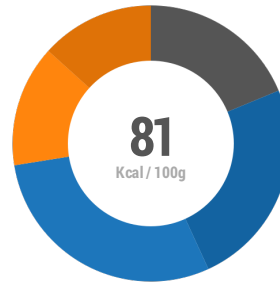


Blueberry & Banana Oats

By Emma Scott from NutriLife

Overview ...

U.1079359



WEIGHT:

53.7% Carbs

18.7% Protein

27.5% Fat

Food Labelling...

Label values per 100

Serves: 1

	PER 100G	%RI	PER 391G SERVING	%RI
Energy kcal	89 kcal	4%	347 kcal	17%
Energy kJ	373 kJ	4%	1459 kJ	17%
Fat	2.5 g	4%	9.7 g	14%
<i>of which saturates</i>	1.2 g	6%	4.7 g	23%
Carbohydrate	11.7 g	4%	46 g	18%
<i>of which sugars</i>	5 g	6%	19.4 g	22%
Fibre	1.8 g	7%	6.9 g	28%
Protein	3.8 g	8%	14.9 g	30%
Salt	0.04 g	1%	0.2 g	3%

CONTAINS:



Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 4% RI	Saturated Fat 6% RI	Vitamin A (ret eq) 0% RI
Energy(Kj) 4% RI	Monounsaturated fat 2% RI	Retinol
81kcal	<i>cis-Mono</i>	Carotene
344kJ	Polyunsaturated fat 2% RI	Vitamin D 0% RI
Macronutrients	<i>Omega3(n-3)</i> 8% RI	Vitamin E 2% RI
Carbohydrate 4% RI	<i>Omega6(n-6)</i> 1% RI	Vitamin K ₁ 0% RI
Protein 8% RI	<i>cis-Poly</i>	Thiamin (B ₁) 7% RI
Fat 4% RI	Trans-fatty acids	Riboflavin (B ₂) 6% RI
Water	Cholesterol	Niacin total (B ₃) 4% RI
Water from Drinks		<i>Niacin</i>
Alcohol	Minerals & trace elements	Tryptophan
Carbohydrate	Sodium 1% RI	Pantothenic Acid (B ₅) 4% RI
Starch	Potassium 6% RI	Vitamin B ₆ 5% RI
Oligosaccharide	Chloride 3% RI	Folic Acid (B ₉) 5% RI
Fibre 7% RI	Calcium 6% RI	Vitamin B ₁₂ 7% RI
NSP	Phosphorus 12% RI	Biotin (B ₇) 4% RI
Sugars 6% RI	Magnesium 7% RI	Vitamin C 2% RI
Free Sugars	Iron 4% RI	Other
Glucose	Zinc 5% RI	GI (estimated)
Galactose	Copper 8% RI	GL
Fructose	Manganese 26% RI	
Sucrose	Selenium 6% RI	
Maltose	Iodine 12% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Water, tap, drinking	180g	0.9x Average glass
Yogurt, Greek, plain, whole	90g	2x tablespoon
Bananas, flesh only	40g	0.5x Small
Oats, steel cut (coarse), dry	40g	
Blueberries	30g	1.3x Average Portion
Honey, raw	7g	1x teaspoon
Chia seeds	3.3g	1x teaspoon
Cinnamon, ground	1g	0.4x teaspoon
Portion Sizes ...	Quantity:	Kcal:
Cooking Instructions & Notes ...		

Blueberry & Banana Biotic Steel Cut Oats

Keep hunger at bay with this fibre packed breakie. Packed with vitamins and minerals to give your body a metabolic boost to start your day. The combination of pre-biotic steel cut oats and potassium enriched banana combined with the pro-biotic yogurt will have your gut blasted with goodness.

Spice up your life with metabolism-boosting cinnamon. Rich in magnesium,iron,calcium and fibre, it aids digestion and helps with bloating. What's more it helps to lower blood sugar levels and can improve insulin resistance (so you burn energy faster). Research suggests that this super spice does wonders for your waist-line too.

Method:

- 1.Pour all the water into a saucepan and heat on a high setting, bringing the water to a rapid boil.
- 2.When the water reaches full boiling point add in the oats.
- 3.Stir it and then leave it to cook for approximately 1 minute.
- 4.Turn down the heat and stir occasionally until the oats are heated right through.
- 5.Leave them to soak in the excess water overnight.
- 6.If preferred,warm up the oats first,then dollop on some yogurt, a serving of blueberries and slices of banana, then add a sprinkling of chia seeds,cinnamon and honey to taste.