

INFORMATION FOR HEALTHCARE PROFESSIONALS TO GIVE TO PARENTS/CARERS

EASY PEASY OATS

Overnight Oats

Equipment:

Hand or jug blender • Spatula • Sieve



Dietary information: Gluten-free (choose gluten-free oats), egg-free, nut-free. **Allergens:** Milk, fish.

Ingredients:

- ♥ 50g raw oats or ready made ground oats (choose gluten free for gluten intolerances)
- ♥ 200ml Compleat® paediatric
- ♥ 100g fresh/tinned fruit (this recipe used pear)
- ♥ Juice from tinned fruit
- ♥ **Optional:** 1tsp honey, cinnamon

Prep: 5 mins | **Cook:** Nil | **Ready In:** Overnight | **Serves:** 1

Full portion: 300ml (5 x 60ml syringe) | **Difficulty:** Easy

Instructions:

- 1 Combine the oats with Compleat® paediatric, stirring out any lumps.
- 2 Soak the mixture overnight in the fridge.
- 3 The following morning, add honey, chopped pear, sprinkle cinnamon.
- 4 Blend the mixture for 3 - 5 mins to achieve the consistency and texture of pancake batter or drinking yoghurt*.
- 5 Sieve the mixture after blending.



← **Watch
recipe video**

These recipes should only be used following recommendation by your dietitian or healthcare professional. www.nestlehealthscience.co.uk



Preparations Tips:



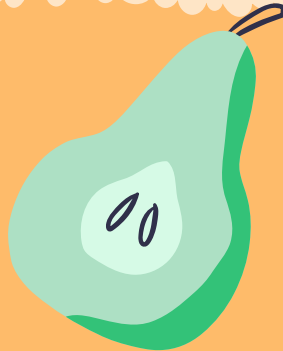
This recipe can be blended without any additional water or fluid.



Complete® paediatric should be stored in a cool dry place, and once opened, used within 24hrs. The feed can be stored in the refrigerator.

TO INCREASE THE ENERGY CONTENT OF THE RECIPE, ADD:

1tsp (5g) smooth nut butter (30kcal/125kj)



* It is the responsibility of the caregiver to ensure the consistency of the feed is appropriate.

Energy and Protein Content

Portion Size	Serving (ml)	Syringe (Quantity x volume)	Energy (kcal/kj)	Protein (g)
Full Portion	300	5 x 60 ml	495/2071	13
Half Portion	180	3 x 60 ml	297/1242	7.8
Third Portion	120	2 x 60ml	198/828	5.2

Please note: Your dietitian should help you to estimate the correct portion for your child; some children may need smaller portions.