

Fairy Tale

Adventure

STORYBOOK TREATS

GOLDIELOCKS AND THE 3 BEARS PORRIDGE

INGREDIENTS:

- 1 AND ONE-HALF CUPS MILK OF CHOICE
- 2/3 CUP QUICK COOKING OATS
- 2 – 4 TBSP. HONEY (THE BEAR'S CHOICE FOR SWEETENING)
- 1/2 TEASPOON GROUND CINNAMON, OR TO TASTE
- 1/4 – 1/2 CUP RAISINS
- 1 MEDIUM APPLE, PEELLED, CORED AND DICED INTO 1/4" DICE
- PINCH OF SALT
- 1/2 CUP COOKED QUINOA



INSTRUCTIONS:

1. IN A SMALL SAUCEPAN, BRING THE MILK TO A SIMMER (BUBBLES STARTING TO FORM). WATCH CAREFULLY AS MILK EASILY BURNS. ALTERNATIVELY, YOU CAN SUBSTITUTE WATER FOR THE MILK.
2. MICROWAVE THE DICED APPLES FOR 1 MINUTE TO SOFTEN, IF DESIRED.
3. ADD THE REMAINING INGREDIENTS EXCEPT FOR THE COOKED QUINOA.
4. COOK OVER LOW TO MEDIUM HEAT, WHILE STIRRING, UNTIL THE OATMEAL HAS THICKENED. THIS WILL HAPPEN QUITE QUICKLY.
5. ADD THE COOKED QUINOA AND STIR THROUGH TO BLEND TOGETHER. SERVE WITH HONEY. ENJOY WITH YOUR LITTLE BEAR CUB.



Beaches Parks and Recreation Division

San Clemente Community Center - 100 N Calle Seville - (949)361-8264
San Clemente Aquatic Center - 987 Avenida Vista Hermosa - (949)429 -8797
Ole Hanson Beach Club - 105 Avenida Pico - (949)431-2959
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