

OVERNIGHT OATS CARAMELISED APPLE (SOYA)

 1 portion

INGREDIENTS

- 30 grams of porridge oats, unfortified
- 20 grams of nuts
- 100 grams of milk, soya, non-dairy alternative to milk, unsweetened, fortified
- 1 average pot of yogurt, soya, non-dairy alternative to yogurt, fruit, fortified [125 g]
- 1 medium eating of apples, eating, raw, flesh and skin [100 g]
- 1 heaped teaspoon of honey [17 g]
- 1 teaspoon of oil, olive [3 g]

COOKING METHOD

- ¹⁰ In a mason jar or other container with a lid, add milk, yoghurt, oats, and stir to combine. Cover and refrigerate overnight or at least 8 hours. In the morning, add the prepare the caramelised apple: In a non sticky pan, drizzle a little bit of olive oil [1 teaspoon], add the apple cut into cubes, stir it and let it cook. Add a little bit of water if necessary. Add the honey or maple syrup, cinnamon and nuts.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION [367 g] | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 104 kcal | 382 kcal | 19 % |
| PROTEIN | 3 g | 11 g | 22 % |
| CARBOHYDRATE | 16 g | 59 g | 23 % |
| SUGARS | 10 g | 37 g | 41 % |
| FAT | 4 g | 13 g | 19 % |
| FATTY ACIDS, TOTAL SATURATED | 0 g | 2 g | 9 % |
| FIBER | 2 g | 6 g | 22 % |
| SODIUM | 9 mg | 33 mg | 1 % |