whisking to avoid lumps.
3. Simmer for 30 seconds and add remaining ingredients. Serve warm.

Yield: ~1 1/3 cups

Serving size: 1/4 cup

servings: 5 1/3

Nutrition Facts

	Per Recipe	Per 1/4 cup Serving
Calories:	310	58
Total Protein:	0.43 grams	0.08 grams
Phe:	14 mg	3 mg (0 exchanges)
Leu:	29 mg	6 (0 exchanges)
Met:	5 mg	
Ile:	19 mg	