

Banana and Oat Thickie

- 7** REGULAR
- 6** SOFT & BITE-SIZED
- 5** MINCED & MOIST
- 4** PUREED
- 3** LIQUIDISED

Recommendations on this site are for food modification only. If you are level

4 EXTREMELY THICK

for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.

333Kcal
Per Serving

CONTAINS



This recipe serves 2

NUTRITION INFORMATION TYPICAL VALUES		
Nutrient:	per 100g	per serving (281g)
Energy	496kJ/118kcal	1394kJ/333kcal
Fat	5.2g	14g
of which saturates	3.1g	8.7g
of which monounsaturates	1.4g	3.8g
of which polyunsaturates	0.3g	0.8g
Carbohydrate	14g	38g
of which sugars	11g	31g
of which polyols	g	g
of which starch	3g	8.4g
Protein	3.9g	11g
Salt	0.11g	0.31g
Phosphorus	113mg (16%)	318mg
Iodine	30.8ug (21%)	86.6ug

In Collaboration with

River Cottage



Banana and Oat Thickie

Source of Protein, Phosphorus, Iodine, Chloride.



Shopping List

- 2 bananas
- 150ml full fat yogurt
- 2 tablespoons of double cream
- 2 tablespoons of porridge oats (not jumbo)
- 150ml full fat milk
- 1-2 heaped teaspoons of milk powder
- 2 ice cubes (optional)



Directions

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