



COCONUT ORGANIC OATS

A healthy boost to start the day! Reap the benefits of the unique electrolyte profile in the coconut milk with the antioxidants from the fruits.

 5 minutes 1 portion

INGREDIENTS

- 1/2 small unit of bananas, flesh only (40 g)
- 1 teaspoon of cinnamon, ground (3 g)
- 15 grams of seeds, chia seeds, dried
- 150 grams of porridge oats, unfortified
- 300 grams of coconut milk
- 15 units of blueberries (30 g)
- 1 level teaspoon of honey (8 g)

COOKING METHOD

- 1° Mix your oats and milk into a bowl.
- 2° Optional: microwave for 45 - 60 seconds at 900W
- 3° Add your toppings.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (531 g)	% DRI
ENERGY	144 kcal	766 kcal	38 %
PROTEIN	4 g	20 g	41 %
CARBOHYDRATE	27 g	141 g	54 %
SUGARS	5 g	29 g	32 %
FAT	3 g	18 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
FIBER	4 g	19 g	77 %
SODIUM	63 mg	336 mg	14 %