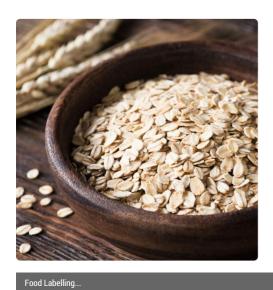
# Oats Three Ways By Food & Nutrition from Public Health Jersey





EU Label values per 100g Serves 1

	PER 100G	%RI	PER 249G SERVING	%RI
Energy(Kj)	<b>519</b> kJ	6%	<b>1292</b> kJ	15%
Energy(kcal)	<b>123</b> kcal	6%	<b>306</b> kcal	15%
Fat	<b>1.9</b> g	3%	<b>4.6</b> g	7%
of which saturates	<b>0.4</b> g	2%	<b>0.9</b> g	5%
Carbohydrate	<b>18</b> g	7%	<b>44</b> g	17%
of which sugars	<b>4.6</b> g	5%	<b>12</b> g	13%
Fibre	<b>1.7</b> g	7%	<b>4.2</b> g	17%
Protein	<b>8.1</b> g	16%	<b>20</b> g	40%
Salt	<b>0.13</b> g	2%	<b>0.32</b> g	5%

CONTAINS:					
MILK					
OTHER PROPERTIES:					
HALAL					

Recipe Ingredients	Quantity: Descr	iption:
Oats	50g	5 tablespoon
Cinnamon, ground	0.6g	0.26 teaspoon
Yogurt, Greek, plain, low fat	45g	1 tablespoon
Milk, skimmed	250g	1 cup / serving

Cooking Instructions & Notes

# **Base Recipe**

5 tbsp of oats

1/4 tsp cinnamon

250ml of skimmed or semi-skimmed milk

1 tablespoon Greek yogurt, low fat

Heat the milk, careful not to boil, add oats, stir vigorously.

Stir in a pinch of ground cinnamon.

Cook for ten minutes.

Add the low fat Greek yogurt to the top and get creative with your favourite toppings (below 3 versions for inspiration)

### **Toppings**

### 1. BANANA

Top with 1 small banana sliced, 2 teaspoons of sultanas and or toasted almonds

For sweetness, if required drizzle over some honey.

# 2. DRIED FRUIT

Top with 25g mixed fruit dried

For sweetness, if required drizzle over some honey.

### 3. FRUITS OF THE FOREST

Immediately after cooking the porridge add 40 g of mixed frozen berries.

For sweetness, if required drizzle over some honey.

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