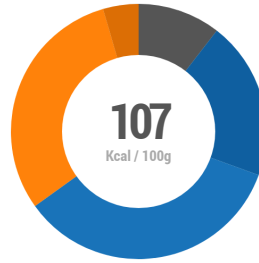


Spiced chai porridge (website)

OVERVIEW ...



CALORIES:

54.6% Carbs

10.5% Protein

34.9% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



OATS



PECANS,
ALMONDS,
PISTACHIOS

MAY CONTAIN:



WHEAT,
BARLEY



HAZELNUTS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
MACADAMIAS



PEANUTS

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

84673 Brakes Oatflakes.. - BRAKES

84673 OATFLAKES

BRAKES

35g

0x Each

unchanged

113653 Alpro Roasted Almond Unsweetened U.H.T. 1L..

SOYA DRINK

BRAKES

160ml

1.28x Each

unchanged

350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Lig...

350102 LIGHT SOFT BROWN SUGAR

BRAKES

10g

0x Each

N/A

33581 Sysco Classic Ground Cinnamon..

GROUND CINNAMON

BRAKES

1g

N/A

33709 Sysco Classic Ground Nutmeg.. - BRAKES

33709 GROUND

BRAKES

0.5g

0x Each

N/A

33583 Sysco Classic Ground Ginger.. - BRAKES

33583 GROUND GINGER

BRAKES

0.5g

0x Each

N/A

28189 Sysco Classic Whole Green Cardamoms..

WHOLE GREEN CARDAMOMS

BRAKES


0.5g





N/A

10386 Figs.. FIGS	BRAKES	20g		unchanged
8796 Brakes Pecan Nut Halves.. PECAN NUT	BRAKES	5g		unchanged
8823 Brakes Pistachio Kernels.. PISTACHIO KERNELS	BRAKES	5g		unchanged
135865 Mixologist's Garden Strawberry Slices.. - BRAKES 135865 STRAWBERRY SLICES	BRAKES	5g	0.05x Each	N/A

PRODUCTS / PACK SIZES ...

1 Serving





 243g / 270kcal
 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Slice the fig
Chop the pistachios

Method:

- Put the cinnamon, nutmeg, ginger and cardamom in the milk, bring to a gentle boil - remove from the heat, allow to infuse for 5mins.
- Stir in the sugar and then pass through a sieve.
- Add the oats to the milk and cook on a low heat until the desired consistency is reached.
- Spoon into your chosen bowl and garnish with the nuts, figs and strawberries - serve!

NB. Depending on seasonal availability you could swap out the dried strawberries for fresh raspberries, blackberries or even cranberries