

BEETROOT OATS

 1 portion

INGREDIENTS

- 25 grams of apples, raw
- 80 g of oats, dry
- 15 grams of beetroot, raw
- 80 grams of coconut milk
- 20 grams of honey

COOKING METHOD

1° 1.

2° Bring water or milk to a boil in a medium saucepan. Stir in oats, reduce heat to low. Add shredded apple, honey, and then add the beetroot juice. Simmer uncovered over low heat, stirring occasionally, for 25-30 minutes or until oats are of desired texture.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (220 g)	% DRI
ENERGY	173 kcal	381 kcal	19 %
FAT	3 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	47 mg	103 mg	4 %
CARBOHYDRATE	33 g	73 g	24 %
SUGARS	10 g	23 g	—
FIBER	5 g	11 g	46 %
PROTEIN	7 g	14 g	—