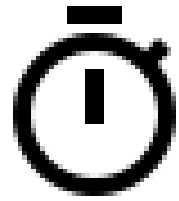


# APPLE PIE OATS

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1 serving



10 minutes



\$1.84

## Ingredients

1/2 C instant oats  
1/2 C unsweetened milk  
1 tbsp maple syrup  
1/2 finely diced apple  
2 tbsp water  
1 tsp oil  
1/4 tsp cinnamon powder

## NUTRITIONAL INFO

Energy	358kcal
Carbohydrates	57.9g
Protein	9.4g
Total Fat	8.8g
Saturated Fat	1.2g
Dietary Fibre	6.3g
Cholesterol	0mg
Sodium	71mg
Potassium	530mg
Phosphate	225mg

## PREPARATION

- In a saucepan, sautee diced apple with water, oil and maple syrup until caramelised and fragrant.
- Combine all ingredients with the caramelised apples and refrigerate for 3 hours or overnight and Enjoy!

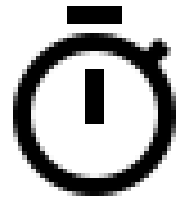




# STRAWBERRY SHORTCAKE OATS



1 serving



5 minutes



\$2.02

## Ingredients

- 1/2 C instant oats
- 1/2 C unsweetened milk
- 1/2 tbsp maple syrup
- 2 tbsp vanilla yogurt
- 3-4 medium strawberries

## NUTRITIONAL INFO

Energy	303kcal
Carbohydrates	50.2g
Protein	10.9g
Total Fat	5.1g
Saturated Fat	1.3g
Dietary Fibre	6.0g
Cholesterol	3mg
Sodium	86mg
Potassium	613mg
Phosphate	274mg

## PREPARATION

- Dice your strawberries.
- Measure out and mix all ingredients together.
- Refrigerate for 3 hours or overnight and Enjoy!

Tip: leave some strawberries to garnish !



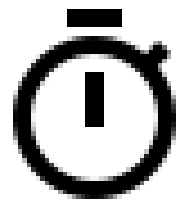


# CARROT CAKE OATS

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1 serving



10 minutes



\$1.38

## Ingredients

- 1/2 C instant oats
- 1/2 C unsweetened milk
- 1/2 tbsp maple syrup
- 1 tsp raisins
- 1 tsp chopped walnuts
- 1 tbsp chopped carrots
- 1/4 tsp cinnamon powder

## NUTRITIONAL INFO

Energy	256kcal
Carbohydrates	37.6g
Protein	9.9g
Total Fat	6.0g
Saturated Fat	0.9g
Dietary Fibre	5.8g
Cholesterol	0mg
Sodium	72mg
Potassium	485mg
Phosphate	236mg

## PREPARATION

- Chop carrots and walnuts separately
- Combine all ingredients together and refrigerate for 3 hours or overnight and Enjoy !



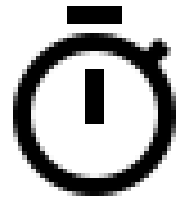


# CHOCOLATE FUDGE OATS

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1 serving



5 minutes



\$1.79

## Ingredients

- 1/2 C instant oats
- 1/2 C unsweetened milk
- 1 tbsp maple syrup
- 2 tsp cocoa powder

## NUTRITIONAL INFO

Energy	285kcal
Carbohydrates	51.1g
Protein	9.3g
Total Fat	4.3g
Saturated Fat	0.8g
Dietary Fibre	5.5g
Cholesterol	0mg
Sodium	223mg
Potassium	580mg
Phosphate	239mg

## PREPARATION

- Measure out and mix all ingredients together.
- Refrigerate for 3 hours or overnight and Enjoy!





# CHOCOLATE ALMOND FUDGE OATS



1 serving



5 minutes



\$2.53

## Ingredients

- 1/2 C instant oats
- 1/2 C unsweetened milk
- 1 tbsp maple syrup
- 2 tsp cocoa powder
- 1 tbsp almond butter

## NUTRITIONAL INFO

Energy	333kcal
Carbohydrates	51.5g
Protein	10.9g
Total Fat	8.8g
Saturated Fat	1.1g
Dietary Fibre	6.2g
Cholesterol	0mg
Sodium	71mg
Potassium	631mg
Phosphate	276mg

## PREPARATION

- Measure out and mix all ingredients together.
- Refrigerate for 3 hours or overnight and Enjoy!



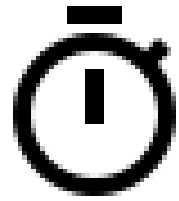


# COFFEE MOCHA OATS

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1 serving



5 minutes



\$1.87

## Ingredients

- 1/2 C instant oats
- 1/2 C unsweetened milk
- 1 tbsp maple syrup
- 1 tsp cocoa powder
- 1 tsp instant coffee

## NUTRITIONAL INFO

Energy	283kcal
Carbohydrates	50.4g
Protein	9.3g
Total Fat	4.2g
Saturated Fat	0.7g
Dietary Fibre	5.2g
Cholesterol	0mg
Sodium	223mg
Potassium	526mg
Phosphate	229mg

## PREPARATION

- Measure out and mix all ingredients together.
- Refrigerate for 3 hours or overnight and Enjoy!

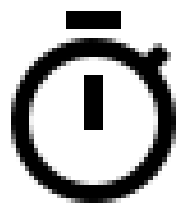




# PIZZA OATS



1 serving



3 mins



8 mins



\$ 2.47

## INGREDIENTS

1 tbsp tomato paste  
30g frozen spinach  
1/2 C instant oats  
1 C water  
3 tbsp grated parmesan  
pepper to taste  
1/2 tbsp oil  
1/4 white onion  
*chili flakes (optional)*

## NUTRITIONAL INFO

Energy	328kcal
Carbohydrates	24.4g
Protein	13.2g
Total Fat	18.3g
Saturated Fat	6.0g
Dietary Fibre	6.2g
Cholesterol	13mg
Sodium	349mg
Potassium	570mg
Phosphate	270mg

## PREPARATION

1. In a pan, heat 1/4 tbsp oil. Saute tomato paste & frozen spinach for 2 minutes.
2. In the same pan, add oats & water. Simmer for 4 minutes, then add 2 tbsp of parmesan & pepper.
3. In another pan, saute onion with 1/4 tbsp oil.
4. Plate oats. Top with 1 tbsp parmesan & caramelized onion.

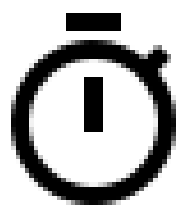




# KIMCHI CORN OATMEAL



1 serving



2 mins



6 mins



\$ 3.32

## INGREDIENTS

2 tbsp kimchi  
2 tbsp corn kernel  
1 C vegetable stock  
1/2 C instant oats  
1 egg  
1/2 tbsp spring onion  
a pinch of black sesame  
seed

## NUTRITIONAL INFO

Energy	260kcal
Carbohydrates	28.7g
Protein	12.7g
Total Fat	9.6g
Saturated Fat	2.0g
Dietary Fibre	5.5g
Cholesterol	215mg
Sodium	507mg
Potassium	259mg
Phosphate	251mg

## PREPARATION

1. In a pan, saute kimchi & corn until fragrant. Add instant oats and fry for 1 min. Add in vegetable stock and cook until your desired texture.
2. In another bowl, crack an egg & microwave for 20 seconds.
3. Top oats with egg, spring onion & black sesame seeds. Serve while it is hot!

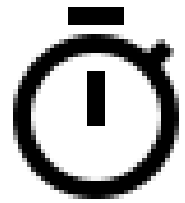




# TURMERIC FISH WITH CARAMELIZED ONION OATS



1 serving



10 mins



10 mins



\$ 4.00

## INGREDIENTS

- 1/2 white fish fillet
- 1 tbsp turmeric
- 1 pinch pepper
- 2 tbsp oil
- 1/4 white onion
- 1/4 red bell pepper
- 1 C vegetable stock
- 1/2 C instant oats

## NUTRITIONAL INFO

Energy	398kcal
Carbohydrates	29.7g
Protein	23.6g
Total Fat	18.7g
Saturated Fat	2.7g
Dietary Fibre	8.1g
Cholesterol	54mg
Sodium	383mg
Potassium	809mg
Phosphate	380mg

## PREPARATION

1. Coat fish with turmeric & pepper, panfry with 1 tbsp oil. Remove & set aside when cooked.
2. In the same pan, caramelized onion & bell pepper with 1 tbsp oil.
3. Add oats & vegetable stock into the pan, cook until desirable texture.
4. Plate oats and top with fish. Enjoy!

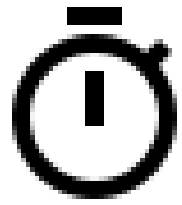




# CHILLI LIME CHICKEN OAT PORRIDGE



1 serving



20 mins



10 mins



\$ 3.45

## INGREDIENTS

1/2 chicken breast fillet  
1 tbsp lime juice  
1 tsp honey  
1/4 big chili  
1 clove garlic, minced  
1/2 C instant oats  
1 C chicken stock  
*spring onion (optional)*  
*corn kernels (optional)*

## NUTRITIONAL INFO

Energy	310kcal
Carbohydrates	27.6g
Protein	33.2g
Total Fat	6.1g
Saturated Fat	1.4g
Dietary Fibre	5.6g
Cholesterol	73mg
Sodium	379mg
Potassium	559mg
Phosphate	443mg

## PREPARATION

1. Slice chicken and marinate in a mixture of lime juice, honey, chili & garlic for 15 mins.
2. Pan fry chicken slices & marinade mixture until chicken slices are cooked. Set aside.
3. In the same pan, add oats and toss for 1 minute.
4. Add chicken stock & cook until desirable texture.
5. Top oats with chicken slices. Enjoy!

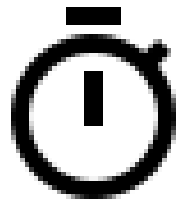




# CHINESE STYLE OATMEAL PORRIDGE



1 serving



2 mins



3 mins



\$ 3.13

## INGREDIENTS

1 C chicken stock  
1/2 C instant oats  
1 egg  
2 tbsp spring onion  
1/2 tsp fried shallots  
1/3 tsp sesame oil  
a dash of chili flakes

## NUTRITIONAL INFO

Energy	223kcal
Carbohydrates	22.0g
Protein	11.0g
Total Fat	9.2g
Saturated Fat	2.0g
Dietary Fibre	4.3g
Cholesterol	215mg
Sodium	395mg
Potassium	223mg
Phosphate	215mg

## PREPARATION

1. In a bowl, mix chicken stock and oats.
2. Microwave for 60-75 seconds, mix in between 30-second intervals.
3. Crack an egg in another bowl and microwave for 20 seconds.
4. Top your porridge with egg, spring onion, fried shallots, sesame oil & chili flakes. Enjoy!

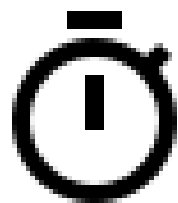




# ASYURA OATMEAL PORRIDGE



1 serving



10 mins



10 mins



\$ 0.84

## INGREDIENTS

- 1 tsp oil
- 1/4 onion, blended
- 1/4 inch ginger, blended
- 1 clove garlic, blended
- 1/2 C instant oats
- 30g lean minced chicken
- 1 1/4 C water
- 2 tbsp low fat milk

## NUTRITIONAL INFO

Energy	260kcal
Carbohydrates	24.7g
Protein	13.0g
Total Fat	11.0g
Saturated Fat	2.1g
Dietary Fibre	5.1g
Cholesterol	26mg
Sodium	45mg
Potassium	345mg
Phosphate	245mg

## PREPARATION

1. In a pan, add oil & saute blended ingredients until fragrant.
2. In the same pan, toast oats & minced chicken with blended ingredients.
3. Pour water & low-fat milk into the pan. Boil until desirable texture. Season with salt & pepper if needed. Enjoy!

