



OAT FLAKES WITH BANANA

 5 minutes

 5 minutes

 2 portions

INGREDIENTS

- 100 grams of cereal, hot, oats, large flakes: Old Mill, dry, Robin Hood
- 1 cup of milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D [245 g]
- 2 medium units [7" to 7-7/8" long] of bananas, raw [236 g]
- 2 level teaspoons of honey [16 g]
- 200 grams of water

COOKING METHOD

1. Put oat flakes in bowl and pour 1 cup of boiling water. Cover it and wait for 3 minutes.
2. Add milk, honey and sliced bananas.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [399 g]	% DRI
ENERGY	93 kcal	371 kcal	19 %
FAT	1 g	5 g	7 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	9 %
CHOLESTEROL	1 mg	5 mg	2 %
SODIUM	19 mg	77 mg	3 %
CARBOHYDRATE	18 g	73 g	24 %
SUGARS	5 g	21 g	-
FIBER	2 g	7 g	30 %
PROTEIN	3 g	13 g	-