

## MP 1 - BREAKFAST - YOGURT, FRUIT, OATMEAL

Yogurt, blueberries, banana and oatmeal

 5 minutes

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 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                | —     |