



ATHLETES SUMMER PORRIDGE

Courtesy of: Joel Feren



Ingredients:

- 1/2 cup of oats
- 1 cup of skim milk
- Handful of frozen berries
- 100g of natural yoghurt
- 1 mango cheek
- 1 medium banana
- Sprinkle of cinnamon and nutmeg

Nutrition Information

1 generous serving

| Nutrient | Per serve |
|--------------|-----------|
| Energy | 2000 kJ |
| Protein | 23 g |
| Fat | 10 g |
| Carbohydrate | 82 g |
| Fibre | 10 g |

Method:

1. Add the oats, milk, berries, cinnamon and nutmeg into a bowl and place in the fridge overnight
2. Remove the mixture from the fridge the following morning and prior to eating
3. Add the yoghurt, banana and top it off with the mango



HOT TIPS

Oats are a great source of many minerals such as Phosphorus and Magnesium, essential for bone health and muscle recovery.