FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Vanilla Oat Bran with Yoghurt and Berry Compote



Serves	Prep Time	Cooking	Total Time	Calories
1 person				**284 kcal**

Stuff that's in it:

• 40G Oat Bran

• 150Ml Water

• Splash Almond Milk To Loosen

• 15G Natural Yoghurt

• 20G Vanilla Whey Protein

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• Berry Compote:

• 60G Raspberry And Blueberry (Fresh)

• 1 Tbsp Golden Caster Sugar

• Squeeze Lemon Juice

• Splash Of Water

What you do:

Add your oat bran and whey to a pan and mix well, heat and add the water, whisk until thick, add more water if needed then add a splash of milk to loosen.

For the compote:

Add the berries to a pan with the sugar, heat, immediately add lemon juice and a splash of water, bring to

the boil, simmer until thick and gooey.

Add the oat bran to a bowl, a dollop of yoghurt and stir in the berries.

Nutrition

• Carbs: 32g

• Fat: 6g

• Protein: 23g

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