

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	—