

MP 1 - BREAKFAST - YOGURT, FRUIT, OATMEAL

Yogurt, blueberries, banana and oatmeal

 5 minutes 5 minutes 1 portion

INGREDIENTS

- 5.3 oz of yogurt, Greek, nonfat, vanilla, CHOBANI (150 g)
- 118 grams of bananas, raw
- 125 grams of blueberries, raw
- 1 packet of cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry (43 g)
- 60 grams of fairlife Whole Milk

COOKING METHOD

- 1° Combine all ingredients

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION (378 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 96 kcal | 365 kcal | 18 % |
| FAT | 1 g | 4 g | 6 % |
| FATTY ACIDS, TOTAL SATURATED | 0 g | 2 g | 8 % |
| CHOLESTEROL | 2 mg | 6 mg | 2 % |
| SODIUM | 61 mg | 229 mg | 10 % |
| CARBOHYDRATE | 19 g | 70 g | 23 % |
| SUGARS | 11 g | 40 g | — |
| FIBER | 2 g | 7 g | 29 % |
| PROTEIN | 5 g | 18 g | — |