



HIGH ENERGY OATS

A tasty high energy oat mix for a great start to your day. Make the full recipe for a couple of weeks worth of breakfasts.

 5 minutes 5 minutes 10 portions

INGREDIENTS

- 750 grams of oats, rolled, uncooked
- 1 cup of quinoa, uncooked (170 g)
- 150 grams of raisin

COOKING METHOD

- 1° Mix the oats, quinoa and raisins together in a large bowl, transfer to a airtight container.
- 2° Spoon out about 3/4 cup of the mixture into a bowl and add 200 mL milk to soak overnight, or cook in the microwave or stovetop.
- 3° To serve try adding 150g Greek Yoghurt and a drizzle of honey. Use maple syrup for a low FODMAP option.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (107 g)	% DRI
ENERGY	345 kcal	369 kcal	18 %
FAT	7 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	4 mg	4 mg	0 %
CARBOHYDRATE	58 g	62 g	21 %
SUGARS	10 g	11 g	—
FIBER	8 g	9 g	36 %
PROTEIN	12 g	12 g	—