

Oats Three Ways

By Food & Nutrition from Public Health Jersey



Food Labelling...

EU Label values per 100g

Serves 1

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

CONTAINS:



MILK

OTHER PROPERTIES:



HALAL

Recipe Ingredients ...

| | Quantity: | Description: |
|---------------------------------|-----------|-----------------|
| 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.