

Banana and Oat Thickie

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

117

Kcal / 100.0

46.6% Carbs

13.6% Protein

39.8% Fat

EU Label values per 100.0

Serves 2

	PER 100.0	%RI	PER 281 SERVING	%RI
Energy(Kj)	496 kJ	6%	1394 kJ	17%
Energy(Kcal)	118 kcal	6%	333 kcal	17%
Fat	5.2 g	7%	14 g	20%
of which saturates	3.1 g	16%	8.7 g	44%
Carbohydrate	14 g	5%	38 g	15%
of which sugars	11 g	12%	31 g	34%
Fibre	0.7 g	3%	2 g	8%
Protein	3.9 g	8%	11 g	22%
Salt	0.11 g	2%	0.31 g	5%

CONTAINS:

OATS

MILK

OTHER PROPERTIES:

VEGETARIAN

Energy	Lipid Components	Vitamins
Energy(Kcal) 6% RI	Saturated Fat 15% RI	Vitamin A (ret eq) 10% RI
Energy(Kj) 6% RI	Monounsaturated fat 5% RI	Retinol
	cis-Mono	Carotene
Macronutrients	Polyunsaturated fat 2% RI	Vitamin D 1% RI
Carbohydrate 5% RI	Omega3(n-3) 3% RI	Vitamin E 2% RI
Protein 8% RI	Omega6(n-6) 2% RI	Vitamin K 1 1% RI
Fat 7% RI	cis-Poly	Thiamin (B1) 11% RI
Water	Trans-fatty acids	Riboflavin (B2) 14% RI
Water from Drinks	Cholesterol	Niacin total (B3) 8% RI
Alcohol		Niacin
Carbohydrate	Minerals & trace elements	Tryptophan
Starch	Sodium 2% RI	Pantothenic Acid (B5) 9% RI
Oligosaccharide	Potassium 14% RI	Vitamin B 6 13% RI
Fibre 3% RI	Chloride 17% RI	Folates (B9) Total 7% RI
NSP	Calcium 14% RI	Vitamin B 12 15% RI
Sugars 12% RI	Phosphorus 16% RI	Biotin (B7) 7% RI
Glucose	Magnesium 6% RI	Vitamin C 6% RI
Galactose	Iron 2% RI	
Fructose	Zinc 6% RI	Other
Sucrose	Copper 5% RI	GI (estimated)
Maltose	Manganese 13% RI	GL
Lactose	Selenium 2% RI	
	Iodine 21% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Bananas, flesh only	200	2x Medium	0.00
Yogurt, whole milk, plain	150	1x Larger pot	0.00
Cream, fresh, double, including Jersey cream	32	2x tablespoon	0.00
Oat flakes, rolled	20	2x tablespoon	0.00
Milk, whole, pasteurised, average	150		0.00
Milk, skimmed, dried, fortified	10	2.5x teaspoon	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	281	328	0.00	

Ingredient List (QUID) ...

Bananas (35.6%), **Milk** (26.7%), Yogurt (26.7%) (**Milk**), Double cream (5.7%) (**Milk**), **Oats** (3.6%) (**Gluten**), Dried skimmed **milk** (1.8%)
For allergens, see items in bold.

Cooking Instructions & Notes

1. Put all the ingredients in a blender and whiz until smooth.
2. Serve.