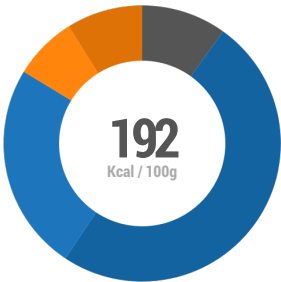


Non-Bake Oat, Fruit & Yoghurt Bites

A breakfast bite high in fibre

By Mark Irish from Brakes

Overview ...



CALORIES:
73.8% Carbs
9.9% Protein
16.3% Fat

Food Labelling...

Serves **10**

CONTAINS:



OATS



MILK

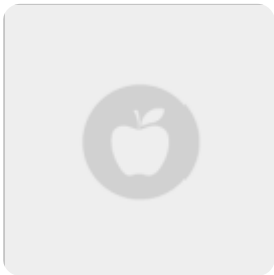


SULPHITES

Recipe Ingredients ...	Quantity:	Description:
118890 Quaker Gluten Free Original Porridge Oats 510g - BRAKES	180g	
89781 Brakes Chopped Dates - BRAKES	180g	
8284 Brakes Dried Apricots - BRAKES	80g	
100535 Brakes Pure Canadian Maple Syrup - BRAKES	15g	
71955 Ubley Low Fat Natural Yoghurt - BRAKES	125g	1.1x Each
10312 Large Oranges - BRAKES	288g	1x Each
255 Brakes Desiccated Coconut - BRAKES	25g	0.01x Each

Products / Pack Sizes ...

1 Serving



Product code

Barcode

89g / 179kcal

1

Preparation:

Roughly chop the apricots

Zest & juice the orange

Method:

1. Blend all items together except the coconut
2. Roll into 10 even balls and shape using a folk or pallet knife
3. Coat in coconut and chill before serving