

Vanilla Oat Bran with Yoghurt and Berry Compote



Serves	Prep Time	Cooking	Total Time	Calories
1 person				284 kcal

Stuff that's in it:

- 40G Oat Bran
- 150Ml Water
- Splash Almond Milk To Loosen
 - 15G Natural Yoghurt
 - 20G Vanilla Whey Protein
 -
- Berry Compote:
 - 60G Raspberry And Blueberry (Fresh)
 - 1 Tbsp Golden Caster Sugar
 - Squeeze Lemon Juice
 - Splash Of Water

What you do:

Add your oat bran and whey to a pan and mix well, heat and add the water, whisk until thick, add more water if needed then add a splash of milk to loosen.

For the compote:

Add the berries to a pan with the sugar, heat, immediately add lemon juice and a splash of water, bring to

the boil, simmer until thick and gooey.

Add the oat bran to a bowl, a dollop of yoghurt and stir in the berries.

Nutrition

- Carbs: 32g
- Fat: 6g
- Protein: 23g

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