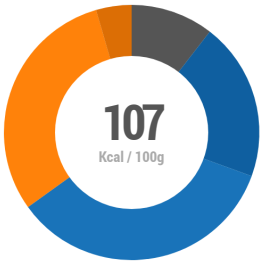
Spiced chai porridge (website)

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 Oatflakes.. - 84673 OATFLAKES	35g	0x Each	*unchanged*
113653 Alpro Roasted Almond Unsweetened U.H.T. 1L.. SOYA DRINK	160ml	1.28x Each	*unchanged*
350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Lig... 350102 LIGHT SOFT BROWN SUGAR	10g	0x Each	*N/A*
33581 Sysco Classic Ground Cinnamon.. GROUND CINNAMON	1g		*N/A*
33709 Sysco Classic Ground Nutmeg.. - 33709 GROUND	0.5g	0x Each	*N/A*
33583 Sysco Classic Ground Ginger.. - 33583 GROUND GINGER	0.5g	0x Each	*N/A*
28189 Sysco Classic Whole Green Cardamoms.. WHOLE GREEN CARDAMOMS	0.5g		*N/A*

10386 Figs.. FIGS		20g		*unchanged*
8796 Pecan Nut Halves.. PECAN NUT		5g		*unchanged*
8823 Pistachio Kernels.. PISTACHIO KERNELS		5g		*unchanged*
135865 Mixologist's Garden Strawberry Slices.. - 135865 STRAWBERRY SLICES		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:

1. Put the cinnamon, nutmeg, ginger and cardamom in the milk, bring to a gentle boil - remove from the heat, allow to infuse for 5mins.
2. Stir in the sugar and then pass through a sieve.
3. Add the oats to the milk and cook on a low heat until the desired consistency is reached.
4. 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