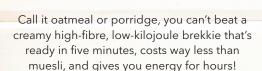
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Porridge is super satisfying because oats are packed with fibre and have a low to medium glycaemic index rating.

- Sweeten oats with fresh or
- Add nuts or seeds for more gutfriendly fibre
- a third of your daily calcium needs.



**Berry yoghurt oats** 

Time to make 5 minutes

berry-flavoured yoghurt

1 Place oats and milk in a small

microwave-safe bowl: microwave

on high for 11/2 minutes. Stir oats;

2 Stir berry yoghurt through oats

until thick and creamy. Top hot

microwave for another minute.

or until smooth and creamy.

oats with berries and serve.

PER SERVE (1 serve)

Total Fat

- sat fat

Carbs

- sugars

Energy 1180kJ(281cal) | Fibre

16g Sodium

3g Calciu <1g Iron 45g 18g Calcium 360mg Iron 3.5mg

½ cup fresh or frozen

√ diabetes friendly

½ cup rolled oats

34 cup trim milk 2 tablespoons low-fat

mixed berries

Serves 1 Cost per serve \$1.83



## Almond and mixed seed porridge

Serves 1 Cost per serve \$2.00 Time to make 5 minutes ✓ diabetes friendly

✓ no dairy

½ cup rolled oats 34 cup unsweetened almond milk

1/4 teaspoon cinnamon (optional) 2 tablespoons mixed seeds (such as chia, pumpkin and sunflower seeds)

- 1 Place oats, milk and cinnamon (if using) in a small microwavesafe bowl; microwave on high for 1 minute. Stir oats and microwave for another minute, or until oats are smooth and creamy.
- 2 Sprinkle hot porridge with your choice of mixed seeds and serve.







PER SERVE (1 serve)						
Energy 1200kJ(286cal)			9			
rotein	11g	Sodium	80m			
otal Fat	12g	Calcium	200m			
- sat fat	1g	Iron	4.5m			
Carbs	30g					
cuciore	1.0					

### Mango, coconut and chia overnight oats

Cook's tip Any fresh or frozen fruit can replace the mango.

Serves 1 Cost per serve \$3.25 Time to make 5 minutes, plus overnight soaking ✓ diabetes friendly

1/3 cup reduced-fat Greek-style yoghurt 1 tablespoon chia seeds 2 teaspoons sultanas 1 tablespoon coconut flakes ½ cup chopped frozen mango, thawed (see tip)

1/3 cup rolled oats

1/3 cup trim milk

- 1 Place oats, milk, yoghurt, chia, sultanas and half the coconut in a small jar or container; seal and refrigerate to soak overnight.
- 2 Top porridge with mango and remaining coconut, and serve.







PER SERVE (1 serve)				
Energy 1520k	J(363cal)	Fibre	9	
Protein	14g	Sodium	100m	
Total Fat	11g	Calcium	300m	
- sat fat	5g	Iron	3m	
Carbs	50g			
- sugars	24g			

# Have it your way

To make it even healthier, you can:

- frozen fruit
- Try a touch of vanilla or cinnamon for a refined flavour
- Make oats with milk and score around