



AYMES Shake

Porridge



Ingredients

makes 1 serving

- 1 sachet AYMES Shake Neutral*
- 1 serving (approx. 27g) porridge oats
- 200ml whole milk

Instructions

- 1 Mix the AYMES Shake powder, milk and porridge oats
- 2 Microwave for approx. 2½ minutes or gently heat in a saucepan until thick
- 3 Serve warm

To serve:

For some variety, top with a few strawberries, blueberries and almonds, or slices of banana.

1 serving

kcal
484

protein
21.7g

carbohydrate
67g

*All AYMES Shake flavours can be used to make this porridge, however the nutritional value would vary slightly.

For more recipes or information on AYMES Shake, visit aymes.com